ASSOCIATIONS OF PSYCHOLOGICAL WELL-BEING WITH EARLY MALADAPTIVE SCHEMAS AND SELF-CONSTRUALS

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ABSTRACT

ASSOCIATIONS OF PSYCHOLOGICAL WELL-BEING WITH EARLY MALADAPTIVE SCHEMAS AND SELF-CONSTRUALS

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The present study aimed 1) to examine possible influences of demographic variables (i.e., age, gender, marital status, sibling number, mother's education, father's education) on the various measures of the study (i.e., schema domains, self-orientations, and well-being measures i.e. depression, positive affect, negative affect, and reassurance-seeking); 2) to examine the differences of schema domains on self-orientations of Balanced Integration Differentiation Model and also on well-being, and 3) to analyse the differences of four self-construals of Balanced Integration Differentiation Model on schema domains and well-being measures. In order to fulfill these aims 501 people between the ages 18-50 participated in the study. According to the results, having strong characteristics of schema domains were related to low levels of self-orientation dimensions of interpersonal integration orientation and intrapersonal differentiation orientation. Moreover, there was a positive correlation between having strong characteristics of schema domains and high depression, negative affect, and reassurance-seeking, but low positive affect. On the other hand, low level of related individuation self-construal was related to having high characteristics of schema domains. In addition to this, having high level of separated-patterning was positively correlated with having high characteristics of schema domains. In addition, self-construal of related-individuation was found to be related to high positive affect and correlated with

low levels of depression, negative affect, and reassurance-seeking. Finally, separated-patterning was found to be related to low level of positive affect, while it was found to be correlated with high level of depression, negative affect, and reassurance-seeking. Findings, future directions, and clinical implications were discussed in the discussion section.

Keywords: Early Maladaptive Schemas, Balanced Integration Differentiation Model, Self-Construals, Well-Being, Demographic Variables

ÖZ

ERKEN YAŞ DÖNEMİ UYUMSUZ ŞEMALARI VE DENGELİ BÜTÜNLEŞME AYRIŞMA MODELİ İLE PSİKOLOJİK SAĞLIK ARASINDAKİ İLİŞKİ

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Bu çalışmanın amacı, ilk olarak demografik özelliklerin (yaş, cinsiyet, medeni hal, kardeş sayısı, anne ve babanın eğitim seviyesi) araştırmanın çeşitli ölçütleri [şema alanları, ayrışma/ayırtetme ve kişiler arası bütünleşme yönelimleri ve psikolojik sağlık ölçütleri (depresyon, pozitif, negatif duygular ve güvence arama) üzerindeki etkisini belirlemekti. İkinci amaç, şema alanlarının, Dengeli Bütünleşme Ayrışma Modeli'ndeki ayrışma/ayırtetme ve kişiler arası bütünleşme yönelimleri ve psikolojik sağlık üzerindeki etkisini saptamaktır. Son amaç ise Dengeli Bütünleşme Ayrışma Modeli'ndeki dört benlik tipinin şema alanları ve psikolojik sağlık üzerindeki olası etkisini analiz etmektir. Bu amaçlara ulşamak için, yaşları 18 ile 50 arasında değişen 501 kişi araştırmaya katıldı. Araştırmanın sonuçlarına göre, şema alanlarına denk gelen özellikleri fazlaca taşımakla, düşük derecede ayrışma/ayırtetme ve kişiler arası bütünleşme yönelimleri arasında bir ilişki olduğu saptandı. Ayrıca, şema alanlarına denk gelen özellikleri fazlaca taşımakla, depresyon, negatif duygular ve güvence arama psikolojik sağlık ölçütleri arasında pozitif bir ilişki saptanırken, Şema Alanları ile pozitif duygular arasında negatif bir ilişki gözlendi. Diğer bir taraftan, düşük derecedeki ilişkili-kendileşme benlik tipi

ile şema alanlarına denk gelen özellikleri fazlaca taşımak arasında bir ilişki saptandı. Bununla beraber, baskın kopuk-kalıplaşma benlik tipi ile şema alanlarına denk gelen özellikleri fazlaca taşımak arasında bir ilişki bulundu. Buna ek olarak, ilişkili-kendileşme benlik tipi yüksek miktardaki pozitif duygularla ve düşük depresyon, negatif duygular, güvence arama ölçütleri ile ilişkili çıktı. Son olarak, kopuk-kalıplaşma benlik tipi düşük miktardaki pozitif duygularla ve yüksek derecede depresyon, negatif duygular, güvence arama ölçütleri ile ilişkili bulundu. Elde edilen bulgular, gelecekte yapılabilecek araştırma konuları ve bu çalışmanın klinik uygulamalara katkısı tartışma bölümünde tartışıldı.

Anahtar Kelimeler: Erken Yaş Dönemi Uyumsuz Şemaları, Dengeli Bütünleşme Ayrışma Modeli, Benlik Tipleri, Psikolojik Sağlık, Demografik Özellikler

To my brave heart...

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CHAPTER I

1. INTRODUCTION

In psychology literature, childhood and child development are considered crucial since the origins of the psychological disorders are thought to be arised from this period. Considering the importance of this period, many researchers claim that healthy child development including physical, cognitive, social development can be preventive for development of mental illnesses (Carr, 2006; Berk, 2000). On the other hand, during this period, especially, negative social environment, negative parental attitude, and negative life events can be external risk factors for the development of psychological disorders (Lau, Eley, Gregory, McGuffin & Rijsdijk, 2007). However, according to Cognitive Theory, an important aspect that should not be ignored to understand the vulnerability factors for psychopathology, and a child's emotional and behavioural difficulties is not only the external factors but also internal factors such as thought-information processing (Rutter & Taylor, 2002). This indicates that rather than facing with negative life events, how a child perceives and evaluates these situations is more vital. Since this perception, which exists under different life events in order to deal with the problems, causes dysfunctional thoughts, beliefs, and rules prevailing later in life. Considering the development of this perception, these thoughts, beliefs, and rules are represented with the name of *schema* in Cognitive Theory. In addition to the term schema, Young (1996) focusing on childhood and psychological disorders comes up with the concept of *Early Maladaptive Schemas (EMS)*. According to Young, early maladaptive schemas causing unhealthy perception are mostly related with the development of psychopathology later in life. Hence, existence of these schemas can increase vulnerability for psychological disorders.

On the other hand, apart from cognitive structure of a child, some other factors related to self, which can construct a base for the vulnerability of psychopathology, draw attention in the literature; namely, connection to others and individual/self development. According to Attachment Theory (Bowlby, 1969), connection to others and individual/self development are explained with two basic needs of human beings, that is, separation and attachment. Bowlby asserts that if a child's signals are given importance by his mother; if the mother has the ability to understand her child's signals accurately, and tries to meet her child's needs; this child develops with secure *attachment* to his mother (Brisch, 2002). Moreover, a securely attached child can deal with *separation* in a healthy manner if his mother also supports the child's autonomy (Bowlby cited in Bretherton, 1992). Meeting these separation and attachment needs in a secure way during childhood determines the quality for self-development and connection to others since s/he learns being both autonomous as a self and attached to others (Brisch, 2002). This becomes effective for the healthy development of an individual in later life. In addition, considering Attachment Theory, Lyons-Ruth (1991) asserted that a child's earlier ties with his mother play an important role in emotional adaptation. Based on this emotional adaptation, child's relatedness with others develops; thus, this relatedness including social support becomes a preventive factor for psychopathology (Durlak, 1998). Moreover, good parent-child relations, getting social support from others (connection to others), self-efficacy, and having personal skills are some other preventive factors for psychological disorders.

Besides the attachment studies, there is a lot of research related to self focus on these two directions (i.e., connection to others and self-development). These studies emphasize that for healthy development, neither self-development nor relatedness is sufficient; Intrapersonal and interpersonal development should be considered together for a balanced development (Dollinger, Preston, O'Brien & Dilalla, 1996; Kağıtçıbaşı, 1996; Guisinger & Blatt, 1994). In addition to these studies related to self, İmamoğlu (2003) also addressed two basic needs in her *Balanced Integration Differentiation Model*. In this model, İmamoğlu claimed that combination of both being related to others (Interpersonal Integration) and being

individuated as a unique self (Intrapersonal Differentiation) constitutes a balanced/healthy self.

Based on these theories and studies, in order to evaluate vulnerability factors for psychological well-being, in the first part of this introduction section, early maladaptive schemas (Young, 1996) will be described. As the second part of the introduction, Balanced Integration Differentiation Model (İmamoğlu, 2003) will be introduced. Finally, specific aims and hypotheses of the present study will be explained. Thus, the present study will be focusing on all these topics and have general aims of:

Examining possible influences of demographic variables on the various measures of the study (i.e., schema domains, self-orientations, and well-being measures),

Examining the differences of schema domains on self-orientations of Balanced Integration Differentiation Model, and also on well-being,

Analysing the differences of four self-construals of Balanced Integration Differentiation Model on schema domains and well-being measures.

1.1 Cognitive Theory and Schemas

The term schema has been firstly used by Bartlett (1932) as "schemata", and defines one's understanding and perception of the world. Piaget (1952) firstly used schemata as a term in order to define the perception of a child in different stages of childhood cognitive development. Considering the definition, according to Young, Klosko and Weishaar (2003), a schema is an abstract term and it affects the evaluation of information taken from outer world and how to deal with the problems. Furthermore, Clark, Beck and Brown (1989) defined schema as "giving rise to systematic bias in the processing of information" (p. 958). In addition, schema is based on subjective life experiences and develops in early childhood consciously or unconsciously (James, Southam & Blackburn, 2004). Thus, the schemas that were used to cope with life events in early life become dysfunctional and sometimes maladaptive in later life. Based on schemas that are dysfunctional, many studies claimed that there is a relationship between schemas and the

psychological disorders in later life. According to the book published by Beck (1967) and his 30-year retrospective study (1991), dysfunctional schemas serve as vulnerability factors for development of psychopathology and when a person comes across a life experience related to his schema, it can be a triggering factor for development of depression and anxiety disorders. Moreover, Clark, Beck and Alford (1999) expressed that although negative perception of self and world (cognitive schemas) is not a basic factor triggering depression, it has the characteristics of depressive symptoms. Therefore, biased thoughts and comments support the development of psychological disorders, and Cognitive Therapy stresses changing these dysfunctional thoughts, beliefs, and schemas in order to deal with psychological disorders (Beck, 1995). While the definition of schema and the relationship between schema and psychological disorders is explained in this manner in Cognitive Theory, Young (1999) approached the definition of the schema term from another perspective with the concept of "Early Maladaptive Schemas" in his Schema Theory.

1.1.1 Schema Theory and Early Maladaptive Schemas

In Schema Theory, in order to define thoughts, beliefs and rules arising from childhood, the concept of early maladaptive schemas (EMS) is used. It is defined as "stable and enduring themes that develop during childhood are elaborated throughout an individual's lifetime" (Young, 1999, p.9). Moreover, EMS originates from traumatic childhood experiences and as it begins to emerge in early stage of life, it is not considered as something unhealthy (Young, 1999). Based on these characteristics of EMS, Young (1999) pointed out that these schemas have deep roots embedded in the past; identifying them are often difficult since they are blocked, and they are mostly related to personality disorders including difficulty in interpersonal relationships. Therefore, Young (1999) asserted that short-term Cognitive Therapy does not adequately manage with EMS, thus he proposes Schema Theory by drawing attention to the inadequacy of Cognitive Theory in dogmatic schemas.

According to Young et al. (2003), there are eighteen schemas under five schema domains (as shown in Figure 1). First domain (Young et al., 2003, p.14-17) is “disconnection & rejection” including expectation of one’s needs for security, safety, stability, nurturance, empathy, sharing of feelings, acceptance, and respect. However, these needs are not met in a predictable manner. A typical family triggering this domain has “detached, cold, rejecting, withholding, lonely, explosive, unpredictable, or abusive” characteristics. Furthermore, this domain includes schemas of *abandonment/instability* based on “perceived instability or unreliability of those available for support and connection”; *mistrust/abuse* depending on “expectation that others will hurt, abuse, humiliate, cheat, lie, manipulate, or take advantage”; *emotional deprivation* related to “expectation that one's desire for a normal degree of emotional support will not be adequately met by others”; *defectiveness /shame* based on “the feeling that one is defective, bad, unwanted, inferior, or invalid in important respects; or that one would be unlovable to significant others if exposed”; and *social isolation /alienation* related to “the feeling that one is isolated from the rest of the world, different from other people, and/or not part of any group or community”.

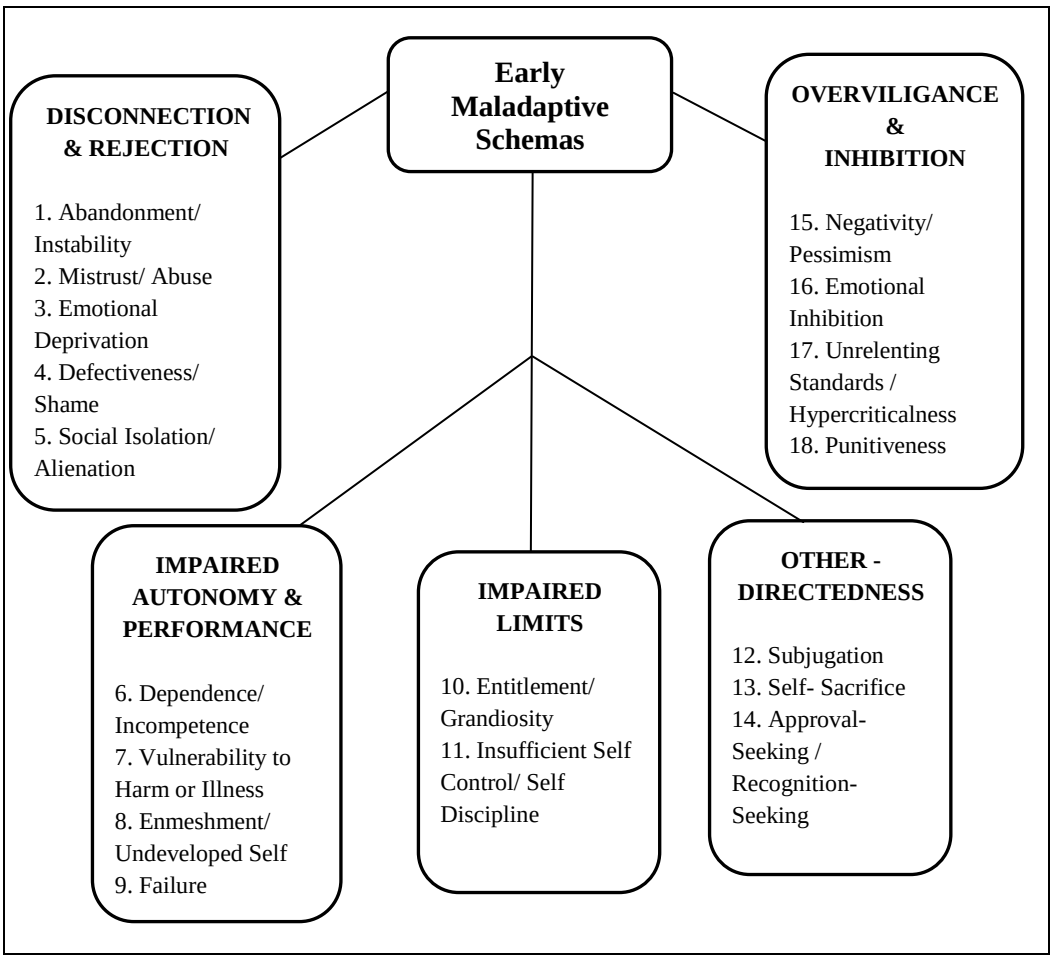

Figure 1. Early Maladaptive Schemas and Schema Domains (Young et al., 2003)

The second domain is "impaired autonomy and performance" (Young et al., 2003, p.14-17). This domain includes "expectations about oneself and the environment that interfere with one's perceived ability to separate, survive, function independently, or perform successfully". This domain originates from a family that is "enmeshed, undermining of child's confidence, overprotective, or failing to reinforce child for performing competently outside the family". Impaired autonomy and performance domain involves the schemas of *dependence/incompetence* based on "the belief that one is unable to handle one's everyday responsibilities in a competent manner, without considerable help from others"; *vulnerability to harm or illness* including "exaggerated fear that imminent catastrophe will strike at any time and that one will be unable to prevent it";

enmeshment/undeveloped self depending on “excessive emotional involvement and closeness with one or more significant others (often parents), at the expense of full individuation or normal social development”; *failure* based on the belief that “one has failed, will inevitably fail, or is fundamentally inadequate relative to one's peers, in areas of achievement”.

“Impaired limits” is the third domain of Young (Young et al., 2003, p.14-17). It depends on “deficiency in internal limits, responsibility to others, or long-term goal-orientation”. It originates from a family having characteristics of “permissiveness, overindulgence, lack of direction, or a sense of superiority -- rather than appropriate confrontation, discipline and limits in relation to taking responsibility, cooperating in a reciprocal manner, and setting goals”. Schemas of *entitlement/grandiosity* based on “the belief that one is superior to other people; entitled to special rights and privileges; or not bound by the rules of reciprocity that guide normal social interaction”; and *insufficient self-control /self-discipline* indicating “pervasive difficulty or refusal to exercise sufficient self-control and frustration tolerance to achieve one's personal goals, or to restrain the excessive expression of one's emotions and impulses” take part under the domain of impaired limits.

Other-directedness is the fourth domain of Young (Young et al., 2003, p.14-17). This domain is based on “an excessive focus on the desires, feelings, and responses of others, at the expense of one's own needs -- in order to gain love and approval, maintain one's sense of connection, or avoid retaliation”. Roots of this domain arise from “conditional acceptance: children must suppress important aspects of themselves in order to gain love, attention, and approval. In many such families, the parents' emotional needs and desires -- or social acceptance and status -- are valued more than the unique needs and feelings of each child”. Domain of other-directedness involves the schemas of *subjugation* based on “excessive surrendering of control to others because one feels coerced - - usually to avoid anger, retaliation, or abandonment”; *self-sacrifice* related to “excessive focus on voluntarily meeting the needs of others in daily situations, at the expense of one's own gratification”; and *approval-seeking/recognition-seeking* based on “excessive

emphasis on gaining approval, recognition or attention from other people or fitting in, at the expense of developing a secure and true sense of self".

The final domain is "overvigilance and inhibition" (Young et al., 2003, p.14-17). It is based on "excessive emphasis on suppressing one's spontaneous feelings, impulses, and choices or on meeting rigid, internalized rules and expectations about performance and ethical behaviour -- often at the expense of happiness, self-expression, relaxation, close relationships, or health". This domain mainly originates from the family that is "grim, demanding, and sometimes punitive: performance, duty, perfectionism, following rules, hiding emotions, and avoiding mistakes predominates over pleasure, joy, and relaxation". Overvigilance and inhibition domain consists of the schemas of *negativity /pessimism* depending on "a pervasive, lifelong focus on the negative aspects of life while minimizing or neglecting the positive or optimistic aspects"; *emotional inhibition* including "excessive inhibition of spontaneous action, feeling, or communication -- usually to avoid disapproval by others, feelings of shame, or losing control of one's impulses"; *unrelenting standards/hypercriticalness* based on "the underlying belief that one must strive to meet very highly internalized standards of behaviour and performance, usually to avoid criticism"; and *punitiveness* including "the belief that people should be harshly punished for making mistakes".

1.1.2 Early Maladaptive Schemas and Psychological Well-Being

In order to deal with the problems and negative life events, a child develops some rules/schemas (EMS) in order to fight and survive. However, although EMS could be functional in early life, maintenance of these schemas in later life becomes dysfunctional because the perception of the world is not the same as the one during childhood period (Young et al, 2003). While all these schemas arise during childhood and seem to be dominant in this period (Stallard, 2007), prevalence of such schemas later in life brings about tackling the problems in a maladaptive way. According to Young et al. (2003), there are three maladaptive ways that people utilize to cope with their schemas. "Schema surrender" is the first style in which people accept their schemas as an accurate rule in their life. They do

not avoid or fight with it. Without being unaware of what they do, they behave according to their schemas based on childhood experiences. “Schema avoidance” is the second style of coping. In this situation, people tend to avoid their schemas, the life events and thoughts triggering their schemas. They suppress their feelings and avoid facing with their schemas. These people may tend to have drug abuse in order to suppress painful feelings. Finally, “schema overcompensation”, which is the third style of coping, indicates that people fight with their schemas and try to oppose them. In practice, this style seems more beneficial for the well-being of the individual than other coping styles. However, during contemplating to fight against schemas, they tend to pay a lot of attention to the existence of the schemas, which results in prevalence. Therefore, overcompensation unintentionally makes schemas permanent in their life.

These maladaptive schemas and maladaptive coping strategies may result in threat to well being of the individual. Other than Young’s claims, there are some other studies underlining the relationship between EMS and psychopathology in the literature. A study by Sarıtaş (2007) claimed a mediating role of EMS between maternal acceptance-rejection and psychological distress. According to Lumley and Harkness (2007), Young’s schemas that are related to loss/worthlessness and adversity in children are associated with anhedonic symptoms. In addition, schemas related to danger and adversity has a relationship with anxiety in childhood. Furthermore, Reeves and Taylor (2007) claimed that EMS are important to explain the roots of personality disorders. On the other hand, the research of Pinto-Gouveia, Castilho, Galhardo, and Cunha (2006) expressed that “EMS of mistrust/abuse, social undesirability/defectiveness, entitlement, emotional deprivation, unrelenting standards, and shame, as the ones that explain most of the variance in subject’s anxiety that they felt in social situations and on fear of negative evaluation” (p. 571). Moreover, in the case study of Morrison (2000), dealing with schemas in therapy sessions caused significant decrement in depression and anxiety symptoms. Besides, the study of Lee (2007) indicates that specific maladaptive schemas have the mediating role for the relationship between perfectionism and anxiety. On the other hand, Unoka, Tölgyes, and Czobor (2007)

argued that maladaptive schemas of Young (1999) play an important role in symptoms of eating disorder. Furthermore, other research (Mason, Platts & Tyson, 2005; Muris, 2006; Welburn, Coristine, Dagg, Pontefract, & Jordan, 2002) addressed that EMS increase the vulnerability for psychological disorders such as anxiety disorders, depression, disruptive behaviour, eating problems, and substance abuse. Therefore, based on all these studies, it can be argued that there has been an association between EMS and well-being.

1.2 Balanced Integration Differentiation Model

In the literature, while traumatic childhood experiences and the maladaptive evaluation of schemas are presented as vulnerability factors for psychological disorders, orientation of self (being connected to others and self-development) is another factor determining the perception of the outer world and the degree of vulnerability to psychological disorders. As stated earlier, one of the models focusing on self-enhancement and connection with others is Balanced Integration Differentiation Model (İmamoğlu, 1995; 1998; 2003).

In Balanced Integration Differentiation (BID) Model, according to İmamoğlu (2003, p. 372), "the natural order involves a balanced system resulting from the interdependent integration of differentiated components. In other words, differentiation and integration do not represent opposing forces but distinct and complementary processes of a balanced order. They are distinct in that differentiation refers to an *intraorganismic* process, whereas integration involves an *interorganismic* process."

According to this model, "human beings are assumed to have a basic psychological need to actualize their unique potentials and, hence, to be *differentiated* as *individuated* persons" (İmamoğlu, 2003). İmamoğlu (2003, p. 372) defined this self-developmental tendency as *intrapersonal differentiation orientation*. "The high end of this orientation is referred to as *individuation* (i.e., becoming differentiated as a unique person with intrinsic referents) whereas the low end is referred to as *normative patterning* (i.e., becoming patterned in accordance with extrinsic referents). Moreover, human beings are also assumed to

be naturally inclined to be connected to others, which refers to as the *interpersonal integration orientation*, the high and low ends of which are labelled as *relatedness* and *separatedness*, respectively".

Based on this conceptualization of İmamoğlu (2003), two self-orientations with low and high ends constitute four Self-Construals (as shown in figure 2). The first Self-Construal is named as *separated-individuation*. In this self type, people achieve intrapersonal differentiation; however, they are not interpersonally integrated. *Separated-patterning* is another Self-Construal based on achieving neither intrapersonal differentiation nor interpersonal integration. This is conceptualized as "unbalanced context" (İmamoğlu, 2003). According to the model, when lack of self-enhancement and being detached from social relational ties are experienced together, this results in the unhealthiest self type among the four. Thirdly, *related-individuation* is another Self-Construal depending on achievement in both intrapersonal differentiation and interpersonal integration. This orientation is named as "balanced context" in BID Model (İmamoğlu, 2003). The people having *related-individuation* orientation are accepted to have the healthiest characteristics in these four Self-Construals. *Related-patterning* is the last Self-Construal. In this Self-Construal, interpersonal integration is provided but intrapersonal differentiation is not provided.

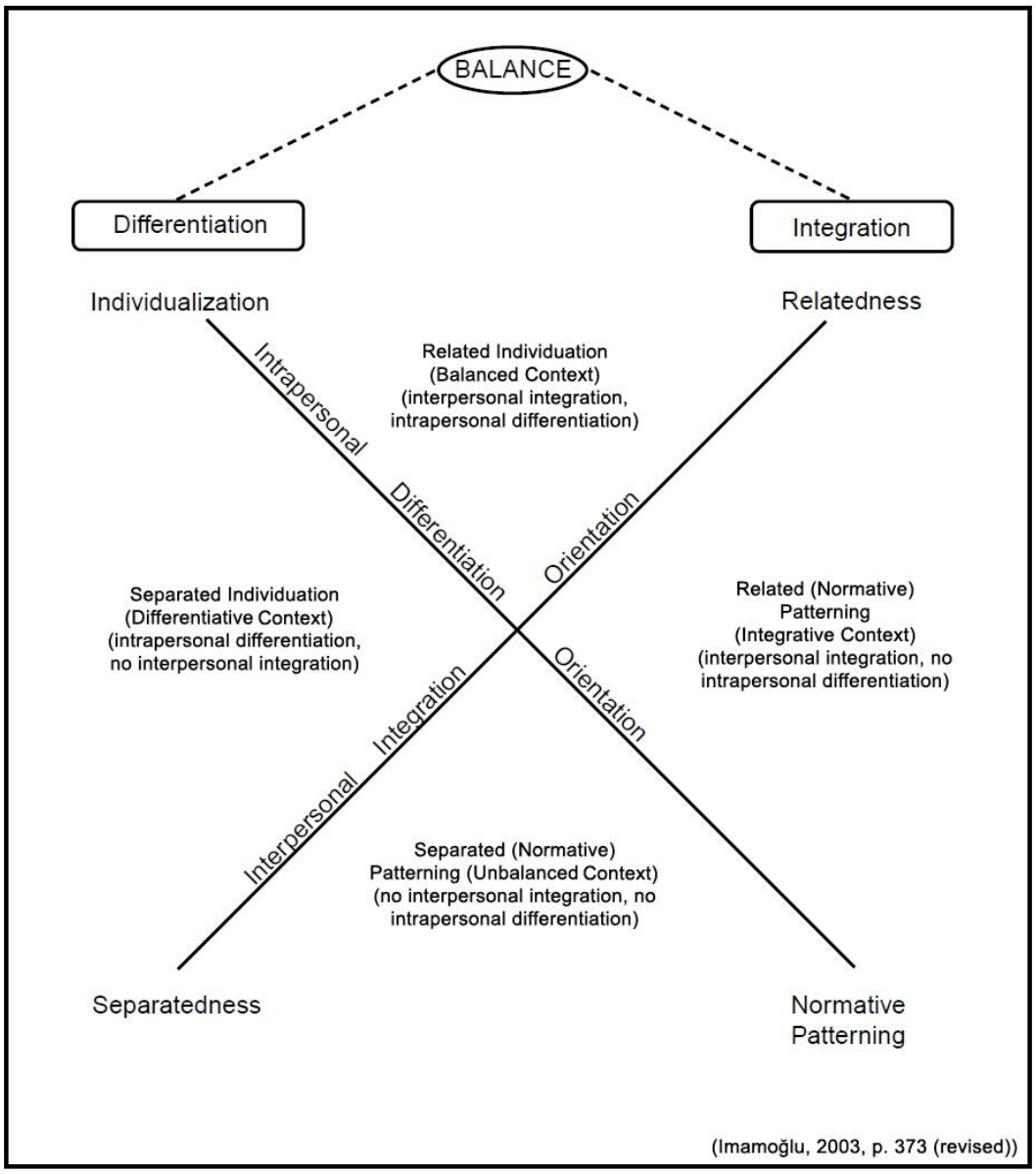

Figure 2. Four Self-Construals in BID Model (Revised)

Source: İmamoğlu, E. O. (2003), Individuation and relatedness: Not opposing but distinct and complementary. *Genetic, Social, and General Psychology Monographs,* 129, 367-402.

1.2.1 Four Self-Construals of BID Model and Schema Domains

Based on extended current literature search, self-orientations and schema

correlations have not been empirically studied before. However, during the evolution of the structure of schema domains, as it was suggested by Young (1996), we can put forward some important assertions.

Considering detached, cold, withholding, and rejecting features of a typical family that triggers disconnection and rejection domain, we can expect that there would be a positive correlation between this kind of domain and self-construals of separated-patterning and separated-individuation. However, a negative correlation can be expected with self-construals of related-individuation and related-patterning. In addition, considering features of being dependent to others, being vulnerable to harm or illness, and having excessive emotional involvement and closeness with others of impaired autonomy and performance domain, we can expect that there would be a positive correlation between this kind of domain and self-construals of related-patterning and separated-patterning. Nevertheless, a negative correlation can be expected between this kind of domain and related-individuation and separated-individuation self-construals. On the other hand, based on the features of having deficiency in internal limits, responsibility to others, and being not bound by the rules of reciprocity that guide normal social interaction of impaired limits domain, we can expect that there would be a positive correlation between this kind of domain and separated-individuated self-construal. Moreover, having excessive focus on the desires, feelings, and responses of others at the expense of one's own needs are the characteristics of other-directedness domain. Therefore, we can expect that there could be a positive correlation between this kind of domain and related-patterning self-construal. Finally, having excessive emphasis on suppressing one's feelings and trying to meet rigid, internalized rules and expectations about performance and ethical behaviour are features of overvigilance and inhibition domain. Therefore, we can expect that there would be a positive correlation between this kind of domain and self-construal of separated-patterning.

1.2.2 Balanced Integration Differentiation Model and Well-Being

Although there is no study directly related to BID model and psychological well-being, it can be asserted that there is a relationship between the two. In fact, this assertion is based on the study related to attachment and BID model. According to this study (İmamoğlu & İmamoğlu, 2007), attachment security is associated with the relational self-orientation and positively correlated with relatedness in the Model of BID. Starting from this point, the relationship between attachment and well-being is questioned in order to examine the relationship between BID model and psychological well-being. Based on this assumption, in the literature, there are many studies supporting the relationship between attachment and well-being. Hence, in the study of Sideridis and Kafetsios (2008), it is claimed that perceived satisfaction with support (secure attachment) is strongly related with well-being. Moreover, Browne and Shlosberg (2006) claimed that past and present secure attachment relationships have protective structure for well-being. Furthermore, in the study of Milan, Snow, and Belay (2009), insecure attachment increases vulnerability to depression. In addition, Brisch (2002) in his book claimed that insecure attachment is a risk factor for psychopathology in terms of depression, conduct disorder, psychosomatic disease, and even borderline personality disorder. According to Bowlby (1973, 1988), if the caregiver does not deal with the distress of the child at the time, this can cause feelings of anxiety, anger, and helplessness for the child.

Based on these studies, due to the relationship between self-orientation and attachment, and the association between attachment and well-being, it is assumed that interpersonal orientation and intrapersonal differentiation orientation in BID model may be related to psychological well-being.

1.3 Psychological Well-Being

World Health Organization (WHO) defined health as “a state of complete physical, mental, and social well-being and not merely the absence of the disease or infirmity” (1948). Based on this definition, clinical researchers consider mental health as important for complete health and broaden their studies to psychological

well-being in order to analyse the effectiveness of health care interventions (Gladis, Gosch, Dishuk & Crits-Christoph, 1999). Therefore, one of the traditional goals of psychology is to analyse unhappiness and ill-being based on the criteria of depression, anxiety, and unpleasant emotions (Povat & Diener, 1993).

There is a lot of literature focusing on well-being. These are mostly related to the symptoms of disorders defined in Diagnostic and Statistical Manual of Mental Disorders (DSM-IV, American Psychiatric Association, 1994) or the factors associated with these symptoms and life satisfaction (Cohn, Fredrickson, Brown, Mikels & Conway, 2009; Gladis et al., 1999; Steger & Kashdan, 2009). In fact, the studies of psychological well-being have been conducted to determine the risk factors and vulnerability of people for an illness (Durlak, 1998). Based on these results, preventing and maintaining factors of mental illnesses are examined extensively. Therefore, studies carried out on well-being are important for understanding etiology, development, and results of psychological disorders. Apart from importance of studies carried out on well-being with the aim of studying intervention, Rocke and Lachman (2008) asserted that questioning people's psychological health with self-report measures ensures that people think about their past mood and evaluate their present mood. Thus, this experience can trigger self-awareness and may increase motivation to go through change and as a result having better self-development.

Considering the importance of measuring psychological well-being in the present study, the symptoms of depression, factors of positive affect, negative affect and reassurance-seeking which are all related to life satisfactions will be used via self-report measures.

1.4 Well-being Measures of the Present Study

In the present study, in order to examine psychological well-being, measures of depression, positive affect, negative affect, and reassurance-seeking will be used.

1.4.1 Measure of Depression

According to Diagnostic and Statistical Manual of Mental Disorders (DSM-IV, American Psychiatric Association, 1994), major depression is defined as the characteristics of depressed mood, loss of pleasure, loss of interest, and loss of motivation to maintain daily activities. Moreover, in order to diagnose major depression, at least four of the following symptoms have to be observed over a period of two weeks: loss of appetite, weight loss or gain, sleep disturbances, psychomotor agitation, tiredness, loss of energy, feeling of worthlessness, difficulty in concentration, and thought of death or suicide. In clinical practice, while symptoms of depression are used in order to diagnose, Beck Depression Inventory (BDI), a self-report measure, is used with the purpose of conducting research. This inventory measures the physiological, affective, and cognitive features of depressive symptoms. BDI has been used in numerous studies in order to determine the level of psychological well-being (Beck et al., 1979; Beck & Haaga, 1992; Clark et al., 1990; Clark et al., 1994). Similarly, in the present study, BDI will be used with the same purpose (see section 2 for details of BDI).

1.4.2 Measures of Positive and Negative Affect

In the literature, numerous studies have been conducted in order to discriminate overlapping symptoms of depression and anxiety. According to Beck et al. (Beck, 1976; Beck et al., 1987; Beck & Clark, 1988; Beck, Brown & Clark,, 1989; Clark et al., 1990, 1994), depression and anxiety have different cognitive structures. While depression is related to loss and failure, the roots of anxiety is mostly based on expectation of harm and danger to oneself. Similarly, the study of Clark et al. (1990) revealed that hopelessness and worthlessness are highly correlated with the symptoms of depressed people, while anxious people have thoughts in the expectation of harm and danger. Apart from these studies, Watson and Tellegen (1985) asserted the concepts of positive and negative affect in order to examine the differences between depression and anxiety. In this study, the concept of positive affect was related to pleasure such as being excited, and enthusiastic. Moreover, negative affect is based on unpleasant arousal such as

being upset and hostile. After this conceptualization, many studies (Clark et al., 1990; Clark & Watson, 1991; Carey, Clark, & Watson, 1988) revealed that high negative affect is associated with both depression and anxiety. On the other hand, low positive affect is specifically related with depression. In addition, in the study conducted by Gençöz (2002), low positive affect is found to be highly correlated with depression symptoms, whereas high negative affect reveals associations with both high level of depression and anxiety. On the other hand, in the study of Lucas, Diener, and Suh (1996), it was found that positive and negative affect are measures of providing information on life satisfaction. Based on these studies, considering the relationship between the positive-negative affect, and depression-anxiety, these measures will be used in the present study in order to further test psychological well-being.

1.4.3 Measure of Reassurance-Seeking

In interpersonal theory of depression (Coyne, 1976), it was asserted that people who are vulnerable to depression need to feel reassurance of others. They evaluate their self worth depending on reassurance they receive from others. However, although they receive reassurance from others, they do not trust in the reality of this and do not feel satisfied about it. Joiner, Metalsky, Katz, and Beach (1999) define this situation as excessive reassurance-seeking. The study of Gençöz and Gençöz (2005) claimed that reassurance-seeking is positively correlated with scores received from Beck Depression Inventory. Similarly, the study of Joiner and Schmidt (1998) indicated that excessive reassurance-seeking is closely associated with depressive symptoms. In addition to this, Starr and Davila (2008) assert that excessive reassurance-seeking is positively correlated with depression and interpersonal rejection. Similarly, Joiner and Metalsky (2001) claimed that people having high excessive reassurance-seeking have more tendencies for being depressed compared to those having low reassurance-seeking. Based on these studies, the scale of reassurance-seeking will be used another measure of well-being in the present study (see section 2 for the characteristics of the scale).

1.5 Specific Aims of the Study

In the literature, although the relationship between schema and well-being has been examined extensively, there are limited studies on the relationship among early maladaptive schemas, self –orientations, and psychological well-being. Moreover, to the best knowledge of the author, there is no study to date to examine the direct effect of self-construals in BID model on psychological well-being. However, the assumption depending on attachment studies in relationship between separation/attachment and well-being (İmamoğlu & İmamoğlu, 2007; Sideridis & Kafetsios, 2008; Browne & Shlosberg, 2006) explained before, supports the possible effect of self-orientations on well-being. Furthermore, when origins of EMS is analysed, it can be seen that there are similarities between the structure of EMS and self-construals. For example, social-isolation/alienation, dependence/incompetence and enmeshment/undeveloped self schemas seem closely related with low level of Intrapersonal Differentiation and Interpersonal Integration in BID model. Therefore, based on all these assumptions, this study has the following specific aims:

(1) To examine possible influences of demographic variables, i.e. gender, age,marital status, sibling number, mother's and father's education on the schema domains (that will emerge upon factor analyses),

(2) To examine possible influences of demographic variables of gender, age, marital status, sibling number, mother's and father's education on the self-orientations (i.e., interpersonal integration orientation and intrapersonal differentiation orientation),

(3) To examine possible influences of demographic variables of gender, age, marital status, sibling number, mother's and father's education on the well-being measures (i.e., depression, positive affect negative affect, and reassurance-seeking),

(4) To determine the differences of schema domains (that will emerge upon factor analyses) on self-orientation dimensions (i.e., interpersonal integration orientation and intrapersonal differentiation orientation),

(5) To determine the differences of schema factors (upon factor analyses) on the well-being measures (i.e., depression, positive affect, negative affect, and reassurance-seeking),

(6) To analyse differences of four self-construals (i.e., related-individuation, separated-individuation, separated-patterning, and related-patterning) on schema domains (that will emerge upon factor analyses),

(7) To analyse differences of four self-construals (i.e., related-individuation, separated-individuation, separated-patterning, and related-patterning) on well-being measures of depression, positive affect, negative affect, and reassurance-seeking.

Based on these aims, the hypotheses of the study are:

(1a) Having strong characteristics of schema domains will be related to low level of self-orientation dimensions of interpersonal integration orientation,

(1b) Having strong characteristics of schema domains will be related to low level of self-orientation dimensions of intrapersonal differentiation orientation,

(2a) Having strong characteristics of schema domains will be associated with high depression,

(2b) Having strong characteristics of schema domains will be associated with high negative affect,

(2c) Having strong characteristics of schema domains will be associated with high reassurance-seeking,

(2d) Having strong characteristics of schema domains will be associated with low positive affect,

(3a) Having strong characteristics of schema domains will be related to low level of related-individuation self-construal,

(3b) Having strong characteristics of schema domains will be associated with high level of separated-patterning self type,

(4a) Self-construal of related-individuation will be related to high positive affect,

(4b) Self-construal of related-individuation would be correlated with low level of depression,

(4c) Self-construal of related-individuation would be correlated with low level of negative affect,

(4d) Self-construal of related-individuation will be related to low level of reassurance-seeking,

(5a) It is expected that separated-patterning self type would be related to low level of positive affect,

(5b) It is expected that separated-patterning self type would be correlated with high level of depression,

(5c) It is expected that separated-patterning self type would be correlated with high level of negative affect,

(5d) It is expected that separated-patterning self type would be correlated with high level of reassurance-seeking.

CHAPTER II

2. METHOD

2.1 Participants

In the present study as shown in Table 1, 501 participants (300 females and 201males) between the ages of 18 and 50 (M = 29.68, sd = 8.74) took place. These participants were from 12 different cities of Turkey (i.e., Ankara, İstanbul, İzmir, Antalya, Kırşehir, Hatay, Sivas, Eskişehir, İzmit, Trabzon, Aydın, and Mersin). Among the participants, 83 % (n = 416) were from Ankara and the remaining were from the other cities (see Table 2)

According to working status of the sample, 30.5 % (n = 153) were student, 3 % (n = 15) were unemployed, 1.8 % (n = 9) were retired, and 64.7 % (n = 317) were employed.

With respect to the education level of the participants, 0.6 % (n = 3) were graduate of primary school, 1.2 % (n = 6) were graduate of secondary school, 11 % (n = 55) were graduate of high school, 42.1 % (n = 211) were university graduates, and 44.7 % (n = 224) were post-graduates. As for mother's education, 53.3 % (n = 267) were graduate of secondary school and below, and 45.3 % (n = 227) were graduate of high school and above. Adding to this, according to father's education level, 38.7 % (n = 194) were graduate of secondary school and below, and 60.5 % (n = 303) were graduate of high school and above.

According to the marital status of the participants, 60.9 % (n = 305) were single while 36.9 % (n = 185) were married. Furthermore, among all participants, 38.9 % (n = 195) had one sibling, and 60.3 % (n = 302) had more than one sibling.

Table 1. Demographic Characteristic of the Participants

Variables	N (501 participants)	%
Gender	**Total: 501**	
Female	300	59.9
Male	201	40.1
Age	**Total: 497(4 missing/0.9%)**	
Young (ages between 18 and 23)	149	29.7
Middle (ages between 24 and 30)	174	34.7
Old (ages between 31 and 50)	174	34.7
Working Status	**Total: 494 (7 missing/1.7%)**	
Student	153	30.5
Employed	317	63.3
Retired	9	1.8
Unemployed	15	3
Participant's Education	**Total: 499 (2 missing/0.4%)**	
Primary School	3	0.6
Secondary School	6	1.2
High School	55	11
University	211	42.1
Post-Graduate	224	44.7
Mother's Education	**Total: 490 (11 missing/2.1%)**	
Illiterate	11	2.2
Literate	42	8.4
Primary School	136	27.1
Secondary School	78	15.6
High School	113	22.6
University	101	20.2
Post-Graduate	9	1.8
Father's Education	**Total: 494 (7 missing/ 1.3%)**	
Illiterate	2	0.4
Literate	24	4.8
Primary School	93	18.6
Secondary School	75	15
High School	107	21.4
University	169	33.7
Post-Graduate	24	4.8
Marital Status	**Total: 499 (2 missing/0.4%)**	
Single	305	60.9
Married	185	36.9
Divorced	9	1.8
Sibling Number	**Total: 497 (4 missing/0.8%)**	
No sibling	26	5.2
One sibling	169	33.7
Two siblings	121	24.2
Three siblings	75	15
Four siblings	43	8.6
More than four siblings	63	12.5

Table 2. Distribution of the cities of residence

Cities	N (2 missing)	%
Ankara	416	83
İstanbul	44	8.8
İzmir	15	3
Eskişehir	1	0.2
Kırşehir	1	0.2
Hatay	1	0.2
İzmit	4	0.8
Sivas	7	1.4
Trabzon	5	1
Aydın	3	0.6
Mersin	1	0.2
Antalya	1	0.2

2.2 Measures

In the present study, two types of questionnaires were used. First, at the beginning part, a demographics form was used. This form was prepared by the researcher to get information about demographic characteristics of the participants. Gender, age, working status, education, the place participants lived, marital status, having child or not, income, mother's education, father's education, sibling number, and birth order were questioned in the form. Moreover, if the participant was a student, his/her school, department, and class information were questioned (see Appendix B).

After demographics form, Beck Depression Inventory (see Appendix C), Positive Affect Negative Affect Scale (see Appendix E), Reassurance-Seeking Scale (see Appendix D), The Young Schema Questionnaire (see Appendix G), and Balanced Integration-Differentiation Scale (see Appendix F) were administered in the second part.

2.2.1 Beck Depression Inventory

Beck Depression Inventory has two forms. The first of them was developed by Beck, et al. in 1961 in order to measure the instant state of the patients. This form was filled by clinician and the patient together. The second version of the scale was developed (Beck et al., 1978). This second form is a self-evaluation type

scale. In the present study, this inventory was used. The inventory includes 21 items questioning well-being of last week depending on depression symptoms and their frequency. The item scores range from 0 to 3. Thus, scores for the inventory range from 0 to 63. In the study of Beck et al. (1961), the reliability of the inventory was found to be .86. On the other hand, according to another study (Hisli, 1989), Cronbach's alpha of the inventory in Western countries was found between .60 and .87.

The scale was adapted to Turkish by Hisli (1988). The reliability was found to be .74 in this study. Moreover, according to the study of Hisli (1988), the scale's correlation coefficient was found to be .47 with MMPI-D and .55 with STAI-T. Furthermore, the correlation coefficient between Beck Depression Inventory and Automatic Thought Scale was found to be .74 (Şahin & Şahin, 1992).

2.2.2 Positive Affect Negative Affect Scale (PANAS)

The Positive Affect Negative Affect Scale was developed by Watson, Clark, and Tellegen (1988). It has two subscales; Positive Affect (degree of becoming attentive, interested, alert, excited, enthusiastic, inspired, proud, determined, strong, and active) and Negative Affect (degree of becoming: distressed, upset, hostile, irritable, scared, afraid, ashamed, guilty, nervous, and jittery). It consists of 20 items, 10 of which are used to measure positive affect and other 10 items are used to measure negative affect. PANAS is a 5-point Likert type scale (i.e., 1 = not at all, and 5 = extremely). Thus, the scores of Positive Affect and Negative Affect range from 10 to 50. Moreover, according to Watson, Clark, and Tellegen (1988), the reliability of positive affect ranges from .86 to .90, while reliability of negative affect is ranges from .84 to .87.

Turkish standardization of PANAS was conducted by Gençöz (2000). Cronbach's alpha for internal consistency was found to be .83 and .86 for positive affect and negative affect, respectively. Furthermore, test-retest reliability was .54 for positive affect and .40 for negative affect. Moreover, in terms of criterion validity, positive affect revealed significant negative correlations with Beck Depression Inventory and Beck Anxiety Inventory, whereas negative affect

indicated significant positive correlations with Beck Depression Inventory and Beck Anxiety Inventory.

2.2.3 Reassurance-Seeking Scale (RSS)

The Reassurance-Seeking Scale is one of the four components of the Depressive Interpersonal Relationships Inventory that assesses variables described by Coyne (1976). It is a 4-item and 7-point Likert type scale (1 = no, not at all and 7 = yes, very much). For the evaluation of the scale, high scores indicate high Reassurance-Seeking. Turkish adaptation of RSS was done by Gençöz and Gençöz (2005). According to this adaptation study, high internal consistency for RSS was found, with a Cronbach alpha of .86. Moreover, in this study RSS indicated significant positive correlation with the Beck Depression Inventory and Beck Anxiety Inventory; while it was negatively correlated with the Rosenberg Self-Esteem Scale.

2.2.4 The Young Schema Questionnaire (YSQ)

YSQ was developed by Young & Brown (2006). The 90-item scale, short form of the original scale, measures 18 early maladaptive schemas (EMS). Adding to this, there is another YSQ measuring 15 EMS which was developed (1990) and revised (1991) by Young and Brown. In the present study, 90-item short form of the original YSQ has been used.

The 90-item YSQ was developed from the 205-item original YSQ. The original questionnaire is 6-point Likert type scale (from 1 = never or almost never, to 6 = all of the time). In order to determine psychometric structure of the questionnaire Schmidt, Joiner, Young, and Telch (1995) and Lee, Taylor, and Dunn (1999) conducted studies and according these studies, factor structure of the measure revealed similarity with Young's findings (1999), though, internal consistency coefficients of the scale indicated range between .83 and .96. Moreover, for the EMS, in the study of Schmidt et al. (1995) the test-retest reliability ranged from .50 to .82. According to this study, it was found that the questionnaire indicated significant convergent validity with self-esteem,

psychological distress, depression, and personality disorders. Furthermore, similar to the hypothesis of Young (1990), findings of Lee et al.'s (1999) study validated 15 EMS in YSQ in the factor analyses. Additionally, good internal consistency coefficients and primary factors for EMS were found in the study.

With the purpose of research, a 75-item short form of the original YSQ was developed by Young & Brown (1994). Welburn et al. (2002) investigated the factor structure of this short-form. The result revealed similarity with the researches done for 15 factors. Internal reliability for those 15 subscales ranged from .79 to .93.

The Turkish adaptation of YSQ was done by Karaosmanoğlu, Soygüt, Tuncer, Derinöz, and Yeroham (2005). According to this study done with psychiatric patients, internal consistency coefficients for the EMS were found to be between the range of .75 (social isolation) and .93 (failure). Moreover, another study (Soygüt, Karaosmanoğlu, & Çakır, 2009) was done with Turkish university students. Regarding the results of this study, 14 factors were determined. In this study, while Cronbach's alpha of internal consistency ranged between .53 and .81, test-retest reliability ranged from .66 to .83.

2.2.5 Balanced Integration-Differentiation Scale (BIDS)

The scale was developed by İmamoğlu (1998, 2003). It is used in order to measure self-construals of Balanced Integration Differentiation Model. The scale is a 5-point Likert type scale. The items of the scale are rated from 1 to 5 (i.e., 1 = strongly disagree, and 5 = strongly agree). It has 29 items and has two subscales, namely, Interrelational Orientation Subscale and Self-Developmental Orientation Subscale. Self-Developmental Orientation Subscale (13 items) is related to a person's differentiation from others as a unique person. Interrelational Orientation Subscale; on the other hand, is concerned with ties and relations with others. For the first subscale, Cronbach's alpha coefficients range between .80 and .91, while Cronbach's alpha coefficients of the second subscale range between .71 and .82 (Gezici & Güvenç, 2003; Güler, 2004; İmamoğlu, 1998, 2003; İmamoğlu &

Karakitapoğlu-Aygün, 2004). The scale has good validities according to the study (İmamoğlu & İmamoğlu, 2007).

2.3 Procedure

Initially, necessary permission was taken from Middle East Technical University Ethical Committee. After, a booklet including demographics form and other measures of the study was prepared (see section 2.2 for the measures). Five hundrends and one booklets were distributed to 12 different cities of Turkey. Before filling the booklet, participants signed the informed consent forms (see Appendix A). It took participants about 45 minutes to complete the questionnaire.

2.4 Statistical Analyses

In the present study, initially factor analyses for the EMS were conducted in order to determine schema domains. After these analyses, in order to examine the differences of demographic variables on the measures of the study, on schema domains, self-orientations and well-being measures; the differences of schema domains on self-orientations, and on well-being measures, and the differences of four self-construals on well-being measures, multivariate analysis of variances (MANOVAs) were performed. Furthermore, a zero-order correlation was conducted to identify correlations among the demographic variables, well-being measures, schema domains, and self-orientations. Based on the significance level of these correlations, the associates of well-being measures were examined via various regression analyses.

CHAPTER III

3. RESULTS

3.1 Factor Analysis for Young Schema Questionnaire Short Form (YSQ-SF)

In the present study, in order to classify 18 original schemas (Young, 1999) under seperate schema domains, Principal Component Factor Analysis with varimax rotation was conducted. Initially, in order to verify the suitability of the data, Kaiser-Meyer-Olkin Measure of Sampling Adequacy (KMO) and Bartlett's Test of Sphericity values were checked out to see the suitability of the questionnaire for factor analysis.

After, based on scree plot and distribution of item loadings 3-factor solution was determined. These factors explained a total of 59.39 per cent of the variance. Moreover, from these three factors, first factor accounted for 43.45%; second factor accounted for 9.83%, and third component explained 6.11% of the total variance. Furthermore, in order to examine the items under these three components, rotated component matrix was analysed and loadings of the items were examined. For the distribution of the items through the factors, if a loading of an item was .40 or higher than .40 under a component, the item took part under this factor. Moreover, if a loading of an item provided this criterion under two components or if the difference between the highest loading and the next highest loading is less than .10, the placement of the item was determined according to the semantic content of the item. As shown in Table 3, 5 of 18 schemas cross-loaded under more than one component. Abondanment/Instability schema loaded under both factor 1 (loading of .55) and factor 2 (loading of .46), while schema of Dependence/Incompetence loaded under both factor 1(loading of .57) and factor 2 (loading of .63). Abandonment/ Instability schema was included in factor 1, and Dependence/Incompetence schema was kept under factor 2 based on the theoretical structure of the schemas (Young, 1999). This distribution was also

consistent with Sarıtaş's study (2007). Moreover, Mistrust/Abuse schema loaded under factor 2 (loading of .40) and factor 3 (loading of .49). Subjugation schema loaded under both factor 1 (loading of .60) and factor 2 (loading of .50). Failure schema loaded under both factor 1 (loading of .62) and factor 2 (loading of .51). Taking theoretical structure of the schemas (Young, 1999) into consideration, Mistrust/Abuse schema took part in factor 3; Subjugation was kept under factor 1, and Failure schema was also included in factor 1. Apart from these placements, Vulnerability to Harm, Enmeshment, Self-Sacrifice, Pessimism, and Punitiveness schemas were included in factor 1 and named as "Perception of Insufficient Self". Emotional Deprivation, Social Isolation, Defectiveness/ Shame, and Emotional Inhibition schemas were included in factor 2 and named as "Inhibition in Expressing Emotions". Unrelenting Standards, Entitlement, Insufficient Self-Control, and Approval Seeking schemas were kept under factor 3 and named as "Insufficient Ego Control".

After the analyses of factors and loadings, reliability coefficients of three factors were evaluated. For factor 1, Cronbach's alpha was .87, for factor 2, it was .82; and for factor 3, it was .80 (shown in Table 3). Furthermore, item-total correlations of these factors were quite appropriate. Item-total correlation range for factor 1 was between .30 and .71, for factor 2, it was between .37 and .66; and for factor 3 it was between .28 and .57.

Table 3. Factor Analysis for Schema Domains

Factors	**Factor 1 Loadings**	**Factor 2 Loadings**	**Factor 3 Loadings**	**Cronbach's Alpha**
Factor 1 (43.45% variance) **Perception of Insufficient Self**				**.87**
Abondanment/ Instability	**.55**	**.46**	.29	
Failure	**.62**	**.51**	-.03	
Vulnerability to Harm	**.73**	.26	.22	
Enmeshment	**.62**	.20	.26	
Subjugation	**.60**	**.50**	.14	
Self- Sacrifice	**.51**	.08	.37	
Pessimism	**.75**	.15	.36	
Punitiveness	**.57**	.15	.32	
Factor2 (9.83% variance) **Inhibition in Expressing Emotions**				**.82**
Emotional Deprivation	.22	**.70**	.00	
Dependence/ Incompetence	**.57**	**.63**	.03	
Social Isolation	.11	**.74**	.39	
Defectiveness/ Shame	.31	**.80**	.05	
Emotional Inhibition	.07	**.64**	.29	
Factor3 (6.11% variance) **Insufficient Ego Control**				**.80**
Mistrust/Abuse	.36	**.40**	**.49**	
Unrelenting Standards	.21	.04	**.74**	
Entitlement	.12	.17	**.84**	
Insufficient Self-Control	.24	.34	**.51**	
Approval Seeking	.40	.05	**.65**	

3.2 Descriptive Information for Measures of the Study

In order to examine descriptive characteristics of the measures, means, standard deviations, and minimum-maximum ranges were examined for Schema Domains, namely, Perception of Insufficient Self (PIS), Inhibition in Expressing Emotions (IEE), and Insufficient Ego Control (IEC); Positive NegativeAffect Schedule (PANAS), Reassurance-Seeking Scale (RSS), Beck Depression Inventory (BDI), and Balanced Integration-Differentiation Scale (BIDS) with subscales of Self- Developmental Orientation (IDO), and Interpersonal Integration Orientation (IIO). The mean scores were calculated by dividing the total scores of the measures by the total number of items for this particular measure (see Table 4).

Table 4. Descriptive Information for the Measures

Measures	N	Mean*	SD	Range (Min-Max)
Schema Domains	497	1.82	0.46	1-6
PIS	498	1.86	0.65	1-6
IEE	498	3.73	1.06	1-6
IEC				
BIDS				
IIO	495	3.86	0.60	1-5
IDO	495	3.56	0.49	1-5
Well-Being				
PANAS-PA	493	3.24	0.70	1-5
PANAS-NA	493	1.97	0.63	1-5
RSS	496	2.57	1.21	1-7
BDI	491	0.44	0.37	0-3

Note. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, PANAS = Positive and NegativeAffect Schedule, RSS = Reassurance-Seeking Scale, BDI = Beck Depression Inventory, BIDS = Balanced Integration-Differentiation Scale, IDO = Self- Developmental Orientation, IIO = Interpersonal Integration Orientation

* Mean values are calculated by dividing the total values by the total number of items for that particular measure

3.3 Differences of Demographic Variables on the Measures of the Study

In order to determine how demographic variables differentiate on the measures (i.e., Schema Domains, Self-Orientations, and Well-Being Measures) of the present study, seperate multivariate analysis of variances were conducted. In theses analyses, gender was always kept as one of the independent variable. To be able to analyze the demographic variables as the independent variables, initially they were categorized into two or three groups. These categorizations and number of cases in each category (with their percentages) were given in Table 5.

Table 5. Categorization of the Demographic Variables

Variables	n	%
Age		
18 to 23 (young)	149	29.7
24 to 30 (middle)	174	34.7
31 to 50 (old)	174	34.7
Marital Status		
Single	305	60.9
Married	185	36.9
Sibling Number		
Having single sibling	195	38.9
Having more than one sibling	302	60.3
Mother's Education		
Graduate of secondary school or below (low)	267	53.3
Graduate of high school or above (high)	227	45.3
Father's Education		
Graduate of secondary school or below (low)	194	38.7
Graduate of high school or above (high)	303	60.5
Gender		
Female	300	59.9
Male	201	40.1

3.3.1 Differences of Demographic Variables on the Schema Domains

As can be seen from Section 3.3, demographic variables had been grouped into different categories relevant for that variable. Possible differences of these categorized demographic variables on Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) were separately analysed via Multivariate Analysis of Variance.

3.3.1.1 Influence of Age on Schema Domains

To see the influence of Age on Schema Domains, 3 (Young, Middle, and Old Ages) X 2 (Gender) between subjects MANOVA was conducted with 3 Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) as the dependent variables.

According to the results, there was a significant main effect of Age [Multivariate $\underline{F}(6, 970) = 2.46$, $\underline{p} < .05$; Wilks' Lambda = .97; partial $\eta^2 = .02$]. Moreover, Gender [Multivariate $\underline{F}(3, 485) = 8.60$, $\underline{p} < .05$; Wilks' Lambda = .95;

partial η^2 = .05] revealed a significant main effect (The main effect of Gender was replicated on all analyses covered under the section of 3.3.1; thus, these effects have not been mentioned again for the subsequent analyses). However, there was no interaction of Age X Gender [Multivariate F(6, 970) = 1.81, p > .05; Wilks' Lambda = .98; partial η^2 = .01].

After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment. Thus, for the analyses, the alpha values that were lower than .016 (i.e., .05/3) were considered to be significant with this correction. A significant Gender main effect was found on IEE, F(1, 487) = 15.43, p < .016, partial η^2 = .03. According to the results, males (m = 50.29) reported more characteristics related to IEE Domain compared to females (m = 44.41). Nevertheless, there was no significant main effect of Gender on PIS [F(1, 487) = 3.09, p > .016, partial η^2 = .01], and IEC [F(1, 487) = 0.62, p > .016, partial η^2 = .01] Domains. On the other hand, according to the univariate analysis of Age main effect, Age did not reveal significant differences on the Domains of PIS [F(1, 487) = 3.09, p > .016, partial η^2 = .01], IEE [F(1, 487) = 3.09, p > .016, partial η^2 = .01], and IEC [F(1, 487) = 3.09, p > .016, partial η^2 = .01].

Table 6. MANOVA for schema domains, age and interaction of gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	8.60*	3,485	.05	.95	-	-
PIS	-	1,487	-	-	3.09	.01
IEE	-	1,487	-	-	15.43**	.03
IEC		1,487			0.62	.01
Age	1.60*	6,970	.02	.97	-	-
PIS	-	2,487	-	-	2.42	.01
IEE	-	2,487	-	-	0.68	.01
IEC	-	2,487	-	-	1.09	.01
Age X Gender	1.81	6,970	.01	.98	-	-

Note1. * p < .05, ** p < .016, Note2. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

Table 7. Mean scores of gender on schema domains

Variables	PIS	IEE	IEC
Gender			
Female	-	44.41	-
Male	-	50.29	-

Note. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.3.1.2 Influence of Marital Status on Schema Domains

In order to see the influence of Marital Status on Schema Domains, 2 (Single and Married) X 2 (Gender) between subjects MANOVA was conducted with 3 Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) as the dependent variables.

According to the results, there was a significant main effect of Marital Status [Multivariate $F(3, 480) = 4.75$, $p < .05$; Wilks' Lambda = .97; partial $\eta^2 = .03$]. However, there was no interaction of Marital Status X Gender [Multivariate $F(3, 480) = 2.10$, $p > .05$; Wilks' Lambda = .99; partial $\eta^2 = .01$].

After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment as mentioned above. Nevertheless, in these analyses, Marital Status main effect did not reveal significant difference on the Domains of PIS [$F(1, 482) = 3.14$, $p > .016$, partial $\eta^2 = .01$], IEE [$F(1, 482) = 0.28$, $p > .016$, partial $\eta^2 = .01$], and IEC [$F(1, 482) = 0.76$, $p > .016$, partial $\eta^2 = .01$].

Table 8. MANOVA for schema domains, marital status and interaction of gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	9.58*	3,480	.06	.94	-	-
PIS	-	1,482	-	-	2.15	.01
IEE	-	1,482	-	-	17.00**	.03
IEC	-	1,482	-	-	0.40	.01
MS	4.75*	3,480	.03	.97	-	-
PIS	-	1,482	-	-	3.14	.01
IEE	-	1,482	-	-	0.28	.01
IEC	-	1,482	-	-	0.76	.01
MS X Gender	2.10	3,480	.01	.99	-	-

Note1. * p < .05, ** p < .016, Note2. MS = Marital Status, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

Table 9. Mean scores of gender on schema domains

Variables	PIS	IEE	IEC
Gender			
Female	-	43.71	-
Male	-	50.08	-

Note. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.3.1.3 Influence of Sibling Number on Schema Domains

To see the influence of Sibling Number on Schema Domains, 2 (Having single sibling and Having more than single sibling) X 2 (Gender) between subjects MANOVA was conducted with 3 Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) as the dependent variables.

As for the results, there was a significant main effect of Sibling Number [Multivariate F(3, 487) = 3.57, p < .05; Wilks' Lambda = .98; partial η^2 = .02]. Nevertheless, there was no interaction of Sibling Number X Gender [Multivariate F(3, 487) = 1.09, p > .05; Wilks' Lambda = .99; partial η^2 = .01].

After the multivariate analyses, univariate analyses were performed for significant effects with the application of the Bonferroni adjustment as explained above. Nevertheless, in these analyses, Marital Status main effect did not reveal significant difference on the Domains of PIS [F(1, 489) = 0.29, p > .016,

partial η^2 = .01], IEE [F(1, 489) = 2.60, p > .016, partial η^2 = .01], and IEC [F(1, 489) = 3.48, p > .016, partial η^2 = .01].

Table 10. MANOVA for schema domains, sibling number and interaction of gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	8.05*	3,487	.05	.95	-	-
PIS	-	1,489	-	-	2.70	.01
IEE	-	1,489	-	-	14.73**	.03
IEC		1,489			0.52	.01
SN	3.57*	3,487	.02	.98	-	-
PIS	-	1,489	-	-	3.14	.01
IEE	-	1,489	-	-	0.28	.01
IEC	-	1,489	-	-	0.76	.01
SN X Gender	1.09	3,487	.01	.99	-	-

Note1. * p < .05, ** p < .016, Note2. SN = Sibling Number, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

Table 11. Mean scores of gender on schema domains

Variables	PIS	IEE	IEC
Gender			
Female	-	44.19	-
Male	-	50.00	-

Note. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.3.1.4 Influence of Mother's Education on Schema Domains

To see the influence of Mother's Education on Schema Domains, 2 (Low and High) X 2 (Gender) between subjects MANOVA was conducted with 3 Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) as the dependent variables.

According to the results (as shown in Table 12), main effect of Mother's Education [Multivariate F(3, 484) = 10.84, p < .05; Wilks' Lambda = .94; partial η^2 = .06] was found to be significant. However, there was no interaction of Mother's Education X Gender [Multivariate F(3, 484) = 1.60, p > .05; Wilks' Lambda = 1.00; partial η^2 = .01].

For the main effect of Mother's Education measure, Bonferroni corrected univariate analyses revealed that the measure of Mother's Education had significant main effect on the Domains of IEE [F(1, 486) = 7.56, p < .016, partial η^2 = .01], and IEC [F(1, 486) = 12.47, p < .016, partial η^2 = .02]. However, there was no significant main effect for PIS, F(1, 486) = 0.30, p > .016, partial η^2 = .01. As a result, according to the analysis of IEE Domain, people having low educated mothers (m = 49.12) reported more tendency to IEE than people having high educated mothers (m = 45.01). Similarly, people having low educated mothers (m = 97.50) reported higher tendency to IEC compared to the ones having high educated mothers (m = 89.00).

Table 12. MANOVA for schema domains, mother's education and interaction of gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	8.52*	3,484	.05	.95	-	-
PIS	-	1,486	-	-	3.66	.01
IEE	-	1,486	-	-	14.15**	.03
IEC		1,486			0.41	.01
ME	10.84*	3,484	.06	.94	-	-
PIS	-	1,486	-	-	0.30	.01
IEE	-	1,486	-	-	7.56**	.01
IEC	-	1,486	-	-	12.47**	.02
ME X Gender	1.60	3,484	.01	1.00	-	-

Note1. * p < .05, ** p < .016, Note2. ME = Mother's Education, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

Table 13. Mean scores of gender on schema domains

Variables	PIS	IEE	IEC
Gender			
Female	-	44.26	-
Male	-	49.87	-
ME			
Low	-	49.12	97.50
High	-	45.01	89.00

Note. ME = Mother's Education, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.3.1.5 Influence of Father's Education on Schema Domains

To see the influence of Father's Education on Schema Domains, 2 (Low and High) X 2 (Gender) between subjects MANOVA was conducted with 3 Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) as the dependent variables.

According to the results, main effect of Father's Education [Multivariate F(3, 487) = 7.79, p < .05; Wilks' Lambda = .95; partial η^2 = .05] was found to be significant. However, there was no significant interaction effect of Father's Education X Gender [Multivariate F(3, 487) = 2.43, p > .05; Wilks' Lambda = .98; partial η^2 = .01].

As for the main effect of Father's Education, univariate analyses with Bonferroni correction revealed a significant main effect for IEC [F(1, 489) = 8.08, p < .016, partial η^2 = .02]. Nevertheless, there were no significant main effects for PIS [F(1, 489) = 0.48, p > .016, partial η^2 = .01] or for IEE [F(1, 489) = 3.51, p > .016, partial η^2 = .01] Domains. According to the mean scores, people having low educated fathers (m = 98.01) showed higher tendency for IEC Domain compared to those having high educated fathers (m = 90.98).

Table 14. MANOVA for father's education and schema domains

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	9.59*	3,487	.06	.94	-	-
PIS	-	1,489	-	-	2.21	.01
IEE	-	1,489	-	-	17.31**	.03
IEC		1,489			0.45	.01
FE	7.79*	3,487	.05	.95	-	-
PIS	-	1,489	-	-	0.48	.01
IEE	-	1,489	-	-	3.51	.01
IEC		1,489			8.08**	.02
Father's Education X Gender	2.43	3,487	.01	.98	-	-

Note1. * p < .05, ** p < .016, Note2. FE = Father's Education, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

Table 15. Mean scores of father's education on schema domains

Variables	PIS	IEE	IEC
Gender			
Female	-	44.38	-
Male	-	50.70	-
FE			
Low	-	-	98.01
High	-	-	90.98

Note. ME = Father's Education, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.3.2 Differences of Demographic Variables on the Self-Orientations

As can be seen from Section 3.3, demographic variables had been grouped into different categories relevant for that variable. Possible differences of these categorized demographic variables on the Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) were seperately analysed via Multivariate Analysis of Variance. In these analyses, Gender was kept stable as one of the independent variable in each analysis.

3.3.2.1 Differences of Age on Self-Orientations

To see the differences of Age on Self-Orientations, 3 (Young, Middle, and Old Ages) X 2 (Gender) between subjects MANOVA was conducted with 2 Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent variables.

As for the results of these analyses, main effect of Age was found to be significant [Multivariate $F(4, 966) = 9.55$, $p < .05$; Wilks' Lambda = .93; partial $\eta^2 = .04$]. Furthermore, there was a significant main effect of Gender [Multivariate $F(2, 483) = 4.77$, $p < .05$; Wilks' Lambda = .98; partial $\eta^2 = .02$] (The main effect of Gender was replicated on all analyses covered under the section of 3.3.2; thus, these effects have not been mentioned again for the subsequent analyses). However, there was no significant interaction effect for Age X Gender [Multivariate $F(4, 966) = 1.07$, $p > .05$; Wilks' Lambda = .99; partial $\eta^2 = .01$].

Univariate analyses were conducted for these significant main effects with the application of the Bonferroni adjustment. Thus, for the analyses, the alpha

values that were lower than .025 (i.e., .05/2) were considered to be significant with this correction. As a result of the univariate analyses, Gender main effect revealed significant difference for Interpersonal Integration Orientation [F(1, 484) = 6.51, p < .025, partial η^2 = .01], while there was no significant main effect of gender for Intrapersonal Differentiation Orientation [F(1, 484) = 3.08, p > .025, partial η^2 = .01]. As shown in Table 17, females (m = 62.58) reported more Interpersonal Integration Orientationcompared to males (m = 60.30).

Furthermore, in the univariate analyses of age, a significant main effect of Age for intrapersonal differentiation orientation was found [F(2, 484) = 16.09, p < .025, partial η^2 = .06], while there was no significant main effect of Age for Interpersonal Integration Orientation [F(2, 484) = 3.36, p > .025, partial η^2 = .01]. The results revealed that the people in young ages (m = 48.32) indicated more Intrapersonal Differentiation Orientation than those in middle ages (m = 46.53), and old ages (m = 44.15). Adding to this, people in middle ages (m = 46.53) reported more Intrapersonal Differentiation Orientation compared to those in old ages (m = 44.15).

Table 16. MANOVA for age, gender and self orientation dimensions

Variables	**Multivariate *F***	**df**	**Multivariate η^2**	**Wilks' Λ**	**Univariate *F***	**Univariate η^2**
Gender	4.77*	2,483	.02	.98	-	-
IIO	-	1,484	-	-	6.51**	.01
IDO	-	1,484	-	-	3.08	.01
Age	9.55*	4,966	.04	.93	-	-
IIO	-	2,484	-	-	3.36	.01
IDO	-	2,484	-	-	16.09**	.06
Age X Gender	1.07	4,966	.01	.99	-	-

Note1. * p < .05, ** p < .025, Note2. IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

Table 17. Mean scores of age and gender on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
Gender		
Female	62.58	-
Male	60.30	-
Age		
Young	-	48.32_a
Middle	-	46.53_b
Old	-	44.15_c

Note. The mean score that do not share the same subscript are significantly different from each other

3.3.2.2 Differences of Marital Status on Self-Orientations

To see the differences of marital status on self-orientations, 2 (Single and Married) X 2 (Gender) between subjects MANOVA was conducted with 2 Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent variables.

According to the analysis with Marital Status, the main effect of Marital Status was found to be significant [Multivariate $F(2, 478) = 24.46$, $p < .05$; Wilks' Lambda = .91; partial $\eta^2 = .09$]. However, interaction effect of Gender X Marital Status was not significant, [Multivariate $F(2, 478) = 0.14$, $p > .05$; Wilks' Lambda = 1.00; partial $\eta^2 = .01$].

Based on these results, univariate analysis was performed for the significant main effect with Bonferroni correction. Thus, Marital Status indicated significant main effect for both Interpersonal Integration Orientation[$F(1, 479) = 13.25$, $p < .025$, partial $\eta^2 = .03$], and Intrapersonal Differentiation Orientation [$F(1, 479) = 34.95$, $p < .025$, partial $\eta^2 = .07$]. According to these results, it was found that people who were single (m = 60.35) reported less Interpersonal Integration Orientationthan those who were married (m = 63.72). Moreover, people who were single (m = 47.57) indicated more Intrapersonal Differentiation Orientation compared to the ones who were married (m = 44.02).

Table 18. MANOVA for marital status, gender and self-orientation dimensions

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	4.24*	2,478	.02	.98	-	-
IIO	-	1,479	-	-	6.51**	.01
IDO	-	1,479	-	-	3.08	.01
MS (IV)	24.46*	2,478	.09	.91	-	-
IIO	-	1,479	-	-	13.25**	.03
IDO	-	1,479	-	-	34.95**	.07
MS X Gender	0.14	2,478	.01	1.00	-	-

Note1. * p < .05, ** p < .025, Note2. IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation , MS = Marital Status

Table 19. Mean scores of marital status on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
Gender		
Female	63.21	-
Male	60.86	-
MS		
Single	60.35	47.57
Married	63.72	44.02

Note. MS = Marital Status

3.3.2.3 Differences of Sibling Number on Self-Orientations

In order to see the differences of Sibling Number on Self-Orientations, 2 (Having single sibling and Having more than single sibling) X 2 (Gender) between subjects MANOVA was conducted with 2 Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent variables.

The results of analyses of Sibling Number revealed that there was a significant main effect of Sibling Number [Multivariate F(2, 485) = 16.20, p < .05; Wilks' Lambda = .94; partial η^2 = .06]. Nevertheless, interaction effect of Gender X Sibling Number was not significant [Multivariate F(2, 485) = 0.36, p > .05; Wilks' Lambda = 1.00; partial η^2 = .01].

After the multivariate analyses, univariate analysis was conducted by considering the Bonferroni adjustment as mentioned above. Thus, main effect of Sibling Number did not reveal significant difference for Interpersonal Integration

Orientation [F(1, 486) = 0.54, p > .025, partial η^2 = .01], while there was significant main effect of Sibling Number for Intrapersonal Differentiation Orientation [F(1, 486) = 32.06, p < .025, partial η^2 = .06]. Considering these analyses, it was found that people having single sibling (m = 48.19) reported higher tendency to Intrapersonal Differentiation Orientation compared to the ones having more than single sibling (m = 44.86).

Table 20. MANOVA for sibling number, gender and self-orientation dimensions

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	5.27*	2,485	.02	.98	-	-
IIO	-	1,486	-	-	6.51**	.01
IDO	-	1,486	-	-	3.08	.01
SN	16.20*	2,485	.06	.94	-	-
IIO	-	1,486	-	-	0.54	.01
IDO	-	1,486	-	-	32.06**	.06
SN X Gender	0.36	2,485	.01	1.00	-	-

Note1. * p < .05, ** p < .025, Note2. IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation , SN = Sibling Number

Table 21. Mean scores of sibling number on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
Gender		
Female	62.69	-
Male	60.26	-
SN		
Single sibling	-	48.19
More than single sibling	-	44.86

Note. SN = Sibling Number

3.3.2.4 Differences of Mother's Education on Self-Orientations

To see the differences of mother's education on self-orientations, 2 (Low and High) X 2 (Gender) between subjects MANOVA was conducted with two Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent variables.

According to the results of mother's education analyses, main effect of Mother's Education was found to be significant [Multivariate F(2, 482) = 17.30, p < .05; Wilks' Lambda = .93; partial η^2 = .07]. Nevertheless, there was no significant interaction effect for Gender X Mother's Education [Multivariate F(2, 482) = 0.96, p > .05; Wilks' Lambda = 1.00; partial η^2 = .01].

As for the univariate analysis for Mother's Education with Bonferroni correction, there was a significant main effect of Mother's Education for Intrapersonal Differentiation Orientation [F(1, 483) = 33.29, p < .025, partial η^2 = .06]. Based on these, people having low educated mothers (m = 44.76) reported less tendency for Intrapersonal Differentiation Orientation compared to those having high educated mothers (m = 48.10). However, no significant main effect for Interpersonal Integration Orientation was found [F(1, 483) = 0.86, p > .025, partial η^2 = .01].

Table 22. MANOVA for mother's education, gender and self-orientation dimensions

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	4.22*	2,482	.02	.98	-	-
IIO	-	1,483	-	-	6.51**	.01
IDO	-	1,483	-	-	3.08	.01
ME	17.30*	2,482	.07	.93	-	-
IIO	-	1,483	-	-	0.86	.01
IDO	-	1,483	-	-	33.29**	.06
ME X Gender	0.96	2,482	.01	1.00	-	-

Note1. * p < .05, ** p < .025, Note2. IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation , ME = Mother's Education

Table 23. Mean scores of mother's education on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
Gender		
Female	62.71	-
Male	60.39	-
ME		
Low	-	44.76
High	-	48.10

Note. ME = Mother's Education

3.3.2.5 Differences of Father's Education on Self-Orientations

In order to see the differences of father's education on self-orientations, 2 (Low and High) X 2 (Gender) between subjects MANOVA was conducted with two Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent variables.

As for the results, main effect of Father's Education [Multivariate F(2, 485) = 21.20, p < .05; Wilks' Lambda = .92; partial η^2 = .08] was found to be significant. Nevertheless, there was no significant interaction effect of Gender X Father's Education [Multivariate F(2, 485) = 0.55, p > .05; Wilks' Lambda = 1.00; partial η^2 = .01].

Applying the univariate analyses with Bonferroni correction, a significant main effect of Father's Education for Intrapersonal Differentiation Orientation [F(1, 486) = 41.91, p < .016, partial η^2 = .08] was found. Based on these results, it was found that people having low educated fathers (m = 43.92) had less tendency for Intrapersonal Differentiation Orientation compared to those having high educated fathers (m = 47.72). Nevertheless, there was no significant main effect for Interpersonal Integration Orientation [F (1, 486) = 0.27, p > .025, partial η^2 = .01].

Table 24. MANOVA for father's educaiton, gender and self-orientation dimensions

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	5.14*	2,485	.02	.98	-	-
IIO	-	1,486	-	-	6.51**	.01
IDO	-	1,486	-	-	3.08	.01
FE	21.20*	2,485	.08	.92	-	-
IIO	-	1,486	-	-	0.27	.01
IDO	-	1,486	-	-	41.91**	.08
FE X Gender	0.55	2,485	.01	1.00	-	-

Note1. * p < .05, ** p < .025, Note2. IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation , FE = Father's Education

Table 25. Mean scores of father's education on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
Gender		
Female	62.76	-
Male	60.23	-
FE		
Low	-	43.92
High	-	47.72

Note. FE = Father's Education

3.3.3 Differences of Demographic Variables on Psychological Well-Being

As can be seen from Section 3.3, demographic variables had been grouped into different categories relevant for that variable. Possible differences of these categorized demographic variables on well-being measures of depression (D), positive affect (PA), negative affect (NA), and reassurance-seeking (RS) were analysed via seperate MANOVAs.

3.3.3.1 Differences of Age on Psychological Well-Being

To see the influence of age on psychological well-being, 3 (Young, Middle, and Old Ages) X 2 (Gender) between subjects MANOVA was conducted with Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

The results of the analyses for Age (as shown in Table 26) revealed that there was a significant main effect of Age [Multivariate $F(10, 930) = 3.93$, $p < .05$; Wilks' Lambda = .92; partial $\eta^2 = .04$]. Moreover, main effect of Gender was found to be significant [Multivariate $F(5, 465) = 3.92$, $p < .05$; Wilks' Lambda = .96; partial $\eta^2 = .04$]. Nevertheless, there were no significant interaction effect of Age X Gender [Multivariate $F(10, 930) = 1.12$, $p > .05$; Wilks' Lambda = .98; partial $\eta^2 = .01$].

Univariate analyses were conducted for the significant effects with the application of the Bonferroni adjustment. Thus, for the univariate analyses, the alpha values that were lower than .012 (i.e., .05/4) were considered to be significant with this correction. Based on these, the main effect of Age on

psychological well-being indicated significant difference only for Negative Affect, F(2, 469) = 6.11, p < .012, partial η^2 = .03. According to this, people in young ages (m = 21.06) reported higher NA than those people in old ages (m = 18.48). Nevertheless, people in young ages (m = 21.06) and old ages (m = 18.48) did not significantly differ from the ones in middle ages (m = 19.71). On the other hand, there were no significant main effect of Age for PA [F(2, 469) = 0.75, p > .012, partial η^2 = .01], RS [F(2, 469) = 2.43, p > .012, partial η^2 = .01], and D [F(2, 469) = 3.24, p > .012, partial η^2 = .01] measures.

As for the univariate analyses of Gender, a significant difference was found for Positive Affect [F(1, 469) = 7.48, p < .012, partial η^2 = .02]. However, there were no significant effects for measures of NA [F(1, 469) = 0.47, p > .012, partial η2 = .01], RS [F(1, 469) = 0.13, p > .012, partial η^2 = .01], and D [F(1, 469) = 0.01, p > .012, partial η^2 = .01]. According to the evaluation of PA analysis, males (m = 33.56) reported higher level of PA compared to females (m = 31.72).

Table 26. MANOVA for age, gender and psychological well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	3.92*	5,465	.04	.96	-	-
PA	-	1,469	-	-	7.48**	.02
NA	-	1,469	-	-	0.47	.01
RS	-	1,469	-	-	0.13	.01
D	-	1,469	-	-	0.01	.01
Age	3.93*	10,930	.04	.92	-	-
PA	-	2,469	-	-	0.75	.01
NA	-	2,469	-	-	2.43**	.02
RS	-	2,469	-	-	2.43	.01
D	-	2,469	-	-	3.24	.01
Age X Gender	1.12	10,930	.01	.98	-	-

Note1. * p < .05, ** p < .012, Note2. PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 27. Mean scores of gender and age on psychological well-being measures

Variables	PA	NA	RS	D
Gender				
Female	31.72	-	-	-
Male	33.55	-	-	-
Age				
Young	-	21.06_{a}	-	-
Middle	-	19.71_{ab}	-	-
Old	-	18.48_{b}	-	-

Note1. The mean score that do not share the same subscript are significantly different from each other, Note2. PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.3.3.2 Differences of Marital Status on Psychological Well-Being

To see the influence of marital status on psychological well-being, 2 (Single and Married) X 2 (Gender) between subjects MANOVA was conducted with 4 Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

The results of multivariate analyses (shown in Table 28) revealed that there was a significant main effect of Marital Status [Multivariate $F(5, 460) = 3.15$, $p < .05$; Wilks' Lambda = .97; partial $\eta^2 = .03$]. Nevertheless, the interaction of Marital Status with Gender was not found to be significant in the analyses [Multivariate $F(5, 460) = 1.73$, $p > .05$; Wilks' Lambda = .98; partial $\eta^2 = .02$].

As for the univariate analyses of Marital Status measure with the application of the Bonferroni adjustment as explained above, main effect of Marital Status revealed significant difference between groups for Negative Affect, $F(1, 464) = 11.45$, $p < .012$, partial $\eta^2 = .02$. Thus, people who are single (m = 20.46) reported higher NA than the ones who are married (m = 18.38). Nevertheless, there were no significant effects for PA (F (1, 464) = 0.29, $p > .012$, partial $\eta^2 = .01$), RS (F (1, 464) = 0.39, $p > .012$, partial $\eta^2 = .01$), and D (F (1, 464) = 0.18, $p > .012$, partial $\eta^2 = .01$).

Table 28. MANOVA for marital status, gender and psychological well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	3.07*	5,460	.03	.97	-	-
PA	-	1,464	-	-	7.10**	.02
NA	-	1,464	-	-	0.90	.01
RS	-	1,464	-	-	0.42	.01
D	-	1,464	-	-	0.10	.01
MS (IV)	3.15*	5,460	.03	.97	-	-
PA	-	1,464	-	-	0.29	.01
NA	-	1,464	-	-	11.45**	.02
RS	-	1,464	-	-	0.39	.01
D	-	1,464	-	-	0.18	.01
MS X Gender	1.73	5,460	.02	.98	-	-

Note1. * p < .05, ** p < .012, Note2. MS = Marital Status, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 29. Mean scores of gender and marital status on psychological well-being measures

Variables	PA	NA	RS	D
Gender				
Female	31.77	-	-	-
Male	33.60	-	-	-
MS				
Single	-	20.46	-	-
Married	-	18.38	-	-

Note. MS = Marital Status, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.3.3.3 Differences of Sibling Number on Psychological Well-Being

In order to see the influence of sibling number on psychological well-being, 2 (Having single sibling and Having more than single sibling) X 2 (Gender) between subjects MANOVA was conducted with four Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

According to the results (shown in Table 30), there was a significant main effect of Sibling Number [Multivariate F(5, 467) = 4.51, p < .05; Wilks' Lambda = .95; partial η^2 = .05]. Nevertheless, there was no significant interaction of Sibling Number X Gender in the analyses [Multivariate F(5, 467) = 0.72, p > .05; Wilks' Lambda = .99; partial η^2 = .01].

As for the univariate analyses of Sibling Number measure with the application of the Bonferroni adjustment as mentioned above, main effect of Sibling Number revealed significant difference between groups for Depression ($F(1, 471) = 8.50$, $p < .012$, partial $\eta^2 = .02$). Nevertheless, main effect of Sibling Number did not reveal significant difference for PA ($F(1, 471) = 3.03$, $p > .012$, partial $\eta^2 = .01$), NA ($F(1, 471) = 0.56$, $p > .012$, partial $\eta^2 = .01$), and RS ($F(1, 471) = 0.91$, $p > .012$, partial $\eta^2 = .01$). Based on these results, it was found that people having single sibling (m = 8.19) reported less depressive symptoms than the ones having more than single sibling (m = 10.37).

Table 30. MANOVA for sibling number, gender and psychological well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	3.27*	5,467	.03	.97	-	-
PA	-	1,471	-	-	7.36**	.02
NA	-	1,471	-	-	0.25	.01
RS	-	1,471	-	-	0.52	.01
D	-	1,471	-	-	0.02	.01
SN (IV)	4.51*	5,467	.05	.95	-	-
PA	-	1,471	-	-	3.03	.01
NA	-	1,471	-	-	0.56	.01
RS	-	1,471	-	-	0.91	.01
D	-	1,471	-	-	8.50**	.02
SN X Gender	0.72	5,467	.01	.99	-	-

Note1. * $p < .05$, ** $p < .012$, Note2. SN = Sibling Number, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 31. Mean scores of gender and sibling number on psychological well-being measures

Variables	PA	NA	RS	D
Gender				
Female	31.55	-	-	-
Male	33.39	-	-	-
SN				
Single sibling	-	-	-	8.19
More than single sibling	-	-	-	10.37

Note. SN = Sibling Number, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.3.3.4 Differences of Mother's Education on Psychological Well-Being

To see the influence of mother's education on psychological well-being, 2 (Low and High) X 2 (Gender) between subjects MANOVA was conducted with four Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

From the results of multivariate analyses, it was found that there was a significant main effect of Mother's Education [Multivariate $\underline{F}(5, 464) = 8.66$, $\underline{p} < .05$; Wilks' Lambda = .92; partial $\eta^2 = .09$]. However, there was no significant effect of Mother's Education X Gender [Multivariate $\underline{F}(5, 464) = 1.48$, $\underline{p} > .05$; Wilks' Lambda = .98; partial $\eta^2 = .02$].

In the Bonferroni corrected univariate analyses of main effect of Mother's Education on psychological well-being, a significant main effect on Depression [$\underline{F}(1, 468) = 22.94$, $\underline{p} < .012$, partial $\eta^2 = .05$] was found. From these results, it was found that people having low educated mothers (m = 11.02) revealed higher tendency for depressive symptoms compared to those having highly educated mothers (m = 7.53). However, in the analysis, there were no significant effect of Mother's Education for PA [$\underline{F}(1, 468) = 1.95$, $\underline{p} > .012$, partial $\eta^2 = .01$], NA [$\underline{F}(1, 468) = 0.51$, $\underline{p} > .012$, partial $\eta^2 = .01$], and RS [$\underline{F}(1, 468) = 0.19$, $\underline{p} > .012$, partial $\eta^2 = .01$] measures.

Table 32. MANOVA for mother's education, gender and psychological well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	3.12*	5,464	.03	.97	-	-
PA	-	1,468	-	-	6.42**	.01
NA	-	1,468	-	-	0.23	.01
RS	-	1,468	-	-	0.30	.01
D	-	1,468	-	-	0.07	.01
ME	8.66*	5,464	.09	.92	-	-
PA	-	1,468	-	-	1.95	.01
NA	-	1,468	-	-	0.51	.01
RS	-	1,468	-	-	0.19	.01
D	-	1,468	-	-	22.94**	.05
ME X Gender	1.48	5,464	.02	.98	-	-

Note1. * p < .05, ** p < .012, Note2. ME = Mother's Education, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 33. Mean scores of gender and mother's education on psychological well-being measures

Variables	PA	NA	RS	D
Gender				
Female	31.72	-	-	-
Male	33.41	-	-	-
ME				
Low	-	-	-	11.02
High	-	-	-	7.53

Note1. ME = Mother's Education, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.3.3.5 Differences of Father's Education on Psychological Well-Being

To see the influence of father's education on psychological well-being, 2 (Low and High) X 2 (Gender) between subjects MANOVA was conducted with 4 Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

According to the results of analyses, there was a significant main effect of father's education [Multivariate F(5, 468) = 7.71, p < .05; Wilks' Lambda = .92; partial η^2 = .08]. Nevertheless, there was no significant interaction of Father's Education X Gender [Multivariate F(5, 468) = 0.75, p > .05; Wilks' Lambda = .99; partial η^2 = .01].

As for the results of Bonferroni corrected univariate analyses for Father's Education, a significant main effect was found on Depression, F(1, 472) = 15.93, p < .012, partial η^2 = .03. From these results, it was found that people having low educated fathers (m = 11.24) had higher depression level than the ones having high educated fathers (m = 8.26). Nevertheless, there were no significant main effects for PA [F(1, 472) = 5.04, p > .012, partial η^2 = .01], NA [F(1, 472) = 0.49, p > .012, partial η^2 = .01] and RS [F(1, 472) = 0.60, p > .012, partial η^2 = .01].

Table 34. MANOVA for father's education, gender and psychological well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	3.46*	5,468	.04	.96	-	-
PA	-	1,472	-	-	7.36**	.02
NA	-	1,472	-	-	0.47	.01
RS	-	1,472	-	-	0.45	.01
D	-	1,472	-	-	0.01	.01
FE	7.71*	5,468	.08	.92	-	-
PA	-	1,472	-	-	5.04	.01
NA	-	1,472	-	-	0.49	.01
RS	-	1,472	-	-	0.60	.01
D	-	1,472	-	-	15.93**	.03
FE X Gender	0.75	3,468	.01	.99	-	-

Note1. * p < .05, ** p < .012, Note2. FE = Father's Education, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 35. Mean scores of gender and father's education on psychological well-being measures

Variables	PA	NA	RS	D
Gender				
Female	31.82	-	-	-
Male	33.66	-	-	-
FE				
Low	-	-	-	11.24
High	-	-	-	8.26

Note. FE = Father's Education, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.4 Differences of Schema Domains

To be able to analyse how Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) differentiated on Self-Orientation Dimensions and well-being measures, seperate Multivariate Analysis of Variances were conducted. Thus, Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) and Well-Being measures of Depression (D), Positive Affect (PA), Negative Affect (NA), and Reassurance-Seeking (RS) were used as dependent variables in these analyses. Additionally, like in previous analyses Gender was kept as an additional independent variable in all these analyses.

3.4.1 Differences of Schema Domains on Self-Orientation Dimensions

In order to examine the differences of Schema Domains on Self-Orientation Dimensions, initially two groups were generated based on participants' scores for Schema Domains via median split. Thus, the scores of Perception of Insufficient Self (PIS) Domain within the highest (49.5 %) and lowest (50.5 %) percentages were grouped as "high level of Perception of Insufficient Self", and "low level of Perception of Insufficient Self" categories respectively. In the "high level of Perception of Insufficient Self" group, there were 246 participants, with the mean score of 87.32 (sd = 11.06; above 73 points), and in the "low level of Perception of Insufficient Self" group, there were 251 participants with the mean score of 58.75 (sd = 12.58; equal or below 73 points). Moreover, for Inhibition in Expressing Emotions Domain (IEE), two groups were named as "low level of Inhibition in Expressing Emotions" (50.4 %) and "high level of Inhibition in Expressing Emotions" (49.6 %). In the first group, there were 251 participants with the mean score of 34.51 (sd = 6.91; equal or below 43.50 points), while in the second group, 247 participants exist with the mean score of 58.80 (sd = 14.16; above 43.50 points). Additionally, two groups were generated for the Domain of Insufficient Ego Control (IEC) called as "low level of Insufficient Ego Control" (49.8 %) and "high level of Insufficient Ego Control" (50.2 %). In the low level group, there were 250 participants with the mean score of 72.97 (sd = 14.77; equal

or below 92 points), while in the high level group, 248 participants exist with the mean score of 114.16 (sd = 18.53; above 92 points). After generating the groups of Schema Domains, to be able to analyse the differences of these Domains on the Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation , and Intrapersonal Differentiation Orientation) Multivariate Analysis of Variance was performed. Gender was kept as an additional independent variable in all these analyses.

3.4.1.1 Differences of Perception of Insufficient Self Domain on Self-Orientation Dimensions

To see the differences of Perception of Insufficient Self (PIS) Domain on Self-Orientation Dimensions 2 (High vs Low PIS) X 2 (Gender) between subjects MANOVA was conducted with 2 Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent measures.

MANOVA revealed significant main effects of Gender [Multivariate $\underline{F}(2, 485) = 5.08$, $\underline{p} < .05$; Wilks' Lambda = .98; partial $\eta^2 = .02$] and Perception of Insufficient Self [Multivariate $\underline{F}(2, 485) = 8.64$, $\underline{p} < .05$; Wilks' Lambda = .97; partial $\eta^2 = .03$]. However, there was no significant interaction effect of Gender X Perception of Insufficient Self [Multivariate $\underline{F}(2, 485) = 0.86$, $\underline{p} > .05$; Wilks' Lambda = 1.00; partial $\eta^2 = .01$]. After multivariate analyses, univariate analyses were conducted for significant effects with the application of the Bonferroni adjustment. Thus, for the univariate analyses, the alpha values that were lower than .025 (i.e., .05/2) were considered to be significant with this correction. Considering the results of univariate analyses, it was found that the main effect of Gender revealed significant difference on Interpersonal Integration Orientation [$\underline{F}(1, 486) = 8.09$, $\underline{p} < .025$, partial $\eta^2 = .02$], while there was no significant difference on Intrapersonal Differentiation Orientation [$\underline{F}(1, 486) = 1.79$, $\underline{p} > .025$, partial $\eta^2 = .01$]. Mean scores indicated that females (m = 62.77) reported higher Interpersonal Integration Orientation compared to males (m = 60.30).

As for the main effect of Perception of Insufficient Self analyses, it was significant on Interpersonal Integration Orientation [F(1, 486) = 17.24, p < .025, partial η^2 = .03]. As an evaluation of this result, it was found that people having low level of PIS (m = 63.34) indicated more Interpersonal Integration Orientation compared to the ones having high level of PIS (m = 59.70). Nevertheless, there was no significant main effect of PIS on Intrapersonal Differentiation Orientation [F(1, 486) = 0.01, p > .025, partial η^2 = .01].

Table 36. MANOVA for schema domains, self-orientation dimensions and gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	5.08*	2,485	.02	.98	-	-
IIO	-	1,486	-	-	8.09**	.02
IDO	-	1,486	-	-	1.79	.01
PIS	8.64*	2,485	.03	.97	-	-
IIO	-	1,486	-	-	17.24**	.03
IDO	-	1,486	-	-	0.01	.01
PIS X Gender	0.86	2,485	.01	1.00	-	-

Note1. * p < .05, ** p < .025, Note2. PIS = Perception of Insufficient Self**,** IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

Table 37. Mean scores of perception of insufficient self domain and gender on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
PIS		
Low	63.34	-
High	59.70	-
Gender		
Female	62.77	-
Male	60.30	-

Note. PIS = Perception of Insufficient Self

3.4.1.2 Differences of Inhibition in Expressing Emotions Domain on Self-Orientation Dimensions

To see the differences of Inhibition in Expressing Emotions (IEE) Domain on Self-Orientation Dimensions 2 (High vs Low IEE) X 2 (Gender) between subjects MANOVA was conducted with 2 Self-Orientation Dimensions (i.e.,

Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent measures.

From the results of Inhibition in Expressing Emotions Domain, the main effect of IEE was found to be significant [Multivariate F(2, 486) = 67. 13, p < .05; Wilks' Lambda = .78; partial η^2 = .22]. However, there were no significant main effect of Gender [Multivariate F(2, 486) = 1. 85, p > .05; Wilks' Lambda = .99; partial η^2 = .09], and significant interaction of Gender X IEE [Multivariate F(2, 486) = 0. 20, p > .05; Wilks' Lambda = 1.00; partial η^2 = .01].

After determining significant main effects, univariate analyses were conducted for this effect with the application of the Bonferroni adjustment as explained above. Based on these results, the main effect of IEE revealed significant difference for Interpersonal Integration Orientation [F(1, 487) = 126.20, p < .025, partial η^2 = .21], however, there was no significant effect for Intrapersonal Differentiation Orientation [F(1, 487) = 3.70, p > .025, partial η^2 = .01]. Thus, depending on this significant difference for Interpersonal Integration Orientation, people having low level of IEE (m = 66.15) reported higher Interpersonal Integration Orientation than people having high level of IEE (m = 63.34).

Table 38. MANOVA for inhibition in expressing emotions domain and gender on self-orientation dimensions

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
Gender	5.08*	2,485	.02	.98	-	-
IEE	67.13*	2,486	.22	.78	-	-
IIO	-	1,487	-	-	126.20**	.21
IDO	-	1,487	-	-	3.70	.01
IEE X Gender	0.20	2,486	.01	1.00	-	-

Note1. * p < .05, ** p < .025, Note2. IEE = Inhibition in Expressing Emotions, IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

Table 39. Mean scores of inhibition in expressing emotions domain on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
IEE		
Low	66.15	-
High	57.13	-

Note. IEE = Inhibition in Expressing Emotions

3.4.1.3 Differences of Insufficient Ego Control Domain on Self-Orientation Dimensions

To see the differences of Insufficient Ego Control (IEC) Domain on Self-Orientation Dimensions 2 (High vs Low IEC) X 2 (Gender) between subjects MANOVA was conducted with 2 Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) as the dependent measures.

According to the results of MANOVA for Insufficient Ego Control Domain, IEC indicated significant main effect [Multivariate $F(2, 486) = 22.69$, $p < .05$; Wilks' Lambda = .92; partial $\eta^2 = .09$]. Nevertheless, interaction of Gender X IEC was not found to be significant [Multivariate $F(2, 486) = 1.99$, $p > .05$; Wilks' Lambda = .99; partial $\eta^2 = .01$].

Univariate analyses were conducted after multivariate analyses with the application of the Bonferroni adjustment as mentioned above. According to these analyses, IEC indicated significant differences for both Interpersonal Integration Orientation [$F(1, 487) = 11.15$, $p < .025$, partial $\eta^2 = .02$], and Intrapersonal Differentiation Orientation [$F(1, 487) = 31.58$, $p < .025$, partial $\eta^2 = .06$]. According to the mean scores, people having low level of IEC (m = 62.99) had higher Interpersonal Integration Orientation than those having high level of IEC (m = 60.05). Similarly, people having low level of IEC (m = 47.84) indicated higher Intrapersonal Differentiation Orientation compared to the ones having high level of IEC (m = 44.61).

Table 40. MANOVA for insufficient ego control domain and gender on self-orientation dimensions

Variables	Multivariate F	df	Multivariate η^2	Wilks' Λ	Univariate F	Univariate η^2
Gender	5.40*	2,486	.02	.98	-	-
IIO	-	1,487	-	-	8.58**	.02
IDO	-	1,487	-	-	1.68	.01
IEC	22.69*	2,486	.09	.92	-	-
IIO	-	1,487	-	-	11.15**	.02
IDO	-	1,487	-	-	31.58**	.06
IEC X Gender	1.99	2,486	.01	.99	-	-

Note1. * p < .05, ** p < .025,Note2. IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

Table 41. Mean scores of insufficient ego control domain on self-orientation dimensions

Variables	Interpersonal Integration Orientation	Intrapersonal Differentiation Orientation
IEE		
Low	62.99	47.84
High	60.05	44.61
Gender		
Female	62.81	-
Male	60.24	-

Note. IEC = Insufficient Ego Control

3.4.2 Differences of Schema Domains on Well-Being Measures

In order to evaluate differences of Schema Domains (i.e., Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control) on well-being measures of Depression (D), Positive Affect (PA), Negative Affect (NA), and Reassurance-Seeking (RS), various Multivariate Analysis of Variances were conducted. In these analyses, as explained in the section 3.4.1, two groups (low and high ends) for Schema Domains were generated. Moreover, Gender was kept as an additional independent variable in these analyses.

3.4.2.1 Differences of Perception of Insufficient Self Domain on Well-Being Measures

To see the influence of Perception of Insufficient Self Domain on Psychological Well-Being, 2 (High vs Low PIS) X 2 (Gender) between subjects MANOVA was conducted with 4 Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

In these analyses of Perception of Insufficient Self (PIS) Domain as shown in Table 42, Gender main effect was found to be significant [Multivariate $\underline{F}(5, 467) = 3.62$, $\underline{p} < .05$; Wilks' Lambda = .96; partial $\eta^2 = .04$]. (The main effect of Gender was replicated on all analyses covered under the section of 3.4.2; thus, these effects have not been mentioned again for the subsequent analyses). Moreover, there was a significant main effect of PIS [Multivariate $\underline{F}(5, 467) = 16.68$, $\underline{p} < .05$; Wilks' Lambda = .85; partial $\eta^2 = .15$]. However, there was no significant interaction effect of Gender X PIS [Multivariate $\underline{F}(5, 467) = 0.38$, $\underline{p} > .05$; Wilks' Lambda = 1.00; partial $\eta^2 = .01$].

After multivariate analyses, univariate ones were conducted for significant effects with the application of the Bonferroni adjustment. Thus, for the univariate analyses, the alpha values that were lower than .012 (i.e., .05/4) were considered to be significant with this correction. Based on the results of these analyses, the variable of Gender revealed a significant difference on the measures of PA [$\underline{F}(1, 471) = 7.63$, $\underline{p} < .012$, partial $\eta^2 = .02$], and RS [$\underline{F}(1, 471) = 13.30$, $\underline{p} < .012$, partial $\eta^2 = .03$]. However, there was no significant effect of PIS on NA [$\underline{F}(1, 471) = 0.23$, $\underline{p} > .012$, partial $\eta^2 = .01$], and D [$\underline{F}(1, 471) = 0.02$, $\underline{p} > .012$, partial $\eta^2 = .01$]. From these results, it was found that females (m = 31.68) had less PA compared to males (m = 33.52). Additionally, females (m = 10.27) reported less RS than males (m = 10.40).

As for the univariate analyses for PIS, PIS main effect indicated significant difference on NA [$\underline{F}(1, 471) = 29.36$, $\underline{p} < .012$, partial $\eta^2 = .06$], RS [$\underline{F}(1, 471) = 54.58$, $\underline{p} < .012$, partial $\eta^2 = .10$], and D [$\underline{F}(1, 471) = 33.11$, $\underline{p} < .012$, partial $\eta^2 = .07$]. Nevertheless, there was no significant main effect of PIS on PA [$\underline{F}(1, 471) = 0.01$, $\underline{p} > .012$, partial $\eta^2 = .01$]. Based on these results, people having

low PIS (m = 18.18) reported less NA compared to those having high PIS (m = 21.30). Furthermore, people having low PIS (m = 8.73) indicated less RS than the ones having high PIS (m = 11.94). Similarly, people having low PIS (m = 7.34) revealed less D compared to those having high PIS (m = 11.45).

Table 42. MANOVA for perception of insufficient self domain, gender, and well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
G	3,62*	5,467	.04	.96	-	-
PA	-	1,471	-	-	7.63**	.02
NA	-	1,471	-	-	0.23	.01
RS	-	1,471	-	-	0.10	.01
D	-	1,471	-	-	0.02	.01
PIS	16.68*	5,467	.15	.85	-	-
PA	-	1,471	-	-	0.01	.01
NA	-	1,471	-	-	29.36**	.06
RS	-	1,471	-	-	54.58**	.10
D	-	1,471	-	-	33.11**	.07
Gender X PIS	0.38	5,467	.01	1.00	-	-

Note1. * p < .05, ** p < .012, Note2. PIS = Perception of Insufficient Self, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 43. Mean scores of perception of insufficient self domain and gender on well-being measures

Variables	PA	NA	RS	D
PIS				
Low	-	18.18	8.73	7.34
High	-	21.30	11.94	11.45
Gender				
Female	31.68	-	-	-
Male	33.52	-	-	-

Note. PIS = Perception of Insufficient Self, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.4.2.2 Differences of Inhibition in Expressing Emotions Domain on Well-Being Measures

To see the influence of Inhibition in Expressing Emotions Domain on Psychological Well-Being, 2 (High vs Low IEE) X 2 (Gender) between subjects MANOVA was conducted with 4 Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

According to the results of Inhibition in Expressing Emotions (IEE) Domain in the analysis as shown in the Table 44, there was a significant main effect of IEE [Multivariate F(5, 468) = 19. 63, p < .05; Wilks' Lambda = .83; partial η^2 = .17]. Nevertheless, there was no significant interaction effect of Gender X IEE [Multivariate F(5, 468) = 0. 69, p > .05; Wilks' Lambda = .99; partial η^2 = .01].

After multivariate analyses, univariate analysis was conducted for IEE main effect by the application of the Bonferroni adjustment as mentioned above. According to these univariate analyses, IEE main effect indicated significant difference on PA [F(1, 472) = 15.33, p < .012, partial η^2 = .03], NA [F(1, 472) = 35.25, p < .012, partial η^2 = .07], RS [F(1, 472) = 39.55, p < .012, partial η^2 = .08], and D [F(1, 472) = 56.58, p < .012, partial η^2 = .11]. Based on these results, people having low IEE (m = 33.94) had more PA than the ones having high IEE (m = 31.35). Moreover, it was found that people having low IEE (m = 18.05) had less NA than those having high IEE (m = 21.47). Furthermore, people having low IEE (m = 8.89) revealed less RS than those having high IEE (m = 11.68). Finally, people having low IEE (m = 6.70) indicated less D compared to the ones having high IEE (m = 12.01).

Table 44. MANOVA for inhibition in expressing emotions domain, gender, and well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
G	4.83*	5,468	.05	.95	-	-
PA	-	1,472	-	-	11.15**	.02
NA	-	1,472	-	-	1.48	.01
RS	-	1,472	-	-	0.22	.01
D	-	1,472	-	-	1.37	.01
IEE	19.63*	5,468	.17	.83	-	-
PA	-	1,472	-	-	15.33**	.03
NA	-	1,472	-	-	35.25**	.07
RS	-	1,472	-	-	39.55**	.08
D	-	1,472	-	-	56.58**	.11
Gender X IEE	0.38	5,467	.01	1.00	-	-

Note1. * p < .05, ** p < .012, Note2. IEE = Inhibition in Expressing Emotions, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 45. Mean scores of inhibition in expressing emotions domain and gender on well-being measures

Variables	PA	NA	RS	D
IEE				
Low	33.94	18.05	8.89	6.70
High	31.35	21.47	11.68	12.01
Gender				
Female	31.54	-	-	-
Male	33.75	-	-	-

Note. IEE = Inhibition in Expressing Emotions, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.4.2.3 Differences of Insufficient Ego Control Domain on Well-Being Measures

To see the influence of Insufficient Ego Control Domain on Psychological Well-Being, 2 (High vs Low IEC) X 2 (Gender) between subjects MANOVA was conducted with 4 Well-Being measures (i.e., Depression, Positive Affect, Negative Affect, and Reassurance-Seeking) as the dependent variables.

Based on MANOVA analyses of Insufficient Ego Control (IEC), there was a significant main effect of IEC [Multivariate $F(5, 468) = 28.\ 39$, $p < .05$; Wilks' Lambda = .77; partial $\eta^2 = .23$]. However, Gender X IEC interaction did not reveal significant difference [Multivariate $F(5, 468) = 1.\ 69$, $p > .05$; Wilks' Lambda = .98; partial $\eta^2 = .02$].

Univariate analyses were conducted by the application of the Bonferroni adjustment as explained above. In these analyses, IEC revealed significant difference on NA [F (1, 472) = 48.80, $p < .012$, partial $\eta^2 = .07$], RS [$F(1, 472) = 39.55$, $p < .012$, partial $\eta^2 = .08$], and D [$F(1, 472) = 56.58$, $p < .012$, partial $\eta^2 = .11$]. Nevertheless, there was no significant difference on PA [$F(1, 472) = 5.26$, $p < .012$, partial $\eta^2 = .01$]. Based on these significant results, it was found that people having low IEC (m = 17.80) had less NA than those having high IEC (M = 21.74). Furthermore, people having low IEC (m = 8.62) revealed less RS than those having high IEC (m = 12.10). Moreover, people having low IEC (m = 6.33) indicated less D compared to the ones having high IEC (m = 12.58).

Table 46. MANOVA for insufficient ego control domain, gender, and well-being measures

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
G	3.65*	5,468	.04	.96	-	-
PA	-	1,472	-	-	7.70**	.02
NA	-	1,472	-	-	0.15	.01
RS	-	1,472	-	-	0.24	.01
D	-	1,472	-	-	0.96	.01
IEC	28.39*	5,468	.23	.77	-	-
PA	-	1,472	-	-	5.26	.01
NA	-	1,472	-	-	48.80**	.09
RS	-	1,472	-	-	65.95**	.12
D	-	1,472	-	-	84.26**	.15
Gender X IEC	1.69	5,468	.02	.98	-	-

Note1. * p < .05, ** p < .012, Note2. IEC = Insufficient Ego Control, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

Table 47. Mean scores of insufficient ego control domain and gender on well-being measures

Variables	PA	NA	RS	D
IEC				
Low	-	17.80	8.62	6.33
High	-	21.74	12.10	12.58
Gender				
Female	31.68	-	-	-
Male	33.51	-	-	-

Note. IEC = Insufficient Ego Control, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.5 Differences of Four Self-Construals

To be able to analyse how Self-Construals of Related-Individuation, Separated-Individuation, Separated-Patterning, and Related-Patterning differentiated on Schema Domains, namely, Perception of Insufficient Self (PIS), Inhibition in Expressing Emotions (IEE) and Insufficient Ego Control (IEC) and well-being measures of Depression (D), Positive Affect (PA), Negative Affect (NA), and Reassurance-Seeking (RS) seperate Multivariate Analysis of Variances were conducted. Thus, Schema Domains and Well-Being measures were used as dependent variables in these analyses. Additionally, Gender was kept as an

additional independent variable in all these analyses. For this analysis, rather than using two dimensions of Self-Orientations, four categories of Self-Construals were utilized, to be able to obtain more detailed information on the bases of BID Model.

Before application of MANOVA, a median split was performed in order to divide Self-Orientations into four categories by considering names and the content of four Self-Construals in BID Model (see the introduction part). In this categorization, the median scores of participants on Interpersonal Integration Orientation (IIO) and Intrapersonal Differentiation Orientation (IDO) were used in order to be able to generate groups. Thus, considering Interpersonal Integration Orientation , there were 495 participants with the mean score of 61.83 (sd = 9.72). Based on the median split, high scorers for Interpersonal Integration Orientation had a score equal to or above 63 points (54.5 %) while low scorers had a score below 63 points (45.5 %). On the other hand, in the group of Intrapersonal Differentiation Orientation , there were 496 participants with the mean score of 46.30 (sd = 6.44). Based on the median split, high scorers for Intrapersonal Differentiation Orientation had a score equal to or above 46 points (53.2 %), while low scorers had scores below 46 points (46.8 %). By considering high and low ends of these two Self-Orientation Dimensions, the four groups in BID Model were generated. In the first group named as Related-Individuation, there were 134 participants. For this group, participants had high IIO scores (m = 69.25, sd = 4.61) and high IDO scores (m = 50.74, sd = 3.85). The second group named Separated-Individuation, included 129 participants. For this group, participants had low IIO (m = 53.98, sd = 7.19) and high IDO (m = 51.58, sd = 4.59). The third group named Separated-Patterning, and included 116 participants. For generating this group, the low scores of IIO (m = 54.61, sd = 6.84) and again low scores of IDO (m = 40.47, sd = 3.45) were combined. As for the last group, namely Related-Patterning, there were 115 participants. This group constituted of those having high IIO (m = 69.21, sd = 6.08) and low IDO (m = 41.10, sd = 3.21) scores. Thus, 4 Self-Construals were generated via mentioned median split procedure.

3.5.1 Differences of Four Self-Construals on Schema Domains

As for the Schema Domains, namely, Perception of Insufficient Self (PIS), Inhibition in Expressing Emotions (IEE) and Insufficient Ego Control (IEC), 4 (Self-Construals: Related-Individuation, Separated-Individuation, Separated-Patterning, and Related-Patterning) x 2 (Gender) Between Subjects Multivariate Analysis of Variance (MANOVA) was performed.

According to the results of MANOVA shown in the Table 48, a significant main effect of Self-Construals was found, Multivariate $\underline{F}(9, 1168) = 17.48$, $\underline{p} < .05$; Wilks' Lambda = .74; partial $\eta^2 = .10$. Moreover, there was a significant Gender main effect, Multivariate $\underline{F}(3, 480) = 2.84$, $\underline{p} < .05$; Wilks' Lambda = .98; partial $\eta^2 = .02$. However, there was no significant Gender X Self-Construals interaction, Multivariate $\underline{F}(9, 1168) = 1.33$, $\underline{p} > .05$; Wilks' Lambda = .98; partial $\eta^2 = .01$.

Univariate analyses were conducted for Self- Construals and Gender main effects with the application of the Bonferroni adjustment. Thus, for the univariate analyses, the alpha values that were lower than .016 (i.e., .05/3) were considered to be significant with this correction. Based on this, Self-Construals main effect indicated significant difference on PIS [$\underline{F}(3, 482) = 7.53$, $\underline{p} < .016$, partial $\eta^2 = .05$], IEE [$\underline{F}$ (3, 482) = 41.96, $\underline{p} < .016$, partial $\eta^2 = .21$], and IEC [$\underline{F}(3, 482) = 10.66$, $\underline{p} < .016$, partial $\eta^2 = .06$] measures. Furthermore, according to the univariate analyses of Gender main effect, there was no significant main effect of Gender on PIS [$\underline{F}(1, 482) = 0.04$, $\underline{p} > .016$, partial $\eta^2 = .01$], IEE [$\underline{F}(1, 482) = 5.67$, $\underline{p} > .016$, partial $\eta^2 = .01$], and IEC, [$\underline{F}(1, 482) = 0.18$, $\underline{p} > .016$, partial $\eta^2 = .01$].

Table 48. MANOVA for four self-construals, schema domains and gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
G	2.84*	3,480	.02	.98	-	-
PIS	-	1,482	-	-	0.04	.01
IEE	-	1,482	-	-	5.67	.01
IEC	-	1,482	-	-	0.18	.01
SC	17.48*	9,1168	.09	.77	-	-
PIS	-	3,482	-	-	7.53**	.05
IEE	-	3,482	-	-	41.96**	.21
IEC	-	3,482	-	-	10.66**	.06
SC X G	1.33	9,1168	.01	.98	-	-

Note1. * p < .05, ** p < .016, **,Note2. SC = Self-Construals, G = Gender, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

According to the Bonferroni corrected univariate analysis of Self-Construals main effect (as shown in Table 49), those people having Self-Construal of Related-Individuation (m = 1.33) reported less characteristics of PIS than those having Separated-Patterning (m = 1.56) and Separated-Individuation (m = 1.62) Self- Construals. Though, those with Separated-Patterning (m = 1.56), Related-Patterning (m = 1.48) and Separated-Individuation (m = 1.62) Self-Construals did not differ from each other in terms of their characteristics of PIS. Similarly, there were no significant difference between Related-Individuation (m = 1.33) and Related-Patterning (m = 1.48) type of Self-Construals in terms of their PIS characteristics.

Moreover, in the analysis of IEE Domain, people having Self-Construals of Separated-Individuation (m = 1.72) and Separated-Patterning (m = 1.76) reported more characteristics of IEE than those having Self-Construals of Related-Patterning (m = 1.34) and Related- Individuation (m = 1.23). Adding to this, Separated-Individuation (m = 1.72) and Separated-Patterning (m = 1.76) Self-Construals did not differ from each other in terms of IEE Domain. Similarly, there was no significant difference between Self-Construals of Related-Patterning (m = 1.34) and Related-Individuation (m = 1.23) in terms of IEE Domain.

Furthermore, according to the analysis of IEC Domain, people having Separated-Patterning Self (m = 1.71) reported more features of IEC than those

having Separated-Individuation (m = 1.45), Related-Individuation (m = 1.35), and Related-Patterning (m = 1.49) Selves. Moreover, Related-Individuation (m = 1.35) had less characteristics of IEC compared to Related-Patterning (m = 1.49). Nevertheless, Separated-Individuation (m = 1.45) and Related-Individuation (m = 1.35) did not differ from each other in terms of their features of IEC. In addition, there was no significant difference between Separated-Individuation (m = 1.45) and Related-Patterning (m = 1.49).

Table 49. Mean scores of psychological well-being scales under the main effect of four self-construals and gender

Four Self-Construals	PIS	IEE	IEC
Separated-Individuation	1.62_{b}	1.72_{b}	1.45_{ac}
Separated- Patterning	1.56_{b}	1.76_{b}	1.71_{b}
Related- Patterning	1.48_{ab}	1.34_{a}	1.49_{c}
Related-Individuation	1.33_{a}	1.23_{a}	1.35_{a}

Note1. The mean score that do not share the same subscript are significantly different from each other, Note2. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.5.2 Differences of Four Self-Construals on Well-Being Measures

As for the psychological well-being measures, namely, Depression, Positive Affect, Negative Affect, and Reassurance-Seeking, 4 (Self-Construals: Related-Individuation, Separated-Individuation, Separated-Patterning, and Related-Patterning) x 2 (Gender) Between Subjects Multivariate Analysis of Variance (MANOVA) was performed.

As for the results of MANOVA shown in the Table 50, a significant main effect of Self-Construals was found, Multivariate $F(15, 1284) = 8.64$, $p < .05$; Wilks' Lambda = .77; partial $\eta^2 = .09$]. Moreover, there was a significant Gender main effect, Multivariate $F(5, 465) = 4.05$, $p < .05$; Wilks' Lambda = .96; partial $\eta^2 = .04$. However, there was no significant Gender X Self-Construals interaction, Multivariate $F(15, 1284) = 0.49$, $p > .05$; Wilks' Lambda = .98; partial $\eta^2 = .01$.

Univariate analyses were conducted for Self- Construals and Gender main effects with the application of the Bonferroni adjustment. Thus, for the univariate analyses, the alpha values that were lower than .012 (i.e., .05/4) were considered to be significant with this correction. Based on this, Self-Construals main effect indicated significant difference on Positive Affect [F(3, 469) = 6.23, p < .012, partial η^2 = .07], Negative Effect [F (3, 469) = 11.08, p < .012, partial η^2 = .05], Reassurance-Seeking, [F(3, 469) = 8.81, p < .012, partial η^2 = .05], and Depression [F (3, 469) = 30.09, p < .012, partial η^2 = .16] measures. Furthermore, according to the univariate analyses of Gender main effect, there was a significant main effect of Gender only on Positive Affect, F(1, 469) = 9.53, p < .012, partial η^2 = .02. However, this effect was not significant for Negative Effect, [F(1, 469) = 0.90, p > .012, partial η^2 = .01], Reassurance-Seeking [F(1, 469) = 0.02, p > .012, partial η^2 = .01], and Depression [F(1, 469) = 0.70, p > .012, partial η^2 = .01] measures.

Table 50. MANOVA for four self-construals, well-being measures and gender

Variables	Multivariate *F*	df	Multivariate η^2	Wilks' Λ	Univariate *F*	Univariate η^2
G	4.05*	5,465	.04	.96	-	-
PA	-	1,469	-	-	9.53**	.02
NA	-	1,469	-	-	0.90	.01
RS	-	1,469	-	-	0.02	.01
D	-	1,469	-	-	0.70	.01
SC	8.64*	15,1284	.09	.77	-	-
PA	-	3,469	-	-	6.23***	.04
NA	-	3,469	-	-	11.08***	.07
RS	-	3,469	-	-	8.81***	.05
D	-	3,469	-	-	30.09***	.16
SC X G	0.49	15,1284	.01	.98	-	-

Note1. * p < .05, ** p < .012, *** p < .001, Note2. SC = Self-Construals, G = Gender, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

According to the univariate analysis of Self-Construals main effect (as shown in Table 51), those people having Self-Construal of Separated-Individuation (m = 30.63) reported higher PA than those having Related-Patterning (m = 33.24) and Related-Individuation (m = 34.40) Self- Construals. Though, those with Separated-Patterning (m = 32.20), Related-Patterning (m = 33.24) and Related-Individuation (m = 34.40) Self-Construals did not differ from

each other in terms of their PA. Similarly, there were no significant difference between Separated-Individuation (m = 30.63) and Separated-Patterning (m = 32.20) type of Self-Construals in terms of their PAs.

Moreover, in the analysis of Negative Affect (NA) measure, people having Self-Construals of Separated-Individuation (m = 21.70) and Separated-Patterning (m = 21.04) reported more Negative Affect than those having Self-Construals of Related-Patterning (m = 18.09) and Related- Individuation (m = 18.11). Adding to this, Separated-Individuation (m = 21.70) and Separated-Patterning (m = 21.04) Self-Construals did not differ from each other in terms of NAs. Similarly, there was no significant difference between Self-Construals of Related-Patterning (m = 18.09) and Related-Individuation (m = 18.11) in terms of NAs.

Furthermore, according to the analysis of Reassurance-Seeking measure, people having Related-Individuation Self (m = 8.54) reported less Reassurance-Seeking than those having Separated-Individuation (m = 10.45), Separated-Patterning (m = 11.64) and Related-Patterning (m = 10.98) Selves. Nevertheless, Separated-Individuation (m = 10.45), Separated-Patterning (m = 11.64) and Related- Patterning (m = 10.98) did not differ from each other in terms of their RSs.

On the other hand, based on the analysis of Depression measure, people with Self-Construals of Related-Patterning (m = 7.74) and Related-Individuation (m = 5.58) had less Depression level than the ones having Separated-Individuation (m = 10.31) and Separated-Patterning (m = 14.30). Adding to this, people having Separated-Individuation (m = 10.31) showed less Depression level than the ones having Separated-Patterning (m = 14.30). Nevertheless, there was no significant difference between Related-Patterning (m = 7.74) and Related-Individuation (m = 5.58) in terms of their Ds.

Finally, depending on Gender main effect analysis on PA, Males (m = 33.63) reported more Positive Affect compared to females (m = 31.61) (see Table 49).

Table 51. Mean scores of psychological well-being scales under the main effect of four self-construals and gender

Four Self-Construals	PA	NA	RS	D
Separated-Individuation	30.63_{b}	21.70_{b}	10.45_{b}	10.31_{b}
Separated- Patterning	32.20_{ab}	21.04_{b}	11.64_{b}	14.30_{c}
Related- Patterning	33.24_{a}	18.09_{a}	10.98_{b}	7.74_{a}
Related- Individuation	34.41_{a}	18.11_{a}	8.54_{a}	5.58_{a}
Gender				
Female	31.61	-	-	-
Male	33.63	-	-	-

Note1. The mean score that do not share the same subscript are significantly different from each other, Note2. PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression

3.6 Correlation Coefficients between Groups of Variables

Before the Regression Analyses, in order to determine the relationship between psycological well-being measures [i.e., Depression (D), Positive Affect (PA), Negative Affect (NA), and Reassurance-Seeking (RS)] and other variables, Pearson's correlation analyses were performed. Other than psycological well-being measures, Demographic Variables [i.e., Gender (G), Mother's Education (ME), Father's Education (FE), Age (A), Participant's Education (E) and Marital Status (MS)], Schema Domains [i.e., Perception of Insufficient Self (PIS), Inhibition in Expressing Emotions (IEE) and Insufficient Ego Control (IEC)], and two Self-Orientation Dimensions [Interpersonal Integration Orientation (IIO) and Intrapersonal Differentiation Orientation (IDO)] were used in the analyses.

According to the results as shown in Table 52, Depression symptoms revealed significant positive correlation with PIS (r = .29, p < .001), IEE (r = .48, p < .001), IEC (r = .47, p < .001), and A (r = .14, p < .001). Moreover, there were significant negative relation between D and E (r = -.25, p < .001), D and ME (r = -.20, p < .001), D and FE (r = -.20, p < .001), D and IIO (r = -.37, p < .001), and D and IDO (r = -.21, p < .001). Thus, having strong characteristics of Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control Domains; lower level of self education, mother's education, and

father's education, and lower Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation were correlated with Depression symptomology.

Moreover, according to the analyses of Positive Affect, there was significant positive correlation between PA and G (r = .12, p < .05), while significant negative correlation was reported between PA and IEE (r = -.19, p < .001), and PA and IEC (r = -.11, p < .05). Thus, males and those who reported to have lower levels of Inhibition in Expressing Emotions, and Insufficient Ego Control Domains were more likely to have PA.

Furthermore, in the analyses of Negative Affect, significant positive correlations were found between NA and PIS (r = .34, p < .001), NA and IEE (r = .38, p < .001), and NA and IEC (r = .39, p < .001). Adding to this, there were negative significant correlations between NA and A (r = -.12, p < .05), NA and MS (r = -.13, p < .05), and NA and IIO (r = -.31, p < .001). Thus, people who are younger, the one who are single; those having lower Interpersonal Integration Orientation , and having strong characteristics of Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control Domains were more likely to have NA.

Finally, in the analyses of Reassurance-Seeking measure, there were positive significant correlations between RS and PIS (r = .39, p < .001), RS and IEE (r = .33, p < .001), and RS and IEC (r = .38, p < .001). Moreover, significant negative correlations were reported between RS and A (r = -.10, p < .05), RS and IIO (r = -.17, p < .001), and RS and IDO (r = -.17, p < .001). Thus, having strong characteristics of Perception of Insufficient Self, Inhibition in Expressing Emotions, and Insufficient Ego Control Domains; being younger; lower Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation were correlated with RS.

Other than demographic variables, correlations between Schema Domains and Self-Orientation Dimensions were analyzed. According to the results, negative significant correlations were found between PIS and IIO (r = -.24, p < .001), PIS and IDO (r = -.02, p < .001), IEE and IIO (r = -.53, p < .001), IEE and IDO

(r = -.16, p < .001), IEC and IIO (r = -.24, p < .001), and IEC and IDO (r = -.30, p < .001). Thus, Schema Domains tended to correlate negatively with Self-Orientation Dimensions.

Table 52. Pearson correlations between psychological well-being measures, demographic variables, schema domains and self-orientation dimensions

	PIS	IEE	IEC	G	A	E	MS	ME	FE	IIO	IDO
PA	-	-.19**	-.11*	.12*	-.01	-.05	-.01	-.05	-.07	.09	.07
NA	.34**	.38**	.39**	-.02	-.12*	-.08	-.13*	.01	.01	-.31**	.03
RS	.39**	.33**	.38**	.03	-.10*	-.08	-.04	-.01	.03	-.17**	-.17**
D	.29**	.48**	.47**	.01	.14**	-.25**	.02	-.20**	-.20**	-.37**	-.21**
PIS	-	.54**	.71**	.08	-.08	-.09*	-.07	.01	.01	-.24**	-.02
IEE	.54**	-	.70**	.18**	.01	-.27**	-.01	-.12**	-.08	-.53**	-.16**
IEC	.71**	.70**	-	.03	.05	-.27	.04	-.15**	-.14	-.24**	-.30**
IIO	-.24**	-.53**	-.24**	-.13**	.12**	.07	.15**	.04	.01	-.53**	-.16**
IDO	-.02	-.16**	-.30**	-.06	-.26**	.19**	-.23**	.27**	.29**	-.24**	-.30**

Note1. * p < .05, ** p < .01, Note2. PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression, G = Gender, ME = Mother's Education, FE = Father's Education, A = Age, E = Participant's Education, MS = Marital Status, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

3.7 Associates of Psychological Well-Being Measures

Four multiple regression analyses were performed separately with different measures of psychological well-being. Thus, Depression, Positive Affect, Negative Affect and Reassurance-Seeking were the dependent variables of these regression analyses. For these analyses, the variables that revealed significant zero-order correlation (see Section 3.6) with the particular dependent measure were entered into the regression equation. In the first step, significant Demographic Variables were entered. In the second step, Schema Domains that revealed significant correlation with the dependent measure were entered into the equation. Finally, on the last step, the Self-Orientation Dimensions that had significant correlation with the dependent measure were entered into the regression analyses.

3.7.1 Associates of Depressive Symptomology

In order to determine the associations of Demographic Variables, Schema Domains and Self-Orientation Dimensions with psychological well-being, initial regression analyses were conducted with the Depression measure. For these analyses, in the first step as shown in the Table 53), among the Demographic Variables, Mother's Education, Father's Education, Participant's Education, and Age were entered into the equation. In the second step, Schema Domains of Perception of Insufficient Self (PIS), Inhibition in Expressing Emotions (IEE), and Insufficient Ego Control (IEC) were entered into regression analyses. At the final step, Interpersonal Integration Orientation (IIO) and Intrapersonal Differentiation Orientation (IDO) were entered into the equation as Self-Orientation Dimensions.

At the first step, Demographic Variables were significantly correlated with the Depression measure, $F_{change}(4, 467) = 9.54$, $p < .001$, and the explained total variance in this step was 8 %. From these demographic variables, only Participant's Education [$\beta = -.18$, t (467) = -3.97, $p < .001$, $pr = -.18$] revealed significant association with the Depression measure. Indicating that, when participant's education level increased, Depression symptoms showed a decreament. However, there were no significant associations Depression with the variables of Mother's's Education [$\beta = -.09$, t (467) = -1.33, $p < .05$, $pr = -.06$], Father's Education [$\beta = -.06$, t (467) = -0.94, $p > .05$, $pr = -.04$] and Age [$\beta = .04$, t (467) = 0.88, $p > .05$, $pr = .04$]. After controlling for these Demographic Variables, Schema Domains were included into the analysis as second step measures. With the inclusion of Schema Domains, the explained total variance increased to 28 %, and Schema Domains showed significant association with Depression symptoms, $F_{change}(3, 464) = 47.69$, $p < .001$. According to the results of this step, Inhibition in Expressing Emotions [$\beta = .30$, t (464) = 5.30, $p < .001$, $pr = .21$] and Insufficient Ego Control [$\beta = .29$, t (464) = 4.21, $p < .001$, $pr = .16$] Domains were significantly correlated with Depression symptoms. Thus, as expected, having schema domains of IEE and IEC increased tendency of having more Depression symptoms. However, PIS did not reveal a significant association with the Depression level. In the third step, Self-Orientation Dimensions were

included into the anlaysis and the explained total variance increased to 32 %, and Self-Orientation Dimensions had significant association with Depression symptoms, $F_{change}(2, 462) = 14.23$, $p < .001$. In this final step, after controlling for the Demographic Variables and Schema Domains, Interpersonal Integration Orientation was found to be significantly associated with Depression [β= -.25, t (462) = -5.30, $p < .001$, pr = -.20]. Thus, as people's Interpersonal Integration Orientation got higher, tendency for Depression decreased. Nevertheless, there was no significant association between Intrapersonal Differentiation Orientation and Depression [β= -.04, t (462) = -0.92, $p > .05$, pr = -.04].

Table 53. Multiple Regression for Depression

IVs	Df	F_{change}	β	t (within set)	pr	R^2 (change)
Step 1: Demographic Variables	4,467	9.54*	-	-	-	.08
Mother's Education	467	-	-.09	-1.33	-.06	-
Father's Education	467	-	-.06	-0.94	-.04	-
Age	467	-	.04	0.88	.04	-
Participant's Education	467	-	-.18	-3.97*	-.18	-
Step 2: Schema Domains	3,464	47.69*	-	-	-	.22
PIS	464	-	-.07	-1.24	-.05	-
IEE	464	-	.30	5.30*	.21	-
IEC	464	-	.29	4.21*	.16	-
Step 3: Self-Orientation Dimensions	2,462	14.23*	-	-	-	.04
IIO	462	-	-.25	-5.30*	-.20	-
IDO	462	-	-.04	-0.92	-.04	-

Note1. * $p < .001$, Note2. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

3.7.2 Associates of Positive Affect Measure

As for the regression analyses of Positive Affect (PA), in the first step (see Table 54), among the Demographic Variables, only Gender was entered into the

equation. In the second step, Inhibition in Expressing Emotions (IEE), and Insufficient Ego Control (IEC) were entered into the regression analyses.

At the first step, Demographic Variable was significantly associated with PA, $F_{change}(1, 488) = 6.99$, $p < .05$. Thus, Gender had a significant association with PA [$\beta = .12$, $t\ (488) = 2.64$, $p < .05$, $pr = .12$]. According to these analyses, the explained total variance was 1 % in this step. Consequently, since subcategories of Gender were defined as "Female = 1" and "Male = 2" in the data coding, males were found to have higher tendency of PA compared to females. After controlling for this Demographic Variable, 2 Schema Domains were entered into the equation as a second step. According to the results of this step, Schema Domains were found to be significantly associated with PA, $F_{change}(2, 486) = 13.05$, $p < .001$. Accordingly, Domain of Inhibition in Expressing Emotions [$\beta = -.28$, $t\ (486) = -4.47$, $p < .001$, $pr = -.20$] showed significant association with PA. Thus, as an evaluation, people having characteristics of Inhibition in Expressing Emotions reported less tendency for PA. Adding to this, the explained total variance increased to 6 % in the second step. However, Insufficient Ego Control was not significantly associated with PA [$\beta = .09$, $t\ (486) = 1.44$, $p > .05$, $pr = .06$].

Table 54. Multiple Regression for Positive Affect

IVs	df	F_{change}	β	t (within set)	pr	R^2 (change)
Step 1: Demographic Variables	1,488	6.99*	-	-	-	.01
Gender	488	-	.12	2.64*	.12	-
Step 2: Schema Domains	2,486	13.05**	-	-	-	.05
IEE	486	-	-.28	-4.47**	-.20	-
IEC	486	-	.09	1.438	.06	-

Note1. * $p < .05$, ** $p < .001$, Note2. IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control

3.7.3 Associates of Negative Affect Measure

In order to examine Negative Affect (NA) measure in Regression Analyses, at the first step, among the Demographic Variables, Age and Marital Status were

entered into the equation. In the second step, Schema Domains of Perception of Insufficient Self (PIS), Inhibition in Expressing Emotions (IEE) and Insufficient Ego Control (IEC) were entered into the analyses. Finally, at the last step, Self-Orientation Dimensions of Interpersonal Integration Orientation was included in the anlyses.

According to the analyses of first step, there was a significant association of Demographic Variables with NA [$F_{change}(2, 476) = 5.35$, $p < .05$], and the explained total variance was 2 % in this step. Nevertheless, Marital Status [$\beta = -.12$, $t\ (476) = -1.85$, $p > .05$, $pr = -.08$] and Age [$\beta = -.04$, $t\ (476) = -0.70$, $p > .05$, $pr = -.03$] by themselves were not found to be significantly associated with NA. After controlling for these Demographic Variables, as a second step, Schema Domains of Perception of Insufficient Self, Inhibition in Expressing Emotions and Insufficient Ego Control were included in the regression analyses. According to the results of the second step, Schema Domains were significantly associated with NA [$F_{change}(3, 473) = 35.94$, $p < .001$] and the explained total variance increased to 20 % in this step. From these Domains, Inhibition in Expressing Emotions [$\beta = .19$, $t\ (473) = 3.28$, $p < .05$, $pr = .14$] and Insufficient Ego Control [$\beta = .24$, $t\ (473) = 3.39$, $p < .05$, $pr = .14$] revealed significant association with NA. However, Domain of Perception of Insufficient Self [$\beta = .05$, $t\ (473) = 0.85$, $p > .05$, $pr = .04$] did not show significant association with Negative Affect. Thus, according to these results, it was found that having strong tendency for Inhibition in Expressing Emotions and Insufficient Ego Control Domains increased the likelihood of having NA. Finally, at the third step, the Self-Orientation Dimension [$F_{change}(1, 472) = 11.19$, $p < .05$] revealed significant association with NA. With the inclusion of Self-Orientation Dimension, the explained total variance increased to 21 %. Interpersonal Integration Orientation was found to be significantly associated with NA [$\beta = -.17$, $t\ (472) = -3.35$, $p < .05$, $pr = -.14$]. According to the results of the third step, people having Interpersonal Integration Orientation had less tendency for Negative Affect.

Table 55. Multiple Regression for Negative Affect

IVs	df	F_{change}	β	t (within set)	pr	R^2 (chamge)
Step 1: Demographic Variables	2,476	5.35*	-	-	-	.02
Age	476	-	-.04	-0.70	-.03	-
Marital Status	476	-	-.12	-1.85	-.08	-
Step 2: Schema Domains	3,473	35.94**	-	-	-	.18
PIS	473	-	.05	0.85	.04	-
IEE	473	-	.19	3.28*	.14	-
IEC	473	-	.24	3.39*	.14	-
Step 3: Self-Orientation Dimensions	2,472	11.19*	-	-	-	.02
IIO	472	-	-.17	-3.35*	-.14	-

Note1. * p < .05, ** p < .001,Note2. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation .

3.7.4 Associates of Reassurance-Seeking Measure

In the Regression Analyses for Reassurance-Seeking (RS), initially, significant Demographic Variable (i.e., Age) was entered into the equation as a first step. At the second step, all of the three Schema Domains were included in the analyses. Finally, at the last step, all Self-Orientation Dimensions (i.e., Interpersonal Integration Orientation and Intrapersonal Differentiation Orientation) were entered into the analyses.

In Step 1, the Demographic Variable revealed a statistically significant association with Reassurance-Seeking [$F_{change}(1, 482) = 4.33$, $p < .05$], and the explained total variance was 1 % in this step. Accordingly, Age showed significant association with Reassurance-Seeking [$\beta = -.09$, $t\ (482) = -2.08$, $p < .05$, $pr = .10$]. Indicating that, the more people got older, the less reassurance-seeking they needed. At the second step, Schema Domains were significantly associated with RS [$F_{change}\ (3, 479) = 35.00$, $p < .001$], and after controlling the Demographic Variable, the explained total variance increased to 18 %. In these analyses, Domains of Perception of Insufficient Self [$\beta = .20$, $t\ (479) = 3.08$, $p < .05$, $pr = .14$], and Insufficient Ego Control [$\beta = .19$, $t\ (479) = 2.71$, $p < .05$, $pr = .11$] were significantly associated with RS. Thus, it was found that having Perception of Insufficient Self and Insufficient Ego Control Domains raised the tendecy for

Reassurance-Seeking, though IEE did not reveal a significant association with RS. Finally, at the third step, Self-Orientation Dimensions [F_{change} (2, 477) = 5.80, $p < .05$] were found significantly associated with RS. With the inclusion of Self-Orientation Dimensions into the analysis, the explained total variance increased to 20 %. Moreover, while Dimension of Interpersonal Integration Orientation did not reveal association with RS [β= -.04, t (477) = -0.83, $p > .05$, pr = .03], Intrapersonal Differentiation Orientation was significantly associated with Reassurance-Seeking [β= -.15, t (477) = -3.34, $p < .05$, pr = -.14,]. According to the analyses in the third step, it was found that as having Intrapersonal Differentiation Orientation increased, the tendency for Reassurance-Seeking decreased.

Table 56. Multiple regression for dependent variable of reassurance-seeking

IVs	df	F_{change}	β	t (within set)	pr	R^2 (change)
Step 1: Demographic Variables	1,482	4.33*	-	-	-	.01
Age	482	-	-.09	-2.08*	-.09	-
Step 2: Schema Domains	3,479	35.00**	-	-	-	.18
PIS	479	-	.20	3.48*	.14	-
IEE	479	-	.09	1.47	.06	-
IEC	479	-	.19	2.71*	.11	-
Step 3: Self-Orientation Dimensions	2,477	5.80*	-	-	-	.02
IIO	477	-	-.04	-.83	-.03	-
IDO	477	-	-.15	-3.34*	-.14	-

Note1. * $p < .05$, ** $p < .001$, Note2. PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation, IDO = Intrapersonal Differentiation Orientation

3.8 Summary of Obtained Results

In this section, summaries of the findings reported in the Results section are provided through some summary tables (see Table 57, 58, and 59).

Table 57. Summary for MANOVAs

	Dependent Variables								
Independent Variables	**Schema Domains**			**Self-Orientations**		**Well-Being**			
Demographic Variables	**PIS**	**IEE**	**IEC**	**IIO**	**IDO**	**D**	**PA**	**NA**	**RS**
Gender	-	M>F	-	F>M	-	-	M>F	-	-
Age	-	-	-	-	Y>M>O	-	-	Y>O	-
Marital Status	-	-	-	M>S	S>M	-	-	S>M	-
Sibling Number	-	-	-	-	SS>MS	MS>SS	-	-	-
Mother's Education	-	L> H	L>H	-	H>L	L>H	-	-	-
Father's Education	-	-	L>H	-	H>L	L>H	-	L>H	-
Schema Domains									
PIS	-	-	-	L>H	-	H>L	-	H>L	H>L
IEE	-	-	-	L>H	-	H>L	L>H	H>L	H>L
IEC	-	-	-	L>H	L>H	H>L	-	H>L	H>L

Note1. Variance analyses did not reveal any significant interaction effect. Note2. M = Males, F = Females; H = High, L = Low; SS = Single Sibling, MS = More than one sibling; S = Single, M = Married; Y = Young, M = Middle, O = Old, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation, IDO = Intrapersonal Differentiation Orientation

Table 58. Summary for MANOVAs of Self-Construals

	Independent Variable
Dependent Variables	**Self-Construals**
Schema Domains	
PIS	RI < SI & SP
IEE	RI & RP < SI & SP
IEC	RI, SI & RP < SP and RI < RP
Well-Being	
D	SP > SI > RP = RI
PA	RI > SI
NA	SI = SP > RP = RI
RS	SI = SP = RP > RI

Note1. Variance analyses did not reveal any significant interaction effect. Note2. RI = Related-Individuation, SI = Separated-Individuation, SP = Separated-Patterning, RI = Related-Individuation, PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation

Table 59. Summary for Regression Analyses

	Dependent Variables: Well-Being			
Independent Variables	**D**	**PA**	**NA**	**RS**
Step 1: Demographic Variables	**significant**	**significant**	**significant**	**significant**
Gender		+		
Age	ns		ns	-
Marital Status			ns	
Sibling Number				
Mother's Education	ns			
Father's Education	ns			
Self Education	-			
Step2: Schema Domains	**significant**	**significant**	**significant**	**significant**
PIS	ns		ns	+
IEE	+	-	+	ns
IEC	+	ns	+	+
Step3: Self-Orientations	**significant**		**significant**	**significant**
IIO	-		-	ns
IDO	ns			-
Explained Total Variance	.33	.06	.22	.21

Note.1. Variance analyses did not reveal any significant interaction effect. Note2. PA = Positive Affect, NA = Negative Affect, RS = Reassurance-Seeking, D = Depression, PIS = Perception of Insufficient Self, IEE = Inhibition in Expressing Emotions, IEC = Insufficient Ego Control, IIO = Interpersonal Integration Orientation , IDO = Intrapersonal Differentiation Orientation , ns = not significant, (+) = significant positive association, (-) = significant negative association, gray blocks = not analysed variables

CHAPTER IV

4. DISCUSSION

In the present study, the general aims are: firstly, examining possible influences of demographic variables on the various measures of the study (i.e., Schema Domains, Self-Orientations, and Well-Being measures); secondly, analysing the differences of Schema Domains on Self-Orientations of Balanced Integration Differentiation Model, and also on Well-Being; thirdly, examining the differences of four Self-Construals of Balanced Integration Differentiation Model on Schema Domains and Well-Being. In this discussion, the results of these general aims and hypotheses will be discussed. Furthermore, limitations of this study will be explained. Finally, future directions and therapeutic implications of the study will be stated.

4.1 Review of the Hypotheses

In the present study, in the first hypothesis, it was expected that (1a) having strong characteristics of schema domains will be related to low level of self-orientation dimensions of interpersonal integration orientation. This was accepted for PIS, IEE, and IEC Domains. Moreover, (1b) having strong characteristics of schema domains will be related to low level of self-orientation dimensions of intrapersonal differentiation orientation. This was accepted for only IEC Domain.

The second hypothesis suggested that (2a) having strong characteristics of schema domains will be associated with high depression. This was accepted for all schema domains. Furthermore, (2b) having strong characteristics of schema domains will be associated with high negative affect. This was accepted for all schema domains. Moreover, (2c) having strong characteristics of schema domains will be associated with high reassurance-seeking. This was accepted for all schema

domains. Finally, (2d) having strong characteristics of schema domains will be associated with low positive affect. This was accepted for only IEE Domain.

It was proposed in the third hypothesis that (3a) having strong characteristics of schema domains will be related to low level of related-individuation self-construal. This was accepted for all schema domains. Moreover, (3b) having strong characteristics of schema domains will be associated with high level of separated-patterning self type. This was accepted for all schema domains.

In the fourth hypothesis, it was expected that (4a) self-construal of related-individuation will be related to high positive affect. The findings of the current study supported this hypothesis. Furthermore, (4b) self-construal of related-individuation would be correlated with low level of depression. This was accepted. In addition to this, (4c) self-construal of related-individuation would be correlated with low level of negative affect. This was also accepted. Finally, (4d) self-construal of related-individuation will be related to low level of reassurance-seeking. This was accepted as well.

As for the fifth hypothesis, (5a) it was expected that separated-patterning self type would be related to low level of positive affect. This was accepted.(5b) It was expected that separated-patterning self type would be correlated with high level of depression. This was also accepted. (5c) It was expected that separated-patterning self type would be correlated with high level of negative affect. The findings of the current study supported this hypothesis.(5d) It was expected that separated-patterning self type would be correlated with high level of reassurance-seeking. The findings of the current study supported this hypothesis as well.

4.2 Findings of Factor Analysis for Young Schema Questionnaire Short Form

At the beginning of the analyses, Factor Analyses were conducted in the present study in order to classify 18 original schemas (Young, 1999) under separate schema domains. As a result, three schema domains (three factors) emerged, namely, perception of insufficient self (pis), inhibition in expressing emotions (iee), and insufficient ego control (IEC). Domain of PIS included the

schemas of abandonment/instability, failure, vulnerability to harm, enmeshment, subjugation, self-sacrifice, pessimism, and punitiveness. Moreover, schemas of emotional deprivation, dependence/incompetence, social isolation, defectiveness/shame, and emotional inhibition took part under IEE domain. Finally, Domain of IEC included the schemas of mistrust/abuse, unrelenting standards, entitlement, insufficient self-control, and approval seeking.

These domains revealed similar characteristics with the factors found in some other studies. Accordingly, these three domains had similar characteristics with three factors in the study of Sarıtaş (2007). In this study, factor 1 named as "impaired limits-exaggerated standards" had the schemas of entitlement, unrelenting standards, insufficient self-control, and approval seeking as well as factor 3 in the present study. Moreover, factor 2 named as "disconnection-rejection" in the study of Sarıtaş (2007) included emotional deprivation, social isolation, defectiveness/shame, and emotional inhibition and factor 3 named as "impaired autonomy-other directedness" consisted of vulnerability to harm, enmeshment, subjugation, and self-sacrifice schemas similar to the present study. On the other hand, similar to the original schema domains of Young (1999), in the factor analyses of the present study, dependence/incompetence, vulnerability to harm, enmeshment, and failure schemas were loaded under a factor representing *insufficient self*. Young defined this domain as "impaired autonomy and performance" while it was named as "perception of insufficient self" in our study. Furthermore, schema domain of "impaired limits" of Young (1999) included entitlement and insufficient self-control schemas. These schemas took part in "insufficient ego control" domain in the present study since this domain had similar characteristics with the content of domain of "impaired limits" of Young (1999).

Moreover, three factors of the present study also revealed similar characteristics to another study conducted by Soygüt, Karaosmanoğlu, and Çakır (2009). According to this study, the schemas of failure, abandonment/instability, vulnerability to harm, enmeshment, and pessimism were grouped under a domain

based on the content of “impaired autonomy” parallel with the findings of the present study.

4.3 Findings Related to Differences of Demographic Variables on the Schema Domains

In the present study, we expected to observe differences of demographic variables (i.e., age, marital status, sibling number, mother’s education, father’s education, and gender) on the schema domains (i.e., perception of insufficient self, inhibition in expressing emotions, and insufficient ego control). this expectation was met for some demographic variables.

Based on the results of age, marital status, and sibling number variables, individuals being in young, middle or old ages; being single or married, and having single sibling or more siblings did not differ from each other in terms of having schema domains of PIS, IEE, and IEC. Nevertheless, mother’s education, father’s education, and gender revealed significant differences for schema domains.

According to the results of mother’s education analyses, people having low educated mothers reported more tendencies to IEE Domain than people having high educated mothers did. Similarly, people having low educated mothers reported higher tendency to IEC Domain compared to the ones having high educated mothers. In addition, in the results of Father’s Education, people having low educated fathers showed higher tendency for IEC Domain compared to those having high educated fathers. According to the study of Kochanska, Aksan, Penney, and Boldt (2007), parent’s education level is a risk factor for the mental health of a child. Higher education level of parents is a protective factor for well-being of a child. Higher education level brings about earning more money and marrying later compared to the lower education level. On the other hand, low education may have association with low socioeconomic status (SES), uninformed parenting, and unrealistic expectations from children. In addition to this, low education may negatively affect autonomy as Young (1999) defined in the domain of “impaired autonomy and performance”. Therefore, based on all these features of

low educated parenting, low educated mothers and fathers may cause multiple stressors, impaired autonomy, low level of self-confidence, and low power assertion of the family. Accordingly, a child having low educated parents may have more schemas of social isolation, defectiveness/shame, emotional inhibition under IEE Domain and schemas of mistrust/abuse, unrelenting standards, entitlement, ınsufficient self-control, and approval seeking under IEC Domain.

Moreover, in the analyses of gender, males reported more characteristics related to IEE Domain compared to females. This domain has the characteristics of inhibition in expressing emotions and lack of social relations. As Cossette, Pomerleau, Malcuit, and Kaczorowski (1996) stated, females have more tendencies for both verbal and nonverbal emotional expression. Therefore, this result may be related to males' lack of emotional expression.

4.4 Findings Related to Differences of Demographic Variables on the Self-Orientations

In the present study, differences due to demographic variables (i.e., age, marital status, sibling number, mother's education, father's education, and gender) on the self-orientation dimensions (i.e., interpersonal integration orientation and intrapersonal differentiation orientation) were expected. For each demographic variable, this hypothesis was accepted.

The results of the analysis with age variable revealed that people in young ages indicated more intrapersonal differentiation orientation than those in middle ages, and old ages. Adding to this, people in middle ages reported more intrapersonal differentiation orientation compared to those in old ages in the study. According to Erikson's stages of psychosocial development (1970), young ages (17 to 23) and middle ages (24 to 30) come across stages of Identity vs. Role Confusion and Intimacy vs. Isolation. During these periods, people have the tendency to question their identities and the placement of themselves in life. People especially focus on self and individualistic goals. Therefore, these individualistic tendencies in young ages may arise from these aspects.

Based on the findings regarding marital status, it was found that people who were single reported less interpersonal integration orientation than those who were married. Moreover, people who were single indicated more intrapersonal differentiation orientation compared to those who were married. In the study of Burman and Margolin (1992), there is a positive correlation between being married and having social relationships, while being single is associated with less social support compared to the ones who are married. Accordingly, single people may have more tendencies to live free and individualistic while married people may have more focus on social relationships. These aspects could explain the results found in the present study.

Considering the results of analyses with sibling number, it was found that people having single sibling reported higher tendency for intrapersonal differentiation orientation compared to the ones having more than one sibling. These findings could be explained with two aspects in terms of the relationship between parent education level and child number and the association between division of resources and number of siblings. Firstly, as explained before, there is a relationship between parent education level and being informed about child development (Kochanska et al., 2007). Based on this, low educated parents may have more children compared to high educated ones. Moreover, people with more than single sibling may have low educated parents. As stated before, low education level of parents can negatively affect development of autonomy for the child. Therefore, people with single sibling may have higher educated parents and higher opportunity for intrapersonal development compared to those having more than one sibling. Secondly, Downey (2001) states that having sibling(s) brings about division of parents' time, energy, and money. Based on this, children with many siblings have less opportunity for development of self and joining social activities that enhance autonomy and self-confidence.

According to the results of analysis with mother's education, people having low educated mothers reported less tendency for intrapersonal differentiation orientation (IDO) compared to those having high educated mothers. Furthermore, it was found that people having low educated fathers had less tendency for

intrapersonal differentiation orientation compared to those having high educated fathers. These can be accounted for by the relationship between low levels of education and low SES (Kochanska et al., 2007). People having low educated parents could have low SES. As Maslow (1943) stated years ago, before meeting the physiological (basic) needs, people do not seek intrapersonal development (self-enhancement). Moreover, the relationship between low education level of parents and less IDO could be explained by the association between low education level and less autonomy as mentioned above.

In the results of the analysis with gender variable, females reported more interpersonal integration orientation compared to males. This result could be associated with the tendency of females to express their emotions and to build social relations more than males (Cossette et al., 1996). Moreover, this finding is supported with the study of İmamoğlu and Karakitapoğlu-Aygün (2007) in which women report higher relatedness with others compared to men.

4.5 Findings Related to Differences of Demographic Variables on Psychological Well-Being

In the current study, differences due to demographic variables (i.e., age, marital status, sibling number, mother's education, father's education, and gender) on well-being measures of depression (D), positive affect (PA), negative affect (NA), and reassurance-seeking (RS) were expected. this expectation was confirmed for all of the demographic variables.

According to the findings regarding age, people in young ages reported higher NA than those in old ages. In the cycle of development, young people (17 to 23) are in the period of getting education or graduation, finding a job, constructing a family and develop an identity (Erikson, 1970). Since all of these factors bring about psychological distress, being young may be triggering negative affect.

Moreover, the results of the analysis with marital status indicated that single people reported higher NA than married people. According to many studies related to protective factors for well-being, social support is considered as vital

(Durlak, 1998). Therefore, being married may increase social support obtained from others since it requires relation with others (Burman & Margolin, 1992). Thus, having less social support compared to the married ones could be the reason for high NA for singles.

Based on the analysis with sibling number, it was found that people having single sibling reported less symptoms of depression than those having more than one sibling. This could be related to perception of economical safety in the family. This means that having more than one sibling could increase the likelihood of sharing money that is provided by parents for children (Downey, 2001). In addition to this, having many siblings may result in division of attention taken from parents (Downey, 2001). All these could increase psychological distress and cause hopelessness for future expectations.

In the analysis with mother's education, it was found that people having low educated mothers displayed higher tendency for depression symptoms compared to those having high educated mothers. Moreover, based on the analysis with father's education, it was found that people having low educated fathers had higher depression levels than those having high educated fathers. This can be related to the relationship between low levels of education and low SES. As Pinquart and Söresen (2000) stated that low SES could be a trigger for depression since there is a strong correlation between income and well-being. In addition, having low educated parents may bring about low self-confidence, low power assertion, and multiple stressors as explained earlier (Kochanska et al., 2007). Thus, all these factors can trigger depression.

According to the results of the analysis with gender, males reported higher level of PA compared to females. Similarly, Mor and Winquist (2002) reported that females have higher tendency for NA. However, this finding may arise from women's having higher endency for emotional expression compared to men. Moreover, women may expose to more distress compared to men (Ross & Mirowsky, 1995). Therefore, this represents a controversial issue.

4.6 Findings Related to Differences of Schema Domains

In the present study, how schema domains (i.e., perception of ınsufficient self, inhibition in expressing emotions, and insufficient ego control) differentiated on self-orientation dimensions and well-being measures were analysed. Thus, self-orientation dimensions (i.e., interpersonal integration orientation and intrapersonal differentiation orientation) and well-being measures of depression (D), positive affect (PA), negative affect (NA), and reassurance-seeking (RS) were used as dependent variables in these analyses.

4.6.1 Findings Related to Differences of Schema Domains on Self-Orientation Dimensions

For the results of differences of schema domains on self- orientations, we expected that having strong characteristics of schema domains are related to low levels of Self-Orientation Dimensions (i.e., interpersonal integration orientation and intrapersonal differentiation orientation). Schema Domains are based on the maladaptive structured thoughts, beliefs, and rules. Moreover, having interpersonal integration orientation and intrapersonal differentiation orientation are the characteristics of a balanced/healthy self. Based on these, we expected negative correlation between schema domains and self-orientation dimensions. The findings of the current study confirmed this expectation for all schema domains.

Accordingly, in the analyses of PIS Domain, it was found that people having low level of PIS indicated more interpersonal integration orientation compared to those having high level of PIS. As for the analyses of IEE, people having low level of IEE reported higher interpersonal integration orientation than people having high level of IEE. According to the results of IEC Domain, people having low level of IEC had higher interpersonal integration orientation than those having high level of IEC. Similarly, people having low level of IEC indicated higher intrapersonal differentiation orientation compared to the ones having high level of IEC.

4.6.2 Findings Related to Differences of Schema Domains on Well-Being Measures

Based on the maladaptive structure of schemas, positive correlations between having strong characteristics of schema domains and depression, negative affect, and reassurance-seeking; and negative correlation between having strong characteristics of schema domains and positive affect were expected. In addition, in the literature, this association between maladaptive schemas and psychological illnesses was supported many times (Mason, Platts & Tyson, 2005; Muris, 2006; Welburn, Coristine, Dagg, Pontefract, & Jordan, 2002). In the results of the present study, having strong characteristics of all schema domains were positively correlated with depression, negative affect, and reassurance-seeking. However, opposite of the expectation, only Domain of IEE revealed a negative correlation with positive affect. The reason for this relationship may be that the schemas of emotional deprivation, dependence/incompetence, social isolation, and emotional inhibition that take part under IEE Domain have similar characteristics of symptoms of depression. As Gençöz (2002) stated, the negative relationship between depression and positive affect was also supported by many studies in the literature (e.g., Clark et al., 1990; Clark & Watson, 1991; Watson, Clark, & Carey, 1988). This could be the reason for this relationship.

From the results of the analysis with gender, it was found that females had less PA compared to males. Additionally, females reported less RS than males. According to the study conducted by Star and Davila (2008), females have more vulnerability for depression and reassurance seeking since they are exposed to interpersonal stressors more than males. The reasons for the findings may be related to these aspects.

4.7 Findings Related to Differences of Four Self-Construals

In the study, analyses were conducted to examine how self-construals of related-individuation, separated-individuation, separated-patterning, and related-patterning differentiated on schema domains, namely, perception of insufficient self (PIS), inhibition in expressing emotions (IEE) and insufficient ego control

(IEC) and well-being measures of depression (D), positive affect (PA), negative affect (NA), and reassurance-seeking (RS).

4.7.1 Findings Related to Differences of Four Self-Construals on Schema Domains

In the present study, it was expected that low level of related individuation self-construal is related to having high characteristics of schema domains. In addition to that having high level of separated-patterning is expected to be positively correlated with having high characteristics of schema domains. According to the results, self-construal of related individuation is less than separated-patterning self-construal in all schema domains. The expectations were based on the balanced/healthy feature of related individuation self-construal and unbalanced structure of separated-patterning self-construal (İmamoğlu, 2004; 2007).

The findings verified this expectation. People having self-construal of related-individuation reported less characteristics of PIS than those having separated-patterning and separated-individuation self- construals. Moreover, in the analysis of IEE Domain, people having self-construals of separated-individuation and separated-patterning reported more characteristics of IEE than those having self-construals of related-patterning and related-individuation. Furthermore, according to the analysis of IEC Domain, people having separated-patterning self reported more features of IEC than those having separated-individuation, related-individuation, and related-patterning selves. Moreover, related-individuation had less characteristics of IEC compared to related-patterning.

Apart from expected results, according to the findings, people having self-construals that took part in interrelational orientation dimension revealed low features of schema domains. As an evaluation of these findings, this relatedness tendency with others may increase the social support taken from others. Therefore, getting social support may act as a protective factor for psychological well-being as Durlak stated (1998).

4.7.2 Findings Related to Differences of Four Self-Construals on Well-Being Measures

It was expected that while self-construal of related-individuation would be related to high positive affect; it would be correlated with low levels of depression, negative affect, and reassurance-seeking. Moreover, it was expected that separated-patterning self-construal would be related to low level of positive affect, while it would be correlated with high level of depression, negative affect, and reassurance-seeking. Findings were in the parallel direction of these expectations.

According to the results of the analysis with PA, people having self-construal of separated-individuation reported higher PA than those having related-patterning and related-individuation self-construals. Moreover, in the analysis of NA measure, people having self-construals of separated-individuation and separated-patterning reported more NA than those having self-construals of related-patterning and related-individuation. Furthermore, according to the results of the analysis with reassurance-seeking measure, people having related-individuation self-construal reported less reassurance-seeking than those having separated-individuation, separated-patterning and related-patterning. On the other hand, based on the analyses with depression measure, it was found that people with self-construals of related-patterning and related-individuation had less depression level than those having separated-individuation and separated-patterning. Adding to this, people having separated-individuation reported lower levels of depression than those having separated-patterning.

These findings reveal that as İmamoğlu stated in her studies (2004; 2007) related-individuation is the healthiest self-construal, whereas separated-patterning is the unbalanced self-construal among the four self-construals. Moreover, as mentioned earlier, relatedness is a protective factor for psychological well-being.

4.8 Findings Related to Correlation Coefficients between Groups of Variables

In the study, in order to determine the relationship between psycological well-being measures [i.e., depression (D), positive affect (PA), negative affect

(NA), and reassurance-seeking (RS)] and other variables, Pearson's correlation analyses were performed. Other than psycological well-being measures, demographic variables [i.e., gender (G), mother's education (ME), father's education (FE), age (A), participant's education (E) and marital status (MS)], schema domains [i.e., perception of insufficient self (PIS), inhibition in expressing emotions (IEE) and insufficient ego control (IEC)], and two self-orientation dimensions [interpersonal integration orientation (IIO) and intrapersonal differentiation orientation (IDO)] were used in the analyses. The findings supported all hypotheses explained before.

However, in addition to these hypotheses, some new results emerged in these analyses. Firstly, lower level of self education was correlated with high Depression symptomology. There are many studies supporting this finding in literature (e.g., Pinquart & Sörensen, 2000; Yu & Seligman, 2002). This finding may be explained based on the view that high education brings about high life quality, occupational success, and decreased stressors. Secondly, in the present study being younger (17 to 23) was correlated with high reassurance-seeking. This finding may be explained by the finding that getting social support is positively correlated with psychological well-being for adolescents (Cauce, Felner, & Primavera, 1982).

4.9 Findings Related to Associates of Psychological Well-Being Measures

According to the regression analyses, the results revealed parallel findings with the suggestions of the hypotheses. However, as a new result, it was found that as having intrapersonal differentiation orientation increased, the tendency for reassurance-seeking decreased. This could be explained by the relationship between having autonomy /individualism and needing less support. Erikson (1970) points out the importance of autonomy and having no need for *social support*.

4.10 Limitations of the study

In the present study, although there was a large sample including 501 participants who are between an extended age range, this sample do not represent

all of the population in Turkey. The reason for this is that most of the participants live in Ankara. Moreover, most of the sample are university graduates.

4.11 Future Directions and Clinical Implications

In the literature, there is limited study investigating the relationship between EMS and well-being. On the other hand, to the best knowledge of the author there is no study to date to examine the direct effect of self-construals in BID Model on psychological well-being and EMS. Therefore, the present study is the first study testing the effect of BID Model on EMS and well-being.

Moreover, the findings of the present study appear to have some implications for psychotherapy. According to Young (1999), Cognitive Behavioural Therapy (CBT) has deficiency for personality disorders. Firstly, according to DSM-IV (American Psychiatric Association, 1994), personality disorders "is the presence of pervasive, inflexible patterns that are enduring". In CBT, it is assumed that cognitive techniques like practice and rehearsal, cognitive and behavioural patterns can be modified with collaboration. However, in personality disorders, cognitions and thoughts are embedded. Therefore, the techniques in CBT cannot be enough for personality disorders. Moreover, in many personality disorders, thoughts and emotions are avoided by the patients. Therefore, these embedded thoughts can not be reached easily in CBT techniques. On the other hand, patients with personality disorders have the interpersonal difficulties for collaboration in CBT. Depending on all these reasons, according to Young (1999), schema therapy is more effective than CBT especially for personality disorders. By the present study, the relationship between EMS and well-being was examined once more.

On the other hand, the present study tested the effect of BID Model on EMS and well-being. The findings revealed whether relatedness or self-development have an effect on well-being and EMS or not. This finding is important in order to understand people's schemas, and differences of schemas on well-being and development of self. Moreover, it is important since the present study attracts attention to the importance of both being related to others and being

self-developed. According to the current study, getting social support and being related to others are preventive factors for psychological well-being. In addition to this, demographic variables should not be ignored since they make differences for well-being measures. Based on all these findings, in terms of clinical implications, the findings of this study could be beneficial.

As for future directions, the concept of self in the literature of Social Psychology should be considered more in Clinical Psychology studies. There are many factors affecting psychological well-being such as experiencing childhood traumas, having low SES, and having a family that triggers the development of maladaptive thoughts and rules. However, how a person evaluates these factors are mostly related to individual differences. Therefore, at this point, differences of self play an important role in the development of psychological disorders. Especially, definition of self and self-orientations of BID Model (İmamoğlu, 2003) is appropriate for the differentiation as a self (individual difference). Based on these, more studies should be conducted for understanding the relationship between self-orientations and well-being.

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APPENDICES

APPENDIX A

INFORM CONSENT

GÖNÜLLÜ KATILIM FORMU

Bu çalışma, Prof. Dr. Tülin Gençöz tarafından Türkiye'nin çeşitli illerinde yürütülen bir çalışmadır. Çalışmanın amacı, katılımcıların erken yaş dönemindeki şemaları ve bunların psikolojik sağlıkla ilişkisiyle ilgili bilgi toplamaktır. **Çalışmaya katılım tamimiyle gönüllülük temelinde olmalıdır.** Ankette, sizden kimlik belirleyici hiçbir bilgi istenmemektedir. Cevaplarınız tamimiyle **gizli tutulacak ve sadece araştırmacılar tarafından değerlendirilecektir;** elde edilecek bilgiler bilimsel yayımlarda kullanılacaktır.

Anket, genel olarak kişisel rahatsızlık verecek soruları içermemektedir. Ancak, katılım sırasında sorulardan ya da herhangi başka bir nedenden ötürü kendinizi rahatsız hissederseniz cevaplama işini yarıda bırakıp çıkmakta serbestsiniz. Böyle bir durumda anketi uygulayan kişiye, anketi tamamlamadığınızı söylemek yeterli olacaktır. Anket sonunda, bu çalışmayla ilgili sorularınız cevaplanacaktır. Bu çalışmaya katıldığınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak için Psikoloji Bölümü öğretim üyelerinden Prof. Dr. Tülin Gençöz (Oda: B239; Tel: 0312 210 3131; E-posta: tgencoz@metu.edu.tr) ya da araştırma görevlisi Bahar Köse (Oda: B203; Tel: 0 312 210 5962; E-posta: kbahar@metu.edu.tr) ile iletişim kurabilirsiniz.

Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman yarıda kesip çıkabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum.

İsim Soyad/Baş Harfler Tarih İmza

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APPENDIX B

DEMOGRAPHIC FORM/ DEMOGRAFİK BİLGİ FORMU

Lütfen size uygun gelen seçeneğin yanına işaret koyunuz ve cevaplanmamış soru bırakmayınız.

1. Cinsiyetiniz: .....Kadın .....Erkek
2. Yaşınız:.....
3. Mesleğiniz:.....
4. Eğitim durumunuz:

....İlkokul .....Ortaokul .....Lise .....Üniversite .....Lisansüstü

5. Öğrenciyseniz:

a.Okulunuz:.....
b.Bölümünüz:.....
c.Sınıfınız:.....
d. Nerede yaşıyorsunuz? .....Aile yanı .....Akraba yanı .....Arkadaşlarla evde

.....Tek başına evde .....Yurt .....Diğer (belirtiniz).....

6. Medeni Hâliniz:

.....Bekar .....Evli .....Boşanmış .....Dul

7. Evlilik hayatı yaşadıysanız eşinizle birlikte mi kalıyorsunuz?

.....Evet .....Hayır, ayrı yaşıyoruz .....Hayır, boşandım ....Hayır, eşim hayatta değil

8. Çocuğunuz var mı? .....Yok .....Var,..... tane

9. Ailenizin gelir düzeyi nedir?

.....Yüksek .....Orta .....Düşük

10. Annenizin en son mezun olduğu okul:

.....İlkokul .....Ortaokul .....Lise .....Üniversite

.....Lisansüstü .....Diğer,belirtiniz.....

11. Babanızın en son mezun olduğu okul:

.....İlkokul .....Ortaokul .....Lise .....Üniversite

.....Lisansüstü .....Diğer,belirtiniz.....

12. Kardeş sayınız:..... Ailenizde kaçıncı çocuksunuz:.....

APPENDIX C

BECK DEPRESSION INVENTORY/ BECK DEPRESYON ÖLÇEĞİ

Aşağıda, kişilerin ruh durumlarını ifade ederken kullandıkları bazı cümleler verilmiştir. Her madde, bir çeşit ruh durumunu anlatmaktadır. Her maddede o duygu durumunun derecesini belirleyen 4 seçenek vardır. Lütfen bu seçenekleri dikkatlice okuyunuz. **Son bir hafta içindeki** (şu an dahil) kendi duygu durumunuzu göz önünde bulundurarak, size uygun olan ifadeyi bulunuz. Daha sonra, o madde numarasının karşısında, size uygun ifadeye karşılık gelen seçeneği bulup işaretleyiniz.

1. a) Kendimi üzgün hissetmiyorum.
   b) Kendimi üzgün hissediyorum.
   c) Her zaman için üzgünüm ve kendimi bu duygudan kurtaramıyorum.
   d) Öylesine üzgün ve mutsuzum ki dayanamıyorum.

2. a) Gelecekten umutsuz değilim.
   b) Geleceğe biraz umutsuz bakıyorum.
   c) Gelecekten beklediğim hiçbir şey yok.
   d) Benim için bir gelecek yok ve bu durum düzelmeyecek.

3. a) Kendimi başarısız görmüyorum.
   b) Çevremdeki birçok kişiden daha fazla başarısızlıklarım oldu sayılır.
   c) Geriye dönüp baktığımda, çok fazla başarısızlığımın olduğunu görüyorum.
   d) Kendimi tümüyle başarısız bir insan olarak görüyorum.

4. a) Her şeyden eskisi kadar zevk alabiliyorum.
   b) Her şeyden eskisi kadar zevk alamıyorum.
   c) Artık hiçbir şeyden gerçek bir zevk alamıyorum.
   d) Bana zevk veren hiçbir şey yok. Her şey çok sıkıcı.

5. a) Kendimi suçlu hissetmiyorum.
   b) Arada bir kendimi suçlu hissettiğim oluyor.
   c) Kendimi çoğunlukla suçlu hissediyorum.
   d) Kendimi her an için suçlu hissediyorum.

6. a) Cezalandırıldığımı düşünmüyorum.
   b) Bazı şeyler için cezalandırılabileceğimi hissediyorum.
   c) Cezalandırılmayı bekliyorum.
   d) Cezalandırıldığımı hissediyorum.

7. a) Kendimden hoşnutum.
   b) Kendimden pek hoşnut değilim.
   c) Kendimden hiç hoşlanmıyorum.
   d) Kendimden nefret ediyorum.

8. a) Kendimi diğer insanlardan daha kötü görmüyorum.
   b) Kendimi zayıflıklarım ve hatalarım için eleştiriyorum.
   c) Kendimi hatalarım için her zaman suçluyorum.
   d) Her kötü olayda kendimi suçluyorum.

9. a) Kendimi öldürmek gibi düşüncelerim yok.
   b) Bazen kendimi öldürmeyi düşünüyorum fakat bunu yapamam.
   c) Kendimi öldürebilmeyi isterdim.
   d) Bir fırsatını bulursam kendimi öldürürdüm.

10. a) Her zamankinden daha fazla ağladığımı sanmıyorum.
    b) Eskisine göre şu sıralarda daha fazla ağlıyorum.
    c) Şu sıralar her an ağlıyorum.
    d) Eskiden ağlayabilirdim, ama şu sıralarda istesem de ağlayamıyorum.

11. a) Her zamankinden daha sinirli değilim.
    b) Her zamankinden daha kolayca sinirleniyor ve kızıyorum.
    c) Çoğu zaman sinirliyim.
    d) Eskiden sinirlendiğim şeylere bile artık sinirlenemiyorum.

12. a) Diğer insanlara karşı ilgimi kaybetmedim.
    b) Eskisine göre insanlarla daha az ilgiliyim.
    c) Diğer insanlara karşı ilgimin çoğunu kaybettim.
    d) Diğer insanlara karşı hiç ilgim kalmadı.

13. a) Kararlarımı eskisi kadar kolay ve rahat verebiliyorum.
    b) Şu sıralarda kararlarımı vermeyi erteliyorum.
    c) Kararlarımı vermekte oldukça güçlük çekiyorum.
    d) Artık hiç karar veremiyorum.

14. a) Dış görünüşümün eskisinden daha kötü olduğunu sanmıyorum.
    b)Yaşlandığımı ve çekiciliğimi kaybettiğimi düşünüyor ve üzülüyorum.
    c)Dış görünüşümde artık değiştirilmesi mümkün olmayan olumsuz değişiklikler olduğunu hissediyorum
    d) Çok çirkin olduğumu düşünüyorum.

15. a) Eskisi kadar iyi çalışabiliyorum.
    b) Bir işe başlayabilmek için eskisine göre kendimi daha fazla zorlamam gerekiyor.
    c) Hangi iş olursa olsun, yapabilmek için kendimi çok zorluyorum.
    d) Hiçbir iş yapamıyorum.

16. a) Eskisi kadar rahat uyuyabiliyorum.
    b) Şu sıralar eskisi kadar rahat uyuyamıyorum.
    c) Eskisine göre 1 veya 2 saat erken uyanıyor ve tekrar uyumakta zorluk çekiyorum.
    d) Eskisine göre çok erken uyanıyor ve tekrar uyuyamıyorum.

17. a) Eskisine kıyasla daha çabuk yorulduğumu sanmıyorum.
    b) Eskisinden daha çabuk yoruluyorum.
    c) Şu sıralarda neredeyse her şey beni yoruyor.
    d) Öyle yorgunum ki hiçbir şey yapamıyoru

18. a) İştahım eskisinden pek farklı değil.
    b) İştahım eskisi kadar iyi değil.
    c) Şu sıralarda iştahım epey kötü.
    d) Artık hiç iştahım yok.

19. a) Son zamanlarda pek fazla kilo kaybettiğimi sanmıyorum.
    b) Son zamanlarda istemediğim halde üç kilodan fazla kaybettim.
    c) Son zamanlarda beş kilodan fazla kaybettim.
    d) Son zamanlarda yedi kilodan fazla kaybettim.

-Daha az yiyerek kilo kaybetmeye çalışıyorum. EVET ( ) HAYIR ( ) –

20. a) Sağlığım beni pek endişelendirmiyor.
    b) Son zamanlarda ağrı, sızı, mide bozukluğu, kabızlık gibi sorunlarım var.
    c) Ağrı, sızı gibi bu sıkıntılarım beni epey endişelendirdiği için başka şeyleri düşünmek zor geliyor.
    d) Bu tür sıkıntılar beni öylesine endişelendiriyor ki, artık başka bir şey düşünemiyorum.

21. a) Son zamanlarda cinsel yaşantımda dikkatimi çeken bir şey yok.
    b) Eskisine göre cinsel konularla daha az ilgileniyorum.
    c) Şu sıralarda cinsellikle pek ilgili değilim.
    d) Artık, cinsellikle hiçbir ilgim kalmadı.

APPENDIX D

REASSURANCE-SEEKING SCALE/ GÜVENCE ARAMA ÖLÇEĞİ

Aşağıdaki sorular için aşağıdaki ölçeği kullanarak sizin için en uygun olan rakamı işaretleyiniz.

1) Hayır, hiç
2) Hayır, nadiren
3) Pek değil
4) Emin değilim
5) Evet, bazen
6) Evet, sıklıkla
7) Evet, çok sık

1) Genel olarak, yakın hissettiğiniz insanlara, sizin hakkınızda gerçekten ne hissettiklerini sorarken kendinizi sık sık yakalar mısınız?

1	2	3	4	5	6	7
Hayır hiç	Hayır, nadiren	Pek değil	Emin değilim	Evet, bazen	Evet, sıklıkla	Evet çok sık

2) Genel olarak, yakın hissettiğiniz insanlardan sizinle gerçekten ilgilendiklerine dair sık sık güvence arar mısınız?

1	2	3	4	5	6	7
Hayır hiç	Hayır, nadiren	Pek değil	Emin değilim	Evet, bazen	Evet, sıklıkla	Evet çok sık

3) Genel olarak, yakın hissettiğiniz kişiler, onların sizinle gerçekten ilgilendiklerine dair güvence aramanızdan bazen rahatsız olurlar mı?

1	2	3	4	5	6	7
Hayır hiç	Hayır, nadiren	Pek değil	Emin değilim	Evet, bazen	Evet, sıklıkla	Evet çok sık

4) Genel olarak, yakın hissettiğiniz kişilerin, onların sizinle gerçekten ilgilendiklerine dair güvence aramanızdan "bıktıkları" olur mu?

1	2	3	4	5	6	7
Hayır hiç	Hayır, nadiren	Pek değil	Emin değilim	Evet, bazen	Evet, sıklıkla	Evet çok sık

APPENDIX E

POSITIVE AFFECT NEGATIVE AFFECT SCALE
POZİTİF VE NEGATİF DUYGULAR ÖLÇEĞİ

Bu ölçek farklı duyguları tanımlayan birtakım sözcükler içermektedir. **Geçtiğimiz hafta** nasıl hissettiğinizi düşünüp ve her maddeyi okuyun. Uygun cevabı her maddenin yanına ayrılan yere puanları daire içine alarak işaretleyin. Cevaplarınızı verirken aşağıdaki puanları kullanın.

1. **Çok az veya hiç**
2. **Biraz**
3. **Ortalama**
4. **Oldukça**
5. **Çok fazla**

1) ilgili	1…….	2…….	3…….	4…….	5…….
2) sıkıntılı	1…….	2…….	3…….	4…….	5…….
3) heyecanlı	1…….	2…….	3…….	4…….	5…….
4) mutsuz	1…….	2…….	3…….	4…….	5…….
5) güçlü	1…….	2…….	3…….	4…….	5…….
6) suçlu	1…….	2…….	3…….	4…….	5…….
7) ürkmüş	1…….	2…….	3…….	4…….	5…….
8) düşmanca	1…….	2…….	3…….	4…….	5…….
9) hevesli	1…….	2…….	3…….	4…….	5…….
10) gururlu	1…….	2…….	3…….	4…….	5…….
11) asabi	1…….	2…….	3…….	4…….	5…….
12) uyanık	1…….	2…….	3…….	4…….	5…….
13) utanmiş	1…….	2…….	3…….	4…….	5…….
14) ilhamli (yaratıcı düşüncelerle dolu)	1…….	2…….	3…….	4…….	5…….
15) sinirli	1…….	2…….	3…….	4…….	5…….
16) kararlı	1…….	2…….	3…….	4…….	5…….
17) dikkatli	1…….	2…….	3…….	4…….	5…….
18) tedirgin	1…….	2…….	3…….	4…….	5…….
19) aktif	1…….	2…….	3…….	4…….	5…….
20) korkmuş	1…….	2…….	3…….	4…….	5…….

APPENDIX F

BALANCED INTEGRATION-DIFFERENTIATION SCALE
DENGELİ BÜTÜNLEŞME AYRIŞMA ÖLÇEĞİ

Lütfen aşağıdaki ifadelere ne derece katıldığınızı veya katılmadığınızı aşağıda verilen ölçek üzerinde rakamları daire içine alarak işaretleyiniz.

1. Kendi kendime kaldığımda yapacak ilginç şeyler bulabilirim.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

2. Kendimi aileme hep yakın hissedeceğime inanıyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

3. İnsanlarla ilişki kurmakta güçlük çekiyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

4. Kendi isteklerimi yapabilmek için kendime mutlaka zaman ve imkan tanımaya çalışırım.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

5. Kendimi duygusal olarak toplumun dışında kalmış gibi hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

6. Kendimi duygusal olarak aileme çok yakın hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

7. Farklı olmaktansa, toplumla düşünsel olarak kaynaşmış olmayı tercih ederim.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

8. Kendimi yakın çevremden duygusal olarak kopmuş hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

9. Kendimi insanlardan olabildiğince soyutlayıp, kendi isteklerimi gerçekleştirmeye çalışırım.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

10. Hayatta gerçekleştirmek istediğim şeyler için çalışırken, ailemin sevgi ve desteğini hep yanımda hissederim.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

11. Kendimi yalnız hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

12. Ailemle duygusal bağlarımın zayıf olduğunu hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

13. Ailemle aramdaki duygusal bağların hayatta yapmak istediğim şeyler için bana gü. verdiğini düşünüyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

14. Kendimi diğer insanlardan kopuk hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

15. Toplumsal değerleri sorgulamak yerine benimsemeyi tercih ederim.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

16. Kendimi sosyal çevreme duygusal olarak yakın hissediyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

17. Kendimi ilginç buluyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

18. İnsanın kendini kendi istediği gibi değil, toplumda geçerli olacak şekilde geliştirmesinin önemli olduğunu düşünüyorum.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

19. İnsan geliştikçe, ailesinden duygusal olarak uzaklaşır.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

20. İnsanın en önemli amacı sahip olduğu potansiyeli hakkıyla geliştirmek olmalıdır.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

21. İnsanın kendi özelliklerini geliştirip ortaya çıkarabilmesi gerekir.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

22. Kişinin kendine değil, topluma uygun hareket etmesi, uzun vadede kendi yararına olur.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

23. İnsanın yapmak istediklerini yapabilmesi için, ailesiyle olan duygusal bağlarını en aza indirmesi gerekir.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

24. Çevremdekilerin onayladığı bir insan olmak benim için önemlidir.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

25. Zamanımızda insanlar arasında güçlü duygusal bağların olması, kendileri için destekleyici değil, engelleyici olur.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

26. Sahip olduğum potansiyeli ve özellikleri geliştirip kendime özgü bir birey olmak benim için çok önemlidir.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

27. Çevreme ters gelse bile, kendime özgü bir amaç için yaşayabilirim.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

28. Herkesin kendi özelliklerini geliştirmeye uğraşması yerine toplumsal beklentilere uygun davranmaya çalışmasının daha doğru olduğu kanısındayım.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

29. Toplumlar geliştikçe, insanlar arası duygusal bağların zayıflaması doğaldır.

1	2	3	4	5
hiç katılmıyorum	katılmıyorum	ne katılıyorum ne katılmıyorum	katılıyorum	tamamen katılıyorum

APPENDIX G

THE YOUNG SCHEMA QUESTIONNAIRE

ŞEMA ÖLÇEĞİ

Aşağıda, kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyun ve sizi ne kadar iyi tanımladığına karar verin. Emin olamadığınız sorularda neyin doğru olabileceğinden çok, sizin **duygusal olarak** ne hissettiğinize dayanarak cevap verin. Birkaç soru, anne babanızla ilişkiniz hakkındadır. Eğer biri veya her ikisi şu anda yaşamıyorlarsa, bu soruları o veya onlar hayatta iken ilişkinizi göz önüne alarak cevaplandırın. 1 den 6'ya kadar olan seçeneklerden sizi tanımlayan en yüksek şıkkı seçerek seçtiğiniz rakamı **daire içine alınız.**

Değerlendirme:

1. **Benim için tamamıyla yanlış**
2. **Benim için büyük ölçüde yanlış**
3. **Bana uyan tarafı uymayan tarafından biraz fazla**
4. **Benim için orta derecede doğru**
5. **Benim için çoğunlukla doğru**
6. **Beni mükemmel şekilde tanımlıyor**

1	Bana bakan, benimle zaman geçiren, başıma gelen olaylarla gerçekten ilgilenen kimsem olmadı.	1	2	3	4	5	6
2	Beni terk edeceklerinden korktuğum için yakın olduğum insanların peşini bırakmam.	1	2	3	4	5	6
3	İnsanların beni kullandıklarını hissediyorum.	1	2	3	4	5	6
4	Uyumsuzum.	1	2	3	4	5	6
5	Beğendiğim hiçbir erkek/kadın, kusurlarımı görürse beni sevmez.	1	2	3	4	5	6
6	İş (veya okul) hayatımda neredeyse hiçbir şeyi diğer insanlar kadar iyi yapamıyorum.	1	2	3	4	5	6
7	Günlük yaşamımı tek başıma idare edebilme becerisine sahip olduğumu hissetmiyorum.	1	2	3	4	5	6
8	Kötü bir şey olacağı duygusundan kurtulamıyorum.	1	2	3	4	5	6
9	Anne babamdan ayrılmayı, bağımsız hareket edebilmeyi, yaşıtlarım kadar başaramadım.	1	2	3	4	5	6
10	Eğer istediğimi yaparsam, başımı derde sokarım diye düşünürüm.	1	2	3	4	5	6
11	Genellikle yakınlarıma ilgi gösteren ve bakan ben olurum.	1	2	3	4	5	6
12	Olumlu duygularımı diğerlerine göstermekten utanırım (sevdiğimi, önemsediğimi göstermek gibi)	1	2	3	4	5	6

13	Yaptığım çoğu şeyde en iyi olmalıyım; ikinci olmayı kabullenemem.	1	2	3	4	5	6
14	Diğer insanlardan bir şeyler istediğimde bana “hayır” denilmesini çok zor kabullenirim	1	2	3	4	5	6
15	Kendimi sıradan ve sıkıcı işleri yapmaya zorlayamam.	1	2	3	4	5	6
16	Paramın olması ve önemli insanlar tanıyor olmak beni değerli yapar.	1	2	3	4	5	6
17	Her şey yolunda gidiyor görünse bile, bunun bozulacağını hissederim.	1	2	3	4	5	6
18	Eğer bir yanlış yaparsam, cezalandırılmayı hak ederim.	1	2	3	4	5	6
19	Çevremde bana sıcaklık, koruma ve duygusal yakınlık gösteren kimsem yok.	1	2	3	4	5	6
20	Diğer insanlara o kadar muhtacım ki onları kaybedeceğim diye çok endişeleniyorum.	1	2	3	4	5	6
21	İnsanlara karşı tedbiri elden bırakamam yoksa bana kasıtlı olarak zarar vereceklerini hissederim.	1	2	3	4	5	6
22	Temel olarak diğer insanlardan farklıyım.	1	2	3	4	5	6
23	Gerçek beni tanırlarsa beğendiğim hiç kimse bana yakın olmak istemez.	1	2	3	4	5	6
24	İşleri halletmede son derece yetersizim.	1	2	3	4	5	6
25	Gündelik işlerde kendimi başkalarına bağımlı biri olarak görüyorum.	1	2	3	4	5	6
26	Her an bir felaket (doğal, adli, mali veya tıbbi) olabilir diye hissediyorum.	1	2	3	4	5	6
27	Annem, babam ve ben birbirimizin hayatı ve sorunlarıyla aşırı ilgili olmaya eğilimliyiz.	1	2	3	4	5	6
28	Diğer insanların isteklerine uymaktan başka yolum yokmuş gibi hissediyorum; eğer böyle yapmazsam bir şekilde beni reddederler veya intikam alırlar.	1	2	3	4	5	6
29	Başkalarını kendimden daha fazla düşündüğüm için ben iyi bir insanım.	1	2	3	4	5	6
30	Duygularımı diğerlerine açmayı utanç verici bulurum.	1	2	3	4	5	6
31	En iyisini yapmalıyım, “yeterince iyi” ile yetinemem.	1	2	3	4	5	6
32	Ben özel biriyim ve diğer insanlar için konulmuş olan kısıtlamaları veya sınırları kabul etmek zorunda değilim.	1	2	3	4	5	6
33	Eğer hedefime ulaşamazsam kolaylıkla yılgınlığa düşer ve vazgeçerim.	1	2	3	4	5	6
34	Başkalarının da farkında olduğu başarılar benim için en değerlisidir.	1	2	3	4	5	6
35	İyi bir şey olursa, bunu kötü bir şeyin izleyeceğinden endişe ederim.	1	2	3	4	5	6
36	Eğer yanlış yaparsam, bunun özrü yoktur.	1	2	3	4	5	6
37	Birisi için özel olduğumu hiç hissetmedim.	1	2	3	4	5	6
38	Yakınlarımın beni terk edeceği ya da ayrılacağından endişe duyarım.	1	2	3	4	5	6
39	Herhangi bir anda birileri beni aldatmaya kalkışabilir.	1	2	3	4	5	6
40	Bir yere ait değilim, yalnızım.	1	2	3	4	5	6
41	Başkalarının sevgisine, ilgisine ve saygısına değer bir insan değilim.	1	2	3	4	5	6

42	İş ve başarı alanlarında birçok insan benden daha yeterli.	1	2	3	4	5	6
43	Doğru ile yanlışı birbirinden ayırmakta zorlanırım.	1	2	3	4	5	6
44	Fiziksel bir saldırıya uğramaktan endişe duyarım.	1	2	3	4	5	6
45	Annem, babam ve ben özel hayatımız birbirimizden saklarsak, birbirimizi aldatmış hisseder veya suçluluk duyarız.	1	2	3	4	5	6
46	İlişkilerimde, diğer kişinin yönlendirici olmasına izin veririm.	1	2	3	4	5	6
47	Yakınlarımla o kadar meşgulüm ki kendime çok az zaman kalıyor.	1	2	3	4	5	6
48	İnsanlarla beraberken içten ve cana yakın olmak benim için zordur.	1	2	3	4	5	6
49	Tüm sorumluluklarımı yerine getirmek zorundayım.	1	2	3	4	5	6
50	İstediğimi yapmaktan alıkonulmaktan veya kısıtlanmaktan nefret ederim.	1	2	3	4	5	6
51	Uzun vadeli amaçlara ulaşabilmek için şu andaki zevklerimden fedakârlık etmekte zorlanırım.	1	2	3	4	5	6
52	Başkalarından yoğun bir ilgi görmezsem kendimi daha az önemli hissederim.	1	2	3	4	5	6
53	Yeterince dikkatli olmazsanız, neredeyse her zaman bir şeyler ters gider.	1	2	3	4	5	6
54	Eğer işimi doğru yapmazsam sonuçlara katlanmam gerekir.	1	2	3	4	5	6
55	Beni gerçekten dinleyen, anlayan veya benim gerçek ihtiyaçlarım ve Duygularımı önemseyen kimsem olmadı.	1	2	3	4	5	6
56	Önem verdiğim birisinin benden uzaklaştığını sezersem çok kötü hissederim.	1	2	3	4	5	6
57	Diğer insanların niyetleriyle ilgili oldukça şüpheciyimdir.	1	2	3	4	5	6
58	Kendimi diğer insanlara uzak veya kopmuş hissediyorum.	1	2	3	4	5	6
59	Kendimi sevilebilecek biri gibi hissetmiyorum.	1	2	3	4	5	6
60	İş (okul) hayatımda diğer insanlar kadar yetenekli değilim.	1	2	3	4	5	6
61	Gündelik işler için benim kararlarıma güvenilemez.	1	2	3	4	5	6
62	Tüm paramı kaybedip çok fakir veya zavallı duruma düşmekten endişe duyarım.	1	2	3	4	5	6
63	Çoğunlukla annem ve babamın benimle iç içe yaşadığını hissediyorum- Benim kendime ait bir hayatım yok.	1	2	3	4	5	6
64	Kendim için ne istediğimi bilmediğim için daima benim adıma diğer insanların karar vermesine izin veririm.	1	2	3	4	5	6
65	Ben hep başkalarının sorunlarını dinleyen kişi oldum.	1	2	3	4	5	6
66	Kendimi o kadar kontrol ederim ki insanlar beni duygusuz veya hissiz bulurlar.	1	2	3	4	5	6
67	Başarmak ve bir şeyler yapmak için sürekli bir baskı altındayım.	1	2	3	4	5	6
68	Diğer insanların uyduğu kurallara ve geleneklere uymak zorunda olmadığımı hissediyorum.	1	2	3	4	5	6

69	Benim yararıma olduğunu bilsem bile hoşuma gitmeyen şeyleri yapmaya kendimi zorlayamam.	1	2	3	4	5	6
70	Bir toplantıda fikrimi söylediğimde veya bir topluluğa tanıtıldığımda onaylanılmayı ve takdir görmeyi isterim.	1	2	3	4	5	6
71	Ne kadar çok çalışırsam çalışayım, maddi olarak iflas edeceğimden ve neredeyse her şeyimi kaybedeceğimden endişe ederim.	1	2	3	4	5	6
72	Neden yanlış yaptığımın önemi yoktur; eğer hata yaptıysam sonucuna da katlanmam gerekir.	1	2	3	4	5	6
73	Hayatımda ne yapacağımı bilmediğim zamanlarda uygun bir öneride bulunacak veya beni yönlendirecek kimsem olmadı.	1	2	3	4	5	6
74	İnsanların beni terk edeceği endişesiyle bazen onları kendimden uzaklaştırırım.	1	2	3	4	5	6
75	Genellikle insanların asıl veya art niyetlerini araştırırım.	1	2	3	4	5	6
76	Kendimi hep grupların dışında hissederim.	1	2	3	4	5	6
77	Kabul edilemeyecek pek çok özelliğim yüzünden insanlara kendimi açamıyorum veya beni tam olarak tanımalarına izin vermiyorum	1	2	3	4	5	6
78	İş (okul) hayatımda diğer insanlar kadar zeki değilim.	1	2	3	4	5	6
79	Ortaya çıkan gündelik sorunları çözebilme konusunda kendime güvenmiyorum.	1	2	3	4	5	6
80	Bir doktor tarafından herhangi bir ciddi hastalık bulunmamasına rağmen bende ciddi bir hastalığın gelişmekte olduğu endişesine kapılıyorum.	1	2	3	4	5	6
81	Sık sık annemden babamdan ya da eşimden ayrı bir kimliğimin olmadığını hissediyorum.	1	2	3	4	5	6
82	Haklarıma saygı duyulmasını ve duygularımın hesaba katılmasını istemekte çok zorlanıyorum.	1	2	3	4	5	6
83	Başkaları beni, diğerleri için çok, kendim için az şey yapan biri olarak görüyorlar.	1	2	3	4	5	6
84	Diğerleri beni duygusal olarak soğuk bulurlar.	1	2	3	4	5	6
85	Kendimi sorumluluktan kolayca sıyıramıyorum veya hatalarım için gerekçe bulamıyorum.	1	2	3	4	5	6
86	Benim yaptıklarımın, diğer insanların katkılarından daha önemli olduğunu hissediyorum.	1	2	3	4	5	6
87	Kararlarıma nadiren sadık kalabilirim.	1	2	3	4	5	6
88	Bir dolu övgü ve iltifat almam kendimi değerli birisi olarak hissetmemi sağlar.	1	2	3	4	5	6
89	Yanlış bir kararın bir felakete yol açabileceğinden endişe ederim.	1	2	3	4	5	6
90	Ben cezalandırılmayı hak eden kötü bir insanım.	1	2	3	4	5	6