

THE ASSOCIATION OF BASIC PERSONALITY TRAITS AND NEGATIVE
EMOTIONS WITH SUICIDE PROBABILITY

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I hereby declare that all information in this document has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and results that are not original to this work.

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ABSTRACT

THE ASSOCIATION OF BASIC PERSONALITY TRAITS AND NEGATIVE EMOTIONS WITH SUICIDE PROBABILITY

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The current study aimed to examine (1) age and gender differences on the personality traits, negative emotions, and suicide probability; (2) the interrelationships between the measures of the study; and (3) to examine the factors associated with the personality traits, the negative emotions, and the measures of suicide probability. For these purposes, data was collected from 464 people between the ages 16-67. Results indicated that personality traits were closely associated with negative emotions; namely, Loneliness, Hopelessness, Shame and Guilt, and Anger. Specifically, Loneliness, Hopelessness, Shame, and Inward Oriented Reactions on Anger were found to be negatively associated with Extraversion. On the other hand, Loneliness, Hopelessness, Shame, and Revenge Related Reactions and Passive-Aggressive Reactions on Anger were found positively related to Neuroticism. Similarly, Shame, Revenge Related Reactions, Inward-Oriented Reactions, and Careless Reactions on Anger were found positively associated with Negative Valence. There were also significant associations between personality traits, negative emotions, and suicide probability: Extraversion was found negatively associated with all domains of

Suicide Probability; Neuroticism and Negative Valence were found positively related to all domains of Suicide Probability. Similarly, Loneliness and Hopelessness were also found positively associated with Suicide Probability domains. Moreover, Conscientiousness was found negatively, and Inward-Oriented Anger was found positively associated with both Suicide Ideation and Hostility domains of Suicide Probability. All in all, this study supported the strong effect of personality traits and negative emotions with suicide probability.

Keywords: Personality Traits, Loneliness, Hopelessness, Shame and Guilt, Anger, Suicide Probability

ÖZ

TEMEL KİŞİLİK ÖZELLİKLERİ VE NEGATİF DUYGULARIN İNTİHAR OLASILIĞI İLE İLİŞKİSİ

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Bu çalışma (1) katılımcıların yaş ve cinsiyet gibi demografik değişkenlerinin temel kişilik özellikleri, olumsuz duygular ve intihar olasılığı üzerindeki etkisini; (2) çalışmadaki ölçümler arasındaki karşılıklı ilişkiyi; (3) kişilik özellikleri, olumsuz duygular ve intihar olasılığı ile ilişkili faktörleri incelemeyi amaçlamaktadır. Çalışmanın verisi, Yaşları 16 ile 67 arasında değişen 464 katılımcıdan toplanmıştır. Sonuçlar kişilik özellikleri ile olumsuz duyguların, bu çalışmada yer alan Yalnızlık, Umutsuzluk, Utanç ve Suçluluk, ve Öfke duyguları, yakın ilişkili olduğunu göstermiştir. Özellikle, Yalnızlık, Umutsuzluk, Utanç ve İçer Atım Öfke Tepkileri ile Dışadönüklük kişilik özelliği arasında negatif yönde ilişki bulunmuştur. Öte yandan, Yalnızlık, Umutsuzluk, Utanç ve İntikama Yönelik Öfke Tepkileri ile Pasif-Agresif Öfke Tepkileri ile Duygusal Denge arasında pozitif ilişki bulunmuştur. Benzer şekilde, Utanç, İntikama Yönelik Öfke Tepkileri, İçer Atım Öfke Tepkileri ve Umursamaz Öfke Tepkileri ile Olumsuz değerlik arasında pozitif bir ilişki bulunmuştur. Bu çalışmada kişilik özellikleri, olumsuz duygular ve intihar olasılığı arasında anlamlı ilişkiler bulunmuştur. Dışadönüklük ile İntihar Olasılığının tüm boyutlarıyla negatif ilişki bulunurken, Duygusal Denge ve Olumsuz Değerlik ile

İntihar Olasılığının tüm boyutları arasında pozitif ilişki bulunmuştur. Benzer şekilde, Yalnızlık ve Umutsuzluk ile İntihar Olasılığının tüm boyutları arasında pozitif ilişki bulunmuştur. Ayrıca, İntihar Olasılığının İntihar Düşüncesi ve Düşmanlık alt boyutları ile Sorumluluk arasında negatif, İçer Atım Öfke arasında pozitif ilişki bulunmuştur. Çalışma sonuçları, kişilik özellikleri, negatif duygular ve intihar olasılığı arasındaki güçlü ilişkiyi destekler niteliktedir.

Anahtar Kelimeler: Kişilik Özellikleri, Yalnızlık, Umutsuzluk, Utanç ve Suçluluk, Öfke, İntihar Olasılığı

To my family

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CHAPTER 1

INTRODUCTION

The current study was conducted in order to examine the associations between basic personality traits and suicide probability, and the role of emotions, specifically, hopelessness, loneliness, shame and guilt, and anger between these associations.

With this purpose, in the following sections of the study, first of all, suicide and associated factors will be investigated. Secondly, five factor model of personality traits and basic personality traits, and associations between basic personality traits and suicide will be examined. As the next and last section, four different emotions, namely; hopelessness, loneliness, shame and guilt, and anger will be described. Moreover, associations between these four emotions and suicide will be specified.

1.1. Suicide

Suicide has been one of the important phenomena all over the world and according to World Health Organization (World Health Organization, 2014) statistics, 800,000 people committed suicide in 2012, and a lot more number of people attempt suicide every year. Suicide can be seen among all age groups; however, it is mostly observed especially among those between the ages of 15 and 29. In fact, suicide has been determined as the second major cause of death in this age group worldwide.

Moreover, suicide was identified 15th leading cause of death in 2012 and 1.4 % of worldwide deaths were caused by this phenomenon (WHO 2014). Suicide is defined as the act of ending own life intentionally, and non-fatal suicidal thoughts and behaviors are named as “suicidal behaviors”. Suicide ideation and suicide attempt constitute suicidal behavior terminology, specifically; suicide ideation is related to the thoughts and behavior with the aim of ending life, and suicide attempt is described as displaying self-injuring behavior with death intention (Nock et. al., 2006; Nock, & Kresler, 2006). Therefore, examining risk factors and determining

effective interventions are important not only for people who are engaged in suicidal behavior but also for the ones who are at risk.

According to suicide literature, various social, economic, and family related factors have been identified as risk factors of suicide. Bucca and colleagues (1994) stated that people with low socio-economic status, inadequate income or limited educational opportunities are more prone to suicide ideation and suicide attempt. Moreover, loss of social support or intimacy, an example of which can be parental separation, or divorce, also increases the risk of suicide and suicide attempts (Andrews & Lewinsohn, 1992; Brent et al., 1994). Apart from social and environmental factors, psychological health of the person and his parents is also important in suicide. Parental psychopathology history reinforces the tendency towards depression, substance abuse or antisocial behavior, and because of these, people may experience problems, including suicide ideation and suicide attempts (Pfeffer, Normandin, & Kakuma, 1994). Family history of suicidal behavior is also important to the tendency towards suicide. Gould and colleagues (1996), and Grossman and colleagues (1991) stated that young people with family suicidal history had greater tendency towards both suicide and suicide attempts. Especially, people aged between 15 and 19 with family suicidal history are 2 to 4 times at more risk than those in older age groups (Gould, Wallenstein, & Davidson, 1989), and current suicide literature emphasizes the influence of media on suicidal behavior among the young, as well (Baume, Cantor, & Rolfe, 1997).

Not only social, environmental or family related factors, but also personality, temperament, and genetic factors have powerful influences on suicidal behavior (Beautrais, 2000). Introversion, neuroticism, impulsiveness, aggression, inadequate self-esteem, and hopelessness are some of these personality traits linked with suicidal behavior (Asarnow & Guthrie, 1989; Beautrais, Joyce, & Mulder, 1998; Benjaminsen, Krarup, & Layritsen, 1990). As the psychological side of suicidal behaviors, not only personality but also mental health are emphasized. According to psychological autopsy studies which were conducted to gather information about the life history of suicide completers; mental disorders and suicidal behavior are strongly

related. Previous studies showed that major psychiatric problems such as affective disorders and antisocial behaviors were associated with suicidal behavior. Especially the association between affective disorders and suicidal behavior stand out as the strongest relation. Moreover, suicidal risk dramatically increases in the case of comorbid disorders. Literature research indicates that people with psychiatric disorder history have more tendency to attempt suicide, and these attempts also increase the risk of further suicidal behavior. In addition to mental disorders, psychological autopsy studies claimed that stressful life events, such as unemployment, interpersonal problems or loss of loved ones rouse suicidal behaviors (Beautrais, 2000).

Besides the factors which pose a suicidal risk, protecting factors from suicidal behavior are also important in order to implement effective interventions. Although suicide literature emphasizes the importance of social support from family or other community members, more individualistic studies have emerged and revealed the necessity of understanding individual differences on suicidal behaviors. According to these studies, individuals' problem solving skills, beliefs about life, and their level of self-esteem are important topics to understand the nature of suicidal behavior in addition to general protective factors. In order to make appropriate interventions for the people who have suicidal tendencies, environmental, genetic, and both physical and psychological health factors should be taken into account, and all of this information should be used for the development of prevention strategies (Beautrais, 2000).

1.2. Basic Personality Traits

In addition to all suicide related factors mentioned above, personality traits have great importance on suicide research which focuses not only on creating suitable prevention strategies for these traits but also on determining probability of suicidal behavior (Brezo, Paris, & Turecki, 2006). Moreover, considering stable personality characteristics, especially in adulthood, would help create interventions that might have long lasting effects. However, interventions which aim to create change by

considering changeable risk factors might have temporary effects (Roberts & Del Vecchio, 2000).

Personality theories have great implications in the field of psychology, and personality theorists have tried to solve the confusion regarding personality by means of trait approach. Although there are relevant and meaningful personality dimensions with many different opinions and approaches, the concept of “basic personality traits” has an important place in personality research (McCrae, 1991; McCrae & Costa, 1987). This concept was defined on the basis of Guilford, Cattell, and Eysenck’s personality systems (McCrae & John, 1992). Although hundreds of traits have been analyzed, five traits have been described consistently across cultures, time, and measures as a result of all studies. These five traits are Extraversion, Conscientiousness, Agreeableness, Neuroticism, and Openness to Experience. The first dimension, Extraversion, is concerned with one’s level of excitement seeking and one’s level of activity. Conscientiousness is about a person’s ability to plan for the future, as well as to be organized, effective, responsible, and reliable. Moreover, conscientiousness may also create a tendency towards being achievement oriented. As a third dimension, Agreeableness includes altruistic, empathetic, and pro-social behavior as opposed to egocentric and competitive behavior. Neuroticism dimension is basically emotional instability and the tendency to experience negative emotions. The last dimension, Openness to Experience, is related to one’s interest and willingness to gain new experience (Franz et al., 2014).

These five traits, named as “Big Five” by Goldberg (1993), were based on his lexical analysis of the words used to describe people, and McCrae and Costa (2003) integrated these personality dimensions in their Five-Factor Model (FFM). This model seems to have been designed by making use of a wide variety of personality description systems, including Cattell's 16 factors, Eysenck's "big three," Murray's 20 needs, Guilford's temperaments, and Jung's types (McCrae, 1989). FFM explains general dispositional tendencies that apply to most people and interpersonal situations. The five broad factors, which are Extraversion (Surgency), Conscientiousness (Will), Agreeableness (Warmth), Neuroticism (Emotional

Stability), and Openness to Experience (Intellectance, Culture) have been obtained from various self and peer report measures, and they have indicated general and applicable personality traits. These five factors seem to cover basic human concerns of power (Extraversion), work (Conscientiousness), love (Agreeableness), affect (Neuroticism), and intellect (Openness to experience). Since it was developed, this Five-Factor Model has contributed greatly to the improvement of personality psychology, not only conceptually but also empirically (Peabody & Goldberg, 1989). According to Lahey (2009), measures based on FFM of personality could be utilized to predict positive or negative life situations, such as academic success, well-being, job satisfaction, and quality of relationships.

Although the Five Factor Model provides a universal structure based on many intercultural studies, some researchers have found out some contradictory results. When the average values of Five Factor Model sub-scales were analyzed, it was revealed that there was more variance within a single culture than between different cultures (Allik & McCrae, 2004; Costa, Terracciano & McCrae, 2001; Hofstede & McCrae, 2004). Moreover, Zuckerman and colleagues (1993) stated that the studies on basic personality traits in different cultures yielded inconsistent results. Similarly, Gençöz and Öncül (2012) studied FFM in Turkish culture, and decided to include the 6th dimension, named as “Negative Valence”. This newly added trait is related to self-worth and is believed to contribute to psychological well-being negatively. Specifically, negative valence is associated with low self-worth, and people with this trait might experience some psychological problems, such as lower level of perceived social support. Even if these people need support, they hesitate to ask for it because they think that they are not worthy enough to acquire support from others. As a result, they might feel hopeless and lonely. Another psychological aspect of negative valence is related with coping strategies of individuals. Individuals with higher negative valence have a tendency to use emotional focused coping and try to avoid problematic situations, so they might drown in problems (Gençöz & Öncül, 2012).

Personality dimensions and their effects on people's lives have become attractive for researchers and a great deal of research has been conducted about this issue.

Personality traits and well-being have strong association with each other; particularly, people who are extraverted, agreeable, conscientious, and emotionally stable tend to drive greater life satisfaction and positive affect (DeNeve & Cooper, 1998; Steel, Schmidt, & Shultz, 2008). According to literature, higher level of positive affect and life satisfaction generally is explained with higher level of extraversion, agreeableness, and openness to experience. On the other hand; higher level of neuroticism results in a lower level of well-being and positive affect (Soto, 2014). Besides, higher level of neuroticism is associated with depressive symptoms (Chioqueta & Stiles, 2005), proneness to worries, and problems in close relationships (Ben-Ari & Lavee, 2005; Tamir, 2005). According to Soto (2014), people with a higher agreeableness level have closer and more supportive relationships with others. As for conscientiousness, those with high conscientiousness levels tend to perform better both at the workplace and school, and thus are likely to get rewarded (Barrick, Mount, & Judge, 2001; Berry, Ones, & Sackett, 2007). Individuals who possess both conscientiousness and agreeableness traits can not only develop social skills but also can establish and maintain healthy relationships. Furthermore, they may develop a plan for future and motivate themselves in accordance with their aims more easily (Soto, 2014).

In addition to their above mentioned effects on experiencing different life complex behavioral phenomena like suicide and personality traits (Farberow, 1950; Reif & Lesch, 2003). Research has shown that personality traits and suicidal tendency have a strong relationship, and that the traits may either prevent the risk or trigger the tendency.

Agreeableness trait seems to be a protective factor which prevents a person from suicidal tendency, whereas neuroticism and introversion are predisposing risk factors in suicidality (Fergusson, Woodward, & Horwood, 2000). Moreover, clinical researchers claimed that people with extremely high scores on personality scales are more prone to suicide, and that introverted/ negativistic personality features were

related with a probability of suicide (Catanzaro, 2000; Rudd, Ellis, Rajab, & Wehrly, 2000).

The predisposing risk factors may affect a person's tendency to suicide at different levels. For example, higher levels of extraversion trait seems to be protective factor for all suicide ideators, suicide attempters, and suicide completers. Extraverted people have the ability to engage in supportive relations with the help of their improved social skills (Duberstein, Conwell, & Ciane, 1994; Nordström, Schalling, & Asberg, 1995). Similarly, higher levels of agreeableness and lower levels of openness were also related with the absence of suicidal behavior (Duberstein et al., 2000). In terms of conscientiousness, although there was no consensus on the effect of this trait on suicidal behavior, Velting (1999) stated that conscientiousness is a strong predictor of suicide ideation especially among young males. Neuroticism, on the other hand, seems not only to be a strong predictor of suicide ideation (Farmer, Redman, & Harris, 2001) but also has a dominant influence on suicide attempt and completion (Van Heeringen, 2001). According to Brezo, Paris, and Turecki (2006), neuroticism, introversion, and perfectionism are the shared features of suicide attempters. In the same way, negative valence trait, which has been found in Turkish culture as the 6th factor of personality traits, may have an effect on suicidal behavior. As previously stated, people with higher levels of negative valence trait have low self-worth, and they tend not to seek social support from others. That may bring about a situation in which people have to handle their problems on their own, and feel lonely and worthless. All these characteristics make them more prone to suicide. So far, there has been no research on the relationship between negative valence and suicidal behavior; however, this trait should be investigated carefully due to its potential destructive effects on psychological health.

All in all, neuroticism, introversion, and negative valence traits are expected to be strong predictors for both suicide ideation and suicide attempts, and these traits should be examined carefully to in order to establish the risk-groups and conduct suitable interventions.

1.3. Negative Emotions

As personality traits, some emotions such as hopelessness and loneliness have been found to create a tendency towards suicidal behavior (Joiner et al., 1996). In present study, hopelessness, loneliness, shame and guilt, and anger were examined in order to find a link between these emotions and suicide probability.

1.3.1. Hopelessness

Hopelessness, defined as negative expectancies about future life (Clark, Beck, & Brown, 1989) has an impact on suicidal behavior (Velting, 1999). According to previous research, hopelessness has an effect on individuals' affect, motivation, and cognitive constituents. For instance, individuals with higher levels of hopelessness have lower enthusiasm and negative expectancies about future. Moreover, they are easily discouraged when encounter difficulty (Beck et al., 1974; Steer, Kumar, & Beck, 1993). Costa and McCrae (1992) stated that lack of self-confidence, passiveness in social roles, pessimism, discontent, and lower levels of positive feelings such as joy, happiness or excitement are the shared features of hopeless individuals.

In terms of the association between basic personality traits and hopelessness, neuroticism is significantly and positively associated with hopelessness, while both extraversion and conscientiousness are inversely related to hopelessness (Velting, 1999). Neuroticism creates a higher level of negative affect on individuals, as previously stated, and the link between neuroticism and hopelessness is suitable with this. Owing to this effect, individuals who experience negative emotions and emotional instability in their lives may have a tendency to report hopelessness. Lynch and colleagues (2004) indicated that increased suicidal ideation and hopelessness can be observed in individuals with higher negative affect, which is associated with higher levels of neuroticism. On the other hand, extraversion is linked with positive affect, and because of this association, higher levels of extraversion seem to be the protective factors from hopelessness. Moreover, openness to experience has been found to be negatively associated with

hopelessness. However, according to recent research, there has been no significant relationship between agreeableness and hopelessness (Chioqueta & Stiles, 2005). Although there has been no study on the connection between negative valence trait and hopelessness, this relationship will be investigated in the current study, as the features of this trait are believed to be associated with hopelessness.

Hopelessness seems to be a strong predictor of suicidal behavior, especially suicidal ideation, and it was found that individuals experience suicidal ideation as long as they suffer from hopelessness (Beevers & Miller, 2004). According to Beck and colleagues (1993), hopelessness is more notable than depression in suicidal ideation. More specifically, Szanto and colleagues (1998) stated that not only suicide ideators but also suicide completers have higher levels of hopelessness compared to non-suicidal individuals. Moreover, hopelessness is also an important indicator in terms of predicting suicide attempts, and Rifai and colleagues (1994) stated that individuals who have attempted suicide in recent years have reported hopelessness more frequently than non-attempters. Hopelessness is also observable in most suicide attempters, and even more noticeable among multiple attempters (Lolas, Gomez, & Suarez, 1991; Nordstrom, Schalling, & Asberg, 1995).

1.3.2. Loneliness

Loneliness is a common feeling among people, and individuals may experience it to some extent throughout their lives (McWhirter, 1990). There has been no consensus on the definition of loneliness, though it has been studied in the past three decades. Dejong-Gierveld (1987) stated that loneliness may be experienced when an individual's need for intimacy is not met because of various reasons, such as lack of opportunity to construct this kind of relationship. One of the most accepted definition was offered by Peplau and Perlman (1982, p. 4), "Loneliness is the unpleasant experience that occurs when a person's network of social relations is significantly deficient in either quality or quantity". People may feel lonely and suffer from lack of intimacy even if they do have an intimate relationship, and this situation creates stress. In fact, loneliness is experienced subjectively; that is, although individuals

have a social life or a number of friends, they may be reporting and complaining about this feeling (Peplau & Perlman, 1982).

In terms of the association between loneliness and basic personality traits, Stokes (1985) indicated that loneliness and extraversion have negative association, whereas loneliness has a positive association with openness to experience and neuroticism. Negative affect, which is related with neuroticism trait and lower self-esteem, has been found to be a major contributing factor to loneliness. On the other hand, higher levels of extraversion, conscientiousness, and agreeableness seem to be the protective factors against loneliness (Cacioppo et al., 2006). Asendorpf and Wilpers (1998) indicated that people with higher levels of extraversion trait have more tendency to engage in social interactions and have larger social networks; thus, their feeling of loneliness might be lower than that of others. Loneliness is also related with negative valence because individuals with higher levels of negative valence think that they are unworthy and they do not deserve social support from others, so these individuals may experience higher levels of loneliness.

Loneliness can be evaluated as a predisposing risk factor for suicidal behavior, and Stravynski and Boyer (2001) found that people who feel lonelier have a higher tendency to attempt suicide. Loneliness is an important predictor not only for suicidal ideation but also for suicide attempt both among the healthy individuals and those with psychological disorders. In terms of loneliness and suicide ideation relationship, Stravynski and colleagues (2001) found significant associations between loneliness and lack of friends, and suicide ideation. Four out of ten people who suicidal ideation had reported that they felt lonely. Moreover, when loneliness was felt by those who actually lived alone or those who had no friends, both suicide ideation and suicide attempts increased dramatically.

1.3.3. Shame and Guilt

Both shame and guilt are common emotions and individuals report shame when they feel social disapproval (Mead, 1941). Moreover, shame emerges when individuals experience failure caused by their inadequacy, which is followed by negative self-

evaluation. On the other hand, guilt is described as the feeling of doing something wrong, and it is experienced more privately compared to shame. Individuals try to have control over their mistakes and they have the motivation to fix them (Niedenthal, Tangney, & Gavanski, 1994). Although the source of emotions and reactions caused by these may be different, shame and guilt share many features, so these two terms are generally examined together. According to previous research, these two emotions are caused by similar situations (Lynd, 1958) and people with these emotions reveal similar facial expressions (Scherer & Ekman, 2014).

In terms of shame and guilt association with personality traits, Einstein and Lanning (1998) indicated that feeling of shame is linked with lower levels of openness to experience. Moreover, shame has a positive relationship with neuroticism and agreeableness traits. As for guilt, there is a positive association between guilt and agreeableness, conscientiousness and neuroticism trait. However, Watson and Clark (1992) stated that only neuroticism trait is a strong predictor for guilt. Literature shows that some other traits have been found significantly associated with guilt. Still, there has been no consensus about which of these traits have an effect on shame and guilt. The current study aims to investigate these relationships as well.

Shame and guilt are also strong predictors of suicidal behavior. Hassan (1995) carried out a study which included 176 cases, and with the help of the information gathered, 11 causes of suicide were determined. According to this study, one of these causes was shame and guilt, and Hassan stated that shame and guilt emerged as a result of failure in meeting social expectancies, and thus individuals tended to feel disgrace. Moreover, the same study indicated that shame and guilt triggered suicidal behavior especially among people below the age of 60, and that 7 % of suicides were due to shame and guilt. Researcher have come up with the conclusion that when individuals perceive themselves as failures, they have a tendency to give up on life, and suicide is one of the certain ways of doing that. Although previous research indicates that not only shame but also guilt has a connection with suicide behavior, Lester (1998) stated that shame is more significantly related with current suicidality,

history of suicide ideation and attempts, but guilt does not have such a strong effect on suicidality.

1.3.4. Anger

Anger is the feeling that emerges when individuals experience threat, criticism, inhibition or when they are underrated (Biaggio, 1989; Törestad, 1990). Individuals may cope with anger in two ways. One of these ways is expressing anger toward other people or things, which is known as “anger expressed outwardly”. The second way is coping with anger by suppressing it and this is known as “anger expressed inwardly” (Spielberger, Krasner, & Solomon, 1988). Moreover, various studies indicated that, individuals who have difficulty in expressing anger may show impulsive reactions, or they may communicate it in a destructive way (Mace, 1976; Novaco, 1976). Although anger seems to be a problematic feeling, various recent research has showed that it may create some positive effects when it is expressed constructively. Positive effects of anger can be observable as the development of trust and closeness in relationships if the anger can be handled with a constructive way (L’Abate, 1977). Furthermore, individuals may defend themselves against the threats with the help of dynamic effects of anger (Meadows, 1971).

In terms of personality features and anger association, individuals with the tendency to show anger have some characteristics, such as lower levels of socialization, self-control, and flexibility (Biaggio, 1980). Moreover, quick-tempered people tend to exhibit impulsive, uncontrolled behavior and less tolerance to others. On the other hand, even-tempered people try to suppress their anger, but after a while they may have complaints because of this suppression. Jensen-Campbell and colleagues (2006) indicated that highly agreeable and conscientious individuals are better at controlling their anger, so they can express their feelings without offending others. Moreover, they found that agreeable individuals experience anger especially in their social relations but they can handle it in a more socially accepted way. On the other hand, higher agreeableness and extraversion have an association with lower levels of expressed anger (Marshall et al., 1994; Martin & Watson, 1997). Moreover,

Friedman and colleagues (1995) indicated that neuroticism trait is related with both expressed and suppressed anger.

Anger is a strong predictor for suicide and Lehnert and colleagues (1994) stated that both inward and outward anger is closely related with suicide. Nonetheless, outward expression of anger, such as impulsiveness or violent behavior is more likely to cause suicidal behavior, especially in younger adults (Brent & Mann, 2006). On the other hand, inward anger is associated with suicidal ideation among males in young adulthood period (Goldney, Winefield, Sacbel, Winefield, & Tiggeman, 1997). According to previous research, anger is a predisposing risk factor for suicidal ideation and suicidal attempts, especially among young male adults (Daniel, Goldston, Erkanli, Franklin, & Mayfield, 2009).

1.4. Aims of the Study

In the light of the literature given above, suicide probability is associated with basic personality traits and some of the negative emotions, namely; hopelessness, loneliness, shame and guilt, and anger have an effect on this association. Although there are lots of studies about suicide and personality traits relationship, none of these studies include the basic personality traits because this conceptualization is relatively new than other theoretical approaches and these traits are founded specifically in Turkish culture. Moreover, there are many studies which are investigated the suicide and negative emotions association, but limited number of research includes different negative emotions. Therefore, the aims of the present study are:

1. To examine gender and age differences on measures of the present study (i.e. suicide probability, basic personality traits, hopelessness, loneliness, shame and guilt, and anger).
2. To examine the relationship between the measures of the present study.
3. To determine the association with basic personality traits and suicide probability.

4. To determine the negative emotions which are investigated current study (hopelessness, loneliness, shame and guilt, and anger) effect on suicide probability.

5. To examine the association of negative emotions and personality traits with suicide probability.

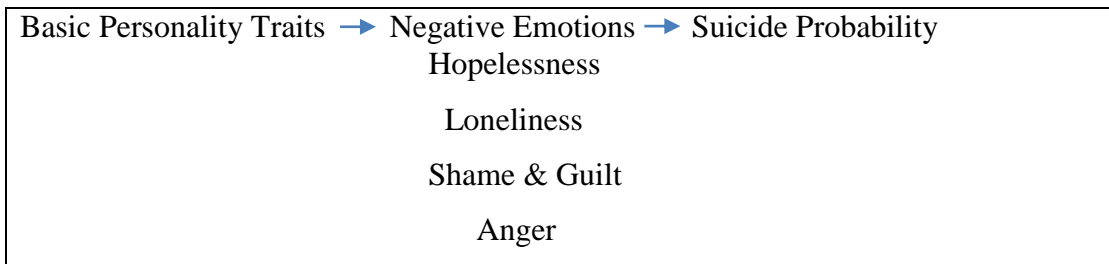


Figure 1. Association of Basic Personality Traits and Suicide Probability with Negative Emotions

CHAPTER 2

METHOD

2.1. Participants

The sample of this study, as shown in Table 1, consisted of 464 people, 320 (69 %) of whom were female, and 144 (31 %) were male. The ages of these participants ranged from 16 to 67 ($M = 26.97$, $SD = 9.22$). 114 (24.6 %) of participants were between the ages of 16-20 and this age range was named as “late adolescence period”, 133 (28.7 %) of them were between the ages of 21-24 and this period was named as “emerging adulthood”, 103(22.2 %) of them were between the ages of 25-28 and this period was named as “early adulthood”, and remaining 114 (24.6 %) participants were ages of 29-67 and this age range was named as “established adulthood”.

As for the education status, 274 (59.1 %) of the participants graduated from university or they were currently undergraduate students, and 122 (26.3 %) of them were master or doctorate level students. Moreover, 62 (13.4 %) of participants graduated from high school, 4 (0.9 %) participants graduated from secondary school, and remaining 2 (0.4 %) participants graduated from primary school.

In terms of economic status, 57 (12.3 %) of the participants reported themselves as having a low socio-economic status (SES), 358 (77.2 %) of them defined themselves as having a moderate SES, and the remaining 49 (10.6 %) participants had high SES level.

Participants had different marital status, as well. Out of 464 participants, 341 (73.5 %) of them were single, while 99 (21.3 %) of them were married. In addition, 13 (2.8 %) of them were cohabiting, and 10 (2.2 %) of them were divorced. The remaining 1 (0.2 %) participant was reported as widowed.

As for the participants with suicide history in family, 40 (8.6 %) of them reported that they had suicidal history in their family, while 424 (91.4 %) of them did not report any suicide history in the family.

According to the current and previous psychological problem and treatment history, it was reported that only 73 (15.7 %) participants had current psychological problems and 33 (7.1 %) of them received psychological treatment. On the other hand, out of 464 participants, 152 (32.8 %) of them had psychological problems previously and 110 (23.7 %) of them had previous psychological treatment (See Table 1 for details).

Table 1.

Demographic Characters of the Participants

Variables	N (464 participants)	%	M	SD
Gender				
Female	320	69.0		
Male	144	31.0		
Age				
			26.97	9.22
1 (between 16-20)	114	24.6		
2 (between 21-24)	133	28.7		
3 (between 25-28)	103	22.2		
4 (between 29-67)	114	24.6		
Education				
Graduate of primary school	2	0.4		
Graduate of secondary school	4	0.9		
Graduate of high school	62	13.4		
University student/graduate	274	59.1		
Graduate student/degree	122	26.3		
Reported Income Level				
Low	57	12.3		
Middle	358	77.2		
High	49	10.6		
Marital Status				
Single	341	73.5		
Cohabiting	13	2.8		
Married	99	21.3		
Divorced	10	2.2		
Widowed	1	0.2		
Suicide History in the Family				
Yes	40	8.6		
No	424	91.4		

Table 1. (Continued)

Current Psychological Problems

Yes	73	15.7
No	391	84.3

Current Psychological Treatment

(N = 73)

Yes	33	7.1
No	40	8.6

Previous Psychological Problems

Yes	152	32.8
No	312	67.2

Previous Psychological Treatment

(N = 152)

Yes	110	23.7
No	42	9.0

2.2. Measures

At the beginning, demographic information form was prepared by the researcher in order to obtain information about sex, age, educational level of the participants, socio-economic level of the participants, and both current and previous psychological and/or psychiatric treatment history of participants (See Appendix A). Then, participants were given a set of questionnaire. It included Basic Personality Traits Inventory (BPTI) (See Appendix B); Suicide Probability Scale (SPS) (See Appendix C), Beck Hopelessness Scale (BHS) (See Appendix D), UCLA-R Loneliness Scale (See Appendix E), Guilt-Shame Scale-Turkish (GSS-TR) (See Appendix F), and Multidimensional Anger Scale (MAS) (See Appendix G).

2.2.1. Basic Personality Traits Inventory (BPTI)

The Basic Personality Traits Inventory was developed by Gençöz and Öncül (2012) for Turkish culture to measure personality traits, based on the five factor model of

personality (McCrae & Costa, 2003). BPTI includes 45 items and 6 basic personality traits (i.e., extraversion, conscientiousness, agreeableness, neuroticism, openness to experience, and negative valence). Items of BPTI were rated on a five-point Likert-type scale (1: does not apply to me, 5: definitely apply to me). Participants who receives higher scores on sub-scales have more tendency to show appropriate features to traits.

Internal consistency of the personality traits were found as .89, .85, .85, .83, .80 and .71, respectively. Test-retest reliability of BPTI traits ranged from .71 to .84. Validity studies of BPTI was conducted, and correlation analyses between factors of BPTI and various questionnaires (i.e.; Rosenberg Self Esteem Scale, Beck Depression Inventory, State-Trait Anxiety Inventory, Liebowitz Social Anxiety Scale, Ways of Coping Inventory, Positive-Negative Affect Scale, Multidimensional Scale of Perceived Social Support, and Reassurance Seeking Scale) supported the concurrent validity of the inventory (Gençöz, & Öncül, 2012).

2.2.2. The Suicide Probability Scale (SPS)

The Suicide Probability Scale was developed by Cull and Gill (1990) and to be used with adolescents and adults. The SPS points out emotional, behavioral, and cognitive components of suicide and measured suicide probability based on a self-report. The scale includes 36 items in order to determine the frequency of experiences about specific emotions or behavior related to suicide. Items of SPS were rated on a four-point scale and higher scores indicated higher level of suicidal risk.

The Turkish version of SPS was adapted by Eskin (1993) and the scale includes 4 factors; namely, hopelessness, suicide ideation, hostility, and negative self-evaluation. On the other hand, the last Turkish version of SPS was adapted by Or (2003) and this version of SPS has 3 factors; namely, suicide ideation, hostility and negative self-evaluation. After that the factor analyses, reliability, and validity analyses, 2 items (13 and 29) were excluded from last version. Moreover, last version of SPS revealed acceptable validity and reliability coefficients for the both total scale and sub-scales.

2.2.3. Beck Hopelessness Scale (BHS)

Beck Hopelessness Scale was improved by Beck, Weissman, Lester, and Trexler (1974) in order to measure peoples' negative expectations about future. Items of BHS were chosen from a pool of pessimistic statements and BHS comprises 20 true-false items. The BHS measures negative expectations of the person about the future; in other words, their degree of pessimism. The maximum and minimum score of BHS 0 and 20, respectively and the higher scores indicated that higher level of hopelessness. According to validity analyses (Bonner & Rich, 1991; Ivanoff & Jang, 1991) validity scores of SPS ranged from .32 ($p < .05$) to .79 ($p < .001$).

Reliability and validity analyses for the Turkish respondents of this scale was conducted by Durak (1994), and Seber, Dilbaz, Kaptanoğlu, and Tekin (1993). As for the reliability studies of this scale, the Cronbach coefficient was found as .85 (Durak, 1994) and the test-retest reliability coefficient was found as .74. Moreover, concurrent validity of BHS ranged from .65 to .55 (Seber, Dilbaz, Kaptanoğlu, & Tekin, 1993).

2.2.4. UCLA-R Loneliness Scale

UCLA-R Loneliness Scale was developed by Russell, Peplau and Cutrona (1980) and consists of 20 items. Ten of these items are contained of positively worded statements to measure the satisfaction of social relationships and other 10 of them are negatively worded statements which indicate the dissatisfaction of social relationships. Items of UCLA-R rated on a four-point Likert scale ranging from 1 (never) to 4 (often) and range of scores on scale 0 to 20.

The scale was adapted by Demir (1989) into Turkish and Cronbach alpha coefficient was found as .96 and test-retest reliability as .94 ($p < .001$). Correlation between the UCLA Loneliness Scale and Beck Depression Inventory was found as .77 ($p < .001$), revealing the concurrent validity of the scale.

2.2.5. Guilt-Shame Scale-Turkish (GSS-TR)

GSS-TR was developed by Şahin and Şahin (1992) by using items from the Johnson and Noel's Dimensions of Conscience Questionnaire (Johnson, Danko, Huang, et al., 1987). GSS-TR is a 24 item self-report inventory and to measure shame and guilt emotions. Items rated on a five-point Likert-scale from 1 to 5, and the scale is scored separately for shame and guilt emotions. The minimum possible score is 0 and the maximum possible score is 60 for each subscale. The Cronbach alpha values were found as .81 for guilt subscale, and as .80 for shame subscale. The concurrent validity correlation of these subscales were found as .49 (Şahin, & Şahin, 1992).

2.2.6. Multidimensional Anger Scale (MAS)

Multidimensional Anger Scale was improved by Balkaya and Şahin (2003) to measure anger on a multidimensional level. In order to develop this scale, researchers conducted a two phase study. As the first phase, item pool was constructed, and 158 item was determined for the second phase of study after the item analyses. Then, psychometric properties of the scale were investigated. In the second phase of the study, reliability and validity analyses were conducted for each of the 5 dimensions; namely, Anger Symptoms, Anger Eliciting Situations, Anger Related Cognitions, Anger Reactions, and Interpersonal Anger.

Interpersonal Anger ($\alpha = .93$) factor was used in the current study and this factor includes 47 items and 4 factors; namely Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions and Careless Reactions. Internal consistency of the MAS ranged from .64 to .95. Moreover, it was reported that the scale has adequate validity with Brief Symptom Inventory, and Guilt and Shame Scale, revealing the concurrent validity of the scale (Balkaya, & Şahin, 2003).

2.3. Procedure

After the approval was taken from Human Subjects Ethics Committee of Middle East Technical University, questionnaires was prepared as a booklet and distributed via Internet. Participants read the informed consent form (see Appendix H), afterwards

people who accepted to participate completed the questionnaires. The completion of the questionnaires took approximately 30 minutes for each participant.

2.4. Statistical Analysis

In the current study, Statistical Package of Social Sciences (SPSS), version 20 for Windows, was used to conduct statistical analyses. The Analysis of Variance (ANOVA), and Multivariate Analysis of Variance (MANOVA) were used in order to determine demographic differences on the measures of the study. Consequently, to test the hypothesis of the current study hierarchical regression analysis was utilized.

CHAPTER 3

RESULTS

3.1. Descriptive Analyses of the Measures of the Study

For the descriptive characteristics of the measures of the current study, means, standard deviations, maximum and minimum scores, and internal consistency coefficients (Cronbach's alpha) were calculated for Basic Personality Traits Inventory (BPTI) with Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness to Experiences, and Negative Valence domains; Multidimensional Anger Scale (MAS)- Interpersonal Anger category with Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions and Careless Reactions sub categories; Beck Hopelessness Scale (BHS); Guilt- Shame Scale (GSS-TR) with Shame and Guilt sub categories; UCLA Loneliness Scale (UCLA-R LS); and Suicide Probability Scale (SPS) with Suicide Ideation, Hostility, and Negative Self Evaluation domains (see Table 2)

In order to see the gender and age differences for the measures of the current study, initially the ages of the participants were categorized into 4 different groups by considering every 25th percentile (see Table 3).

To reveal gender and age differences, separate Analyses of Variance (ANOVA) for the single scored measures and Multivariate Analyses of Variances (MANOVA) for the measures with subscales were performed with these categorizations and only significant results were reported.

3.2. Gender and Age Differences on the Measures of the Study

In order to see the roles of gender, age, and their interaction on measures of the study, separate Analyses of Variance (ANOVA) were conducted for the total scores of scales, and separate Multivariate Analyses of Variances (MANOVA) were utilized

for the subscales. For the analyses where the interaction effect was found to be significant, the significant main effects were not interpreted. The ages of the participants were meaningfully sorted into four different categories. The first age category ranged between the ages of 16 and 20, and named as Late Adolescence; the second category ranged between the ages of 21 and 24, and named as Emerging Adulthood. The third category ranged between the ages of 25 and 28, and named as Early Adulthood; and the last category ranged between the ages of 29 and 67, and named as Established Adulthood.

Table 2.

Descriptive Characteristics of the Measures					
Measures	N	Mean	SD	Min-Max	Cronbach's alpha
BPTI					
Extraversion	464	28.01	6.33	10-40	.87
Conscientiousness	464	29.20	5.53	11-40	.84
Agreeableness	464	33.60	3.92	8-40	.86
Neuroticism	464	26.18	6.04	9-45	.78
Openness to Experience	464	21.64	3.63	6-30	.69
Negative Valence	464	9.95	3.08	6-23	.66
Interpersonal	464	124.86	25.37	62-212	.93
(*)MAS					
Revenge Rel. R.	464	58.60	18.31	24-120	.94
Passive-Agg. R.	464	33.42	5.94	16-50	.73
Inward-Orient. R.	464	25.8	5.30	8-40	.73
Careless R.	464	7.06	3.09	3-15	.81
BHS	464	4.66	4.43	0-20	.88
GSS					
Guilt	464	49.88	7.46	12-60	.85
Shame	464	40.63	8.45	12-60	.84
UCLA-R	464	36.40	11.89	20-77	.93
SPS					
Suicide Ideation	464	15.23	5.29	10-35	.88
Hostility	464	23.77	5.67	12-42	.82
Negative Self	464	27.59	4.80	17-44	.65
Evaluation					

Note. BPTI = Basic Personality Traits Inventory, Interpersonal MAS* = Multidimensional Anger Scale; Interpersonal Factor, Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions, Careless Reactions; BHS = Beck Hopelessness Scale, GSS = Guilt Shame Scale, UCLA-R= UCLA Loneliness Scale Revised, SPS = Suicide Possibility Scale

Table 3.

Categorization for the Demographic Characteristics of the Participants

Variables	N (464 participants)	%	M	SD
Gender				
Female	320	69.0		
Male	144	31.0		
Age				
			26.97	9.22
Late Adolescence (between 16-20)	114	24.6		
Emerging Adulthood (between 21-24)	133	28.7		
Early Adulthood (between 25-28)	103	22.2		
Established Adulthood (between 29-67)	114	24.6		

3.3. Gender and Age Differences on the Measures of Study (ANOVA)**3.3.1. Gender and Age Differences on Loneliness**

A 2 (Gender [male, female]) x 4 (Age Group [1,2,3,4]) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to examine the differences of gender, age and their interaction on Loneliness. The main effect of gender was found significant, $F(1, 456) = 4.805, p = .029, \eta_p^2 = .010$). That is, male participants ($M = 38.399, SE = 1.029$) got higher loneliness scores than female participants ($M = 35.703, SE = .674$). The main effect of age was found significant, $F(3,456) = 3.768, p = .011, \eta_p^2 = .024$). Post-hoc comparisons were conducted with Bonferroni analysis (see Figure 2) and revealed that participants in the emerging adulthood period reported more loneliness ($M = 38.992, SE = 1.208$) than participants in the established adulthood period ($M = 34.138, SE = 1.111$). On the other hand, participants in the late adolescence period ($M = 38.810, SE = 1.398$) and early adulthood period ($M = 36.266, SE = 1.185$) did not differ from each other. Moreover, these age groups did not differ from emerging adulthood and established adulthood

groups either. Age x Gender interaction on Loneliness was not significant [$F(3, 456) = 1.714, p = .163, \eta_p^2 = .011$].

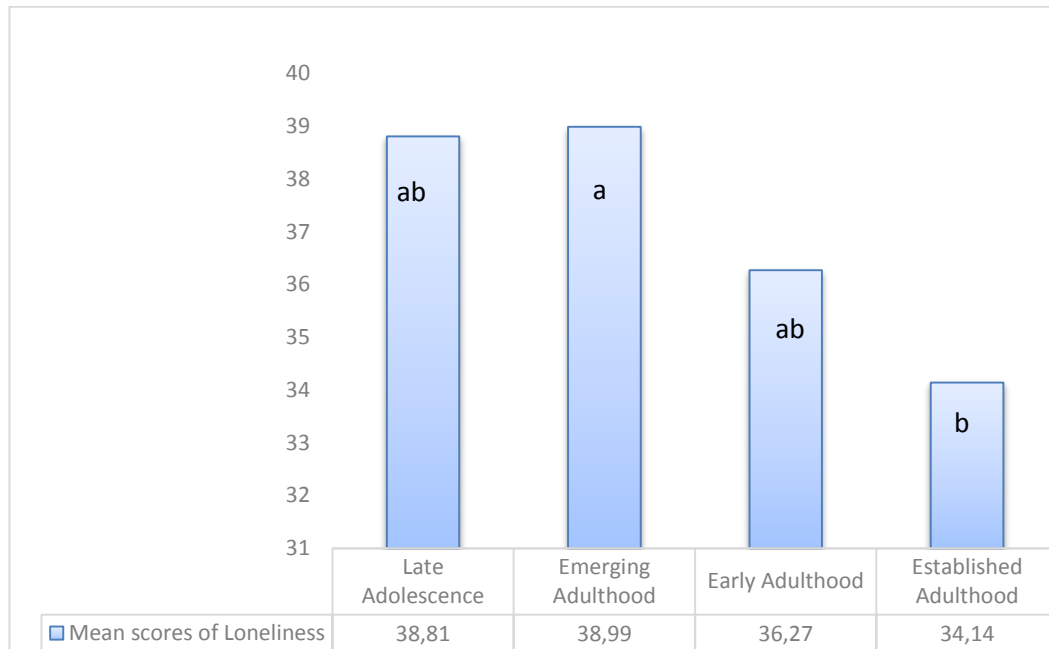


Figure 2. Age differences on Loneliness

Note. The mean scores that did not share the same letter on graph were significantly different from each other.

3.3.2. Gender and Age Differences on Hopelessness

A 2 (Gender [male, female]) x 4 (Age Group [1,2,3,4]) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to examine the differences of gender, age and their interaction on Hopelessness. The analysis revealed insignificant results for the main effect of gender, $F(1, 456) = .911, p = .340, \eta_p^2 = .002$, the main effect of age $F(3, 456) = .558, p = .643, \eta_p^2 = .004$, and the interaction effect $F(3, 456) = .581, p = .628, \eta_p^2 = .004$. The results showed that male ($M = 4.985, SE = .389$) and female participants ($M = 4.542, SE = .255$) did not significantly differ from each other in terms of Hopelessness scores. Moreover, different age groups did not create any significant differences on their Hopelessness levels.

3.3.3. Gender and Age Differences on Interpersonal Anger

A 2 (Gender [male, female]) x 4 (Age Group [1,2,3,4]) between subjects factorial Analysis of Variance (ANOVA) was conducted and results revealed that the interpersonal anger did not differ with on gender ($F(1, 456) = .1.363, p = .244, \eta_p^2 = .003$). That is, male participants ($M = 127.713, SE = 2.191$) and female participants ($M = 124.654, SE = 1.436$) did not differ from each other in terms of Interpersonal anger scores. The main effect of age group was found significant, $F(3,456) = 4.890, p = .002, \eta_p^2 = .031$. Age x Gender interaction on Interpersonal anger was significant as well, $F(3,456) = 3.609, p = .013, \eta_p^2 = .023$. For the interaction effect, Post-hoc comparisons were conducted with Bonferroni analysis and revealed that females did not report any difference on their feelings of interpersonal anger along the age groups, however males in the late adolescence period ($M = 144.227, SE = 5.348$) reported stronger feelings of interpersonal anger as compared to other three age groups. Though emerging adulthood, early adulthood and established adulthood periods did not reveal any gender difference, thus only during late adolescence period, males reported higher interpersonal anger than females ($M = 125.500, SE = 2.615$). These results indicated the importance of 16-21 age group particularly for the males, in terms of feelings of interpersonal anger (see Table 4 & Figure 3).

Table 4. Age Differences on Interpersonal Anger

	Late Adolescence	Emerging Adulthood	Early Adulthood	Established Adulthood
Female	125.50 (a)	124.30 (a)	125.53 (a)	123.28 (a)
Male	144.23 (b)	123.00 (a)	125.68 (a)	117.94 (a)

Note. The mean scores that did not share the same letter on the same raw or on the same column were significantly different from each other.

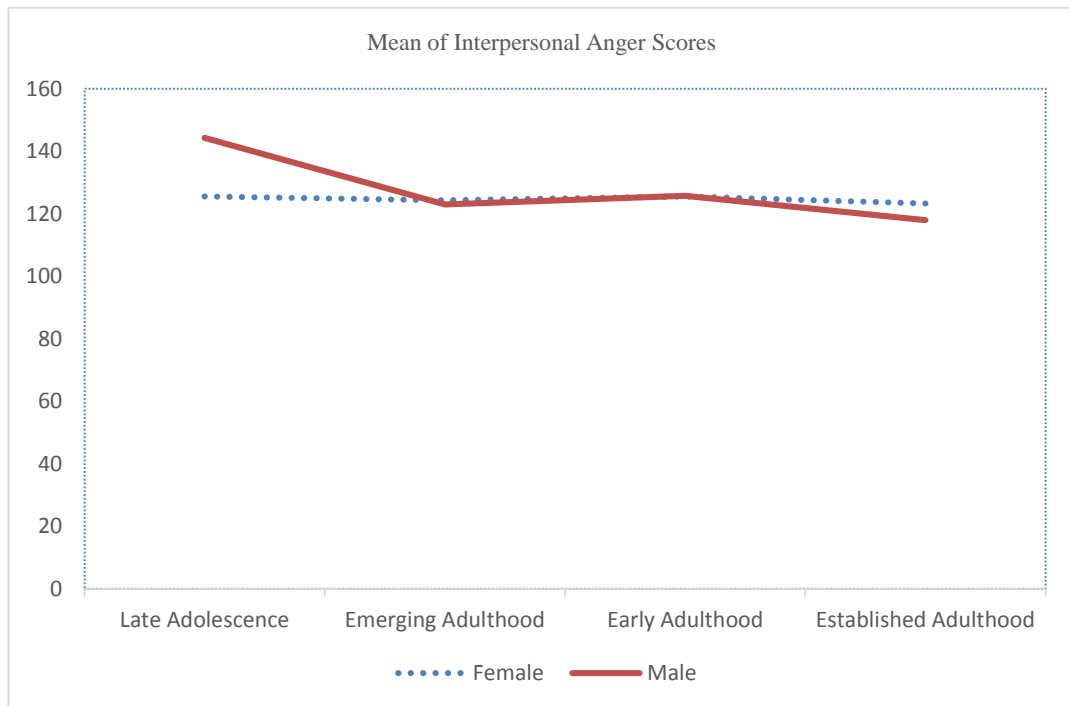


Figure 3. Gender x Age differences on Interpersonal Anger

3.3.4. Gender and Age Differences on Suicide Probability

A 2 (Gender [male, female]) x 4 (Age Group [1,2,3,4]) between subjects factorial Analysis of Variance (ANOVA) was conducted in order to investigate the differences of gender, age, and their interaction on Suicide Possibility. The main effect of gender ($F(1, 456) = 1.694, p = .194, \eta_p^2 = .004$) was not found significant. That is, male participants' scores ($M = 71.679, SE = 1.268$) did not significantly differ from female participants' suicide probability scores ($M = 69.707, SE = .831$). The main effect of age was found significant $F(3,456) = 3.827, p = .010, \eta_p^2 = .025$ (see Figure 4). Post-hoc comparisons were conducted with Bonferroni analysis and revealed that participants in the late adolescence period ($M = 72.996, SE = 1.722$) got significantly higher suicide probability scores than participants in the established adulthood period ($M = 66.568, SE = 1.370$). On the other hand, participants in the emerging adulthood period ($M = 71.395, SE = 1.488$) and early adults ($M = 71.814, SE = 1.370$) did not differ from each other. Moreover, these age groups did not get

significantly different scores from other age groups. Age x Gender interaction on suicide probability was not found significant $F(3, 456) = .939, p = .421, \eta_p^2 = .006$.

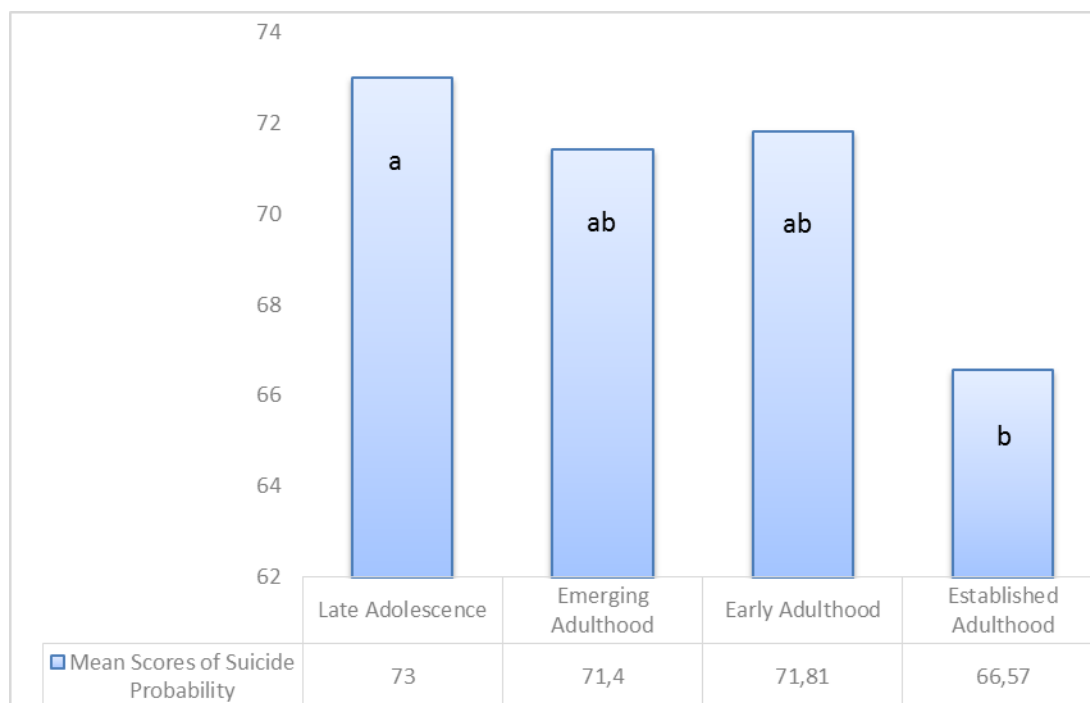


Figure 4. Age differences on Suicide Probability

Note. The mean scores that did not share the same letter on graph were significantly different from each other.

3.4. Gender and Age Differences on the Measures of Study (MANOVA)

3.4.1. Gender and Age Differences on Basic Personality Traits

In order to see the differences of gender, age, and their interaction on the basic personality traits 2 (Gender [male, female]) \times 4 (Age Group [1,2,3,4]) between subjects factorial MANOVA was examined with the six domains of Basic Personality Traits Inventory (BPTI) (i.e., Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness to Experience, and Negative Valence) as the dependent variables. The results of the multivariate analyses revealed significant gender [*Multivariate F* (6, 451) = 9.112, $p < .001$; Wilks' Lambda = .892, $\eta_p^2 = .108$] and age [*Multivariate F* (18, 1276) = 4.473, $p < .001$; Wilks' Lambda = .841, $\eta_p^2 = .056$] main effects. Moreover, Gender x Age interaction effect [*Multivariate F* (18,

1276) = 2.235, $p = .002$; Wilks' Lambda = .916, $\eta_p^2 = .029$] for the domains of BPT was found significant. A Bonferroni correction was conducted to assess the significance of univariate analyses and alpha values lower than .008 (.05/6) were accepted as significant. Following this correction, a significant interaction effect was found for Negative Valence [*Multivariate F* (3,456) = 5.195, $p = .002$; $\eta_p^2 = .033$] subscales of BPTI. Specifically, females did not report any significant difference on their self-worth (negative valence) along the age groups, however male participants in the late adolescence period ($M = 9.040$, $SE = .420$) reported stronger negative valence traits than early adulthood ($M = 10.146$, $SE = .464$) and established adulthood periods ($M = 9.040$, $SE = .420$). Moreover, participants in the early adulthood and established adulthood periods did not reveal any gender difference, but males reported significantly stronger feelings of low self-worth than females in late adolescence and emerging adulthood periods (see Table 5 and Figure 5). These results indicated the importance of self-worth particularly in younger age group of males.

Table 5. Gender x Age Interaction on Negative Valence

	Late Adolescence	Emerging Adulthood	Early Adulthood	Established Adulthood
Female	9.641 (a)	10.118 (a)	9.887 (a)	9.094 (a)
Male	12.909 (b)	11.387 (ab)	10.146 (a)	9.040 (a)

Note. The mean scores that did not share the same letter on the same raw or on the same column were significantly different from each other.

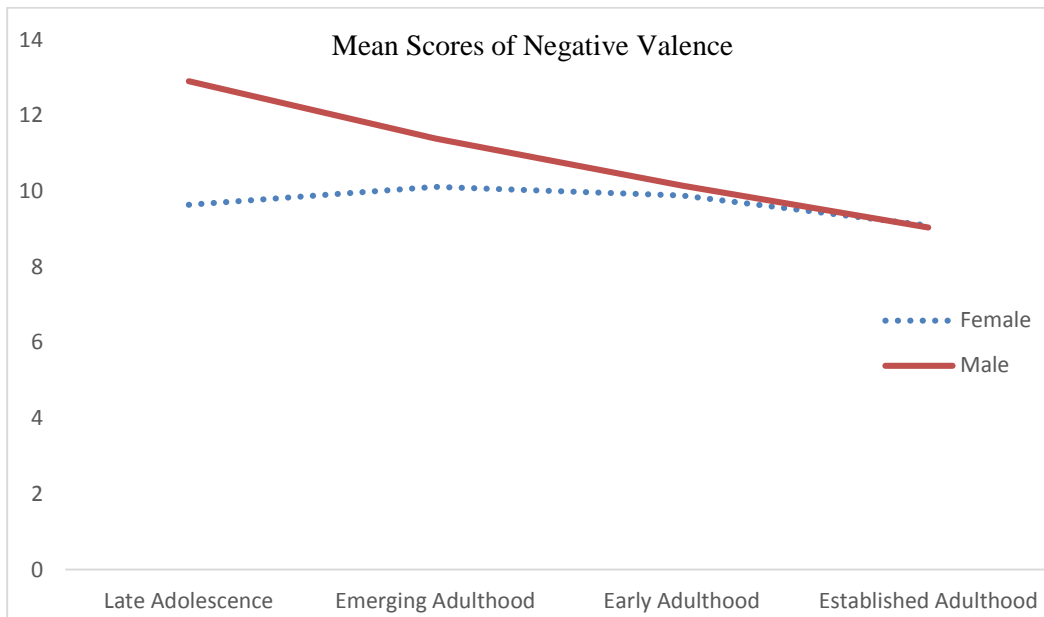


Figure 5. Gender x Age Interaction on Negative Valence

3.4.2. Gender and Age Differences on Shame and Guilt

In order to see the differences of gender, age, and their interaction on shame and guilt 2 (Gender [male, female]) \times 4 (Age Group [1,2,3,4]) between subjects factorial MANOVA was examined with the two domains of Guilt Shame Scale (GSS) (i.e., Shame, Guilt) as the dependent variables. The results of the multivariate analyses revealed significant Gender [*Multivariate F* (2,455) = 15.311, $p < .001$; Wilks' Lambda = .937, $\eta_p^2 = .063$] and Age [*Multivariate F* (6, 910) = 4.587, $p < .001$; Wilks' Lambda = .942, $\eta_p^2 = .029$] main effects. Gender x Age interaction effect [*Multivariate F* (6,910) = 2.679, $p = .014$; Wilks' Lambda = .966, $\eta_p^2 = .017$] for the domains of GSS. A Bonferroni correction was conducted to assess the significance of univariate analyses and alpha values lower than .025 (.05/2) were accepted as significant. Following this correction, a significant interaction effect was found for Guilt [*Multivariate F* (3,456) = 3.391, $p = .018$; $\eta_p^2 = .022$] subscales of GSS. Specifically, females did not report any significant difference on their emotion of guilt along the age groups, however male participants in the established adulthood period ($M = 50.9$, $SE = 1.021$) reported stronger feelings of guilt than late

adolescence ($M = 44.773$, $SE = 1.540$) and emerging adulthood periods ($M = 44.161$, $SE = 1.297$). Moreover, male participants in early adulthood ($M = 49.122$, $SE = 1.128$) also reported more guilt than male participants in the emerging adulthood periods. In terms of gender differences, female participant in late adolescence ($M = 50.783$, $SE = .753$) and emerging adulthood periods ($M = 49.961$, $SE = .715$) indicated significantly more feelings of guilt than males and both of the early adulthood and established adulthood periods did not reveal any gender differences (see Table 6 and Figure 6). These results pointed out distinctive difference between females and males in terms of reporting guilt, females reported more guilt in their late adolescence and emerging adulthood periods considering male participants in same age group. Moreover, older aged males reported more feelings of guilt than younger male participants.

Table 6. Gender x Age Interaction on Guilt

	Late Adolescence	Emerging Adulthood	Early Adulthood	Established Adulthood
Female	50.783 (c)	49.961 (c)	51.113 (c)	51.469 (c)
Male	44.773 (a)	44.161 (a)	49.122 (ac)	50.900 (c)

Note. The mean scores that did not share the same letter on the same raw or on the same column were significantly different from each other.

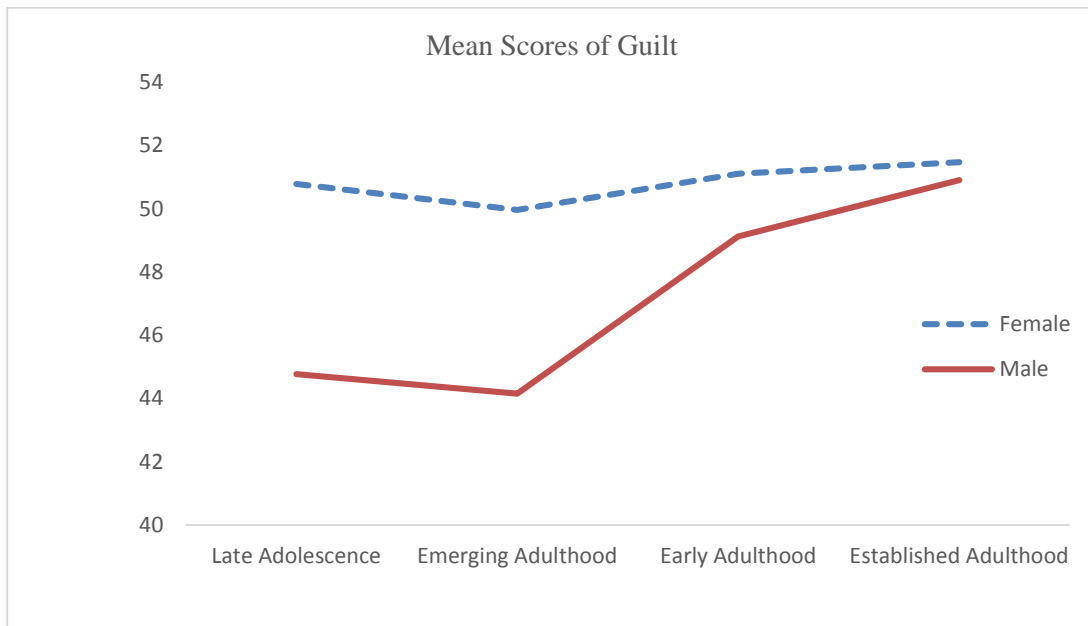


Figure 6. Gender x Age Interaction on Guilt

3.4.3. Gender and Age Differences on Interpersonal Anger

In order to see the differences of gender, age, and their interaction on Interpersonal Anger, a 2 (Gender [male, female]) × 4 (Age Group [1,2,3,4]) between subjects factorial MANOVA was examined with the three domains of Multidimensional Anger Scale (MAS)-Interpersonal Factor (i.e., revenge related reactions, passive-aggressive reactions, inward-oriented reactions, and careless reactions) as the dependent variables. The results of the multivariate analyses revealed an insignificant Age main effect [*Multivariate F* (12,1199) = 1.663, $p = .070$; Wilks' Lambda = .957, $\eta_p^2 = .014$]. However, there was a significant Gender main effect [*Multivariate F* (4,453) = 6.820, $p < .001$; Wilks' Lambda = .943, $\eta_p^2 = .057$] and Gender x Age interaction effect [*Multivariate F* (12,1199) = 1.876, $p = .033$; Wilks' Lambda = .952, $\eta_p^2 = .016$] for the domains of MAS-Interpersonal Factor. A Bonferroni correction was conducted to assess the significance of univariate analyses and alpha values lower than .0125 (.05/4) were accepted as significant. Following this correction, a significant interaction effect was found for revenge related reactions [*F* (3,456) = 3.900, $p = .009$, $\eta_p^2 = .025$] subscale of MAS-Interpersonal Factor (see

Table 7 and Figure 7). Specifically, females did not report any significant difference on their anger along the age groups, however male participants in the late adolescence ($M = 72.318$, $SE = 3.886$) reported stronger feelings of anger than emerging adulthood ($M = 57.935$, $SE = 3.257$), early adulthood ($M = 58.878$, $SE = 2.832$) and established adulthood periods ($M = 54.00$, $SE = 2.564$). Though for emerging adulthood, early adulthood, and established adulthood periods did not reveal any gender difference, males reported stronger feelings of aggression than females in late adolescence period ($M = 58.228$, $SE = 1.890$). These results indicated that male participants in the late adolescence period reported more aggression than not only other age groups of male participants but female participants in all age groups as well.

Table 7. Gender x Age Interaction on Interpersonal Anger

	Late Adolescence	Emerging Adulthood	Early Adulthood	Established Adulthood
Female	58.228 (b)	58.529 (b)	58.774 (b)	58.109 (b)
Male	72.318 (a)	57.935 (b)	58.878 (b)	54.000 (b)

Note. The mean scores that did not share the same letter on the same raw or on the same column were significantly different from each other.

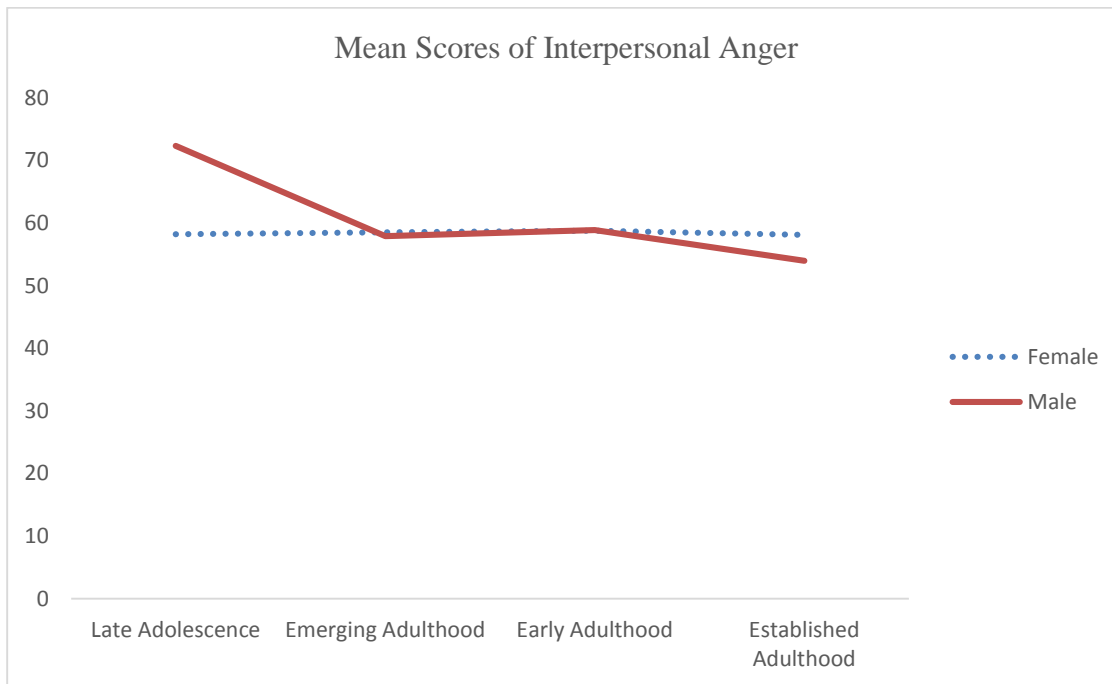


Figure 7. Gender x Age Interaction on Interpersonal Anger

3.4.4. Gender and Age Differences on Suicide Probability

In order to see the differences of gender, age, and their interaction on suicide probability 2 (Gender [male, female]) \times 4 (Age Group [1,2,3,4]) between subjects factorial MANOVA was examined with the three domains of Suicide Probability Scale (SPS) (i.e., suicide ideation, hostility, and negative self-evaluation) as the dependent variables. The results of the multivariate analyses revealed no significant Gender main effect [*Multivariate F* (3,454) = 1.587, $p = .192$; Wilks' Lambda = .990, $\eta_p^2 = .010$] and Gender x Age interaction effect [*Multivariate F* (9, 1105) = 1.081, $p = .374$; Wilks' Lambda = .979, $\eta_p^2 = .007$] for the domains of SPS. However, there was a significant Age main effect [*Multivariate F* (9,1105) = 3.963, $p < .001$; Wilks' Lambda = .926, $\eta_p^2 = .025$]. A Bonferroni correction was conducted to assess the significance of univariate analyses and alpha values lower than .017 (.05/3) were accepted as significant. Following this correction, a significant main effect was found for Suicide Ideation [*F* (3,456) = 3.705, $p = .012$, $\eta_p^2 = .024$], and Hostility [*F* (3,456) = 6.801, $p < .001$, $\eta_p^2 = .043$] subscales of SPS (see Table 8 and

Figure 8 and 9). Specifically, participants in the early adulthood period ($M = 15.948$, $SE = .529$) reported stronger ideation of suicide than participants in the established adulthood period ($M = 13.864$, $SE = .496$). In terms of hostility participants in the late adolescence ($M = 25.766$, $SE = .663$) and early adulthood period ($M = 24.429$, $SE = .562$) reported more hostility than participants in the established adulthood period ($M = 22.113$, $SE = .527$).

Table 8. Age Differences on Suicide Probability

	Late Adolescence	Emerging Adulthood	Early Adulthood	Established Adulthood
Suicide Ideation				
<i>Mean</i>	15.95 (ab)	15.55 (a)	15.95 (ab)	13.86 (b)
Hostility				
<i>Mean</i>	25.77 (a)	23.61 (a)	24.43 (ab)	22.11(b)

Note. The mean scores that did not share the same letter on the same raw or on the same column were significantly different from each other.

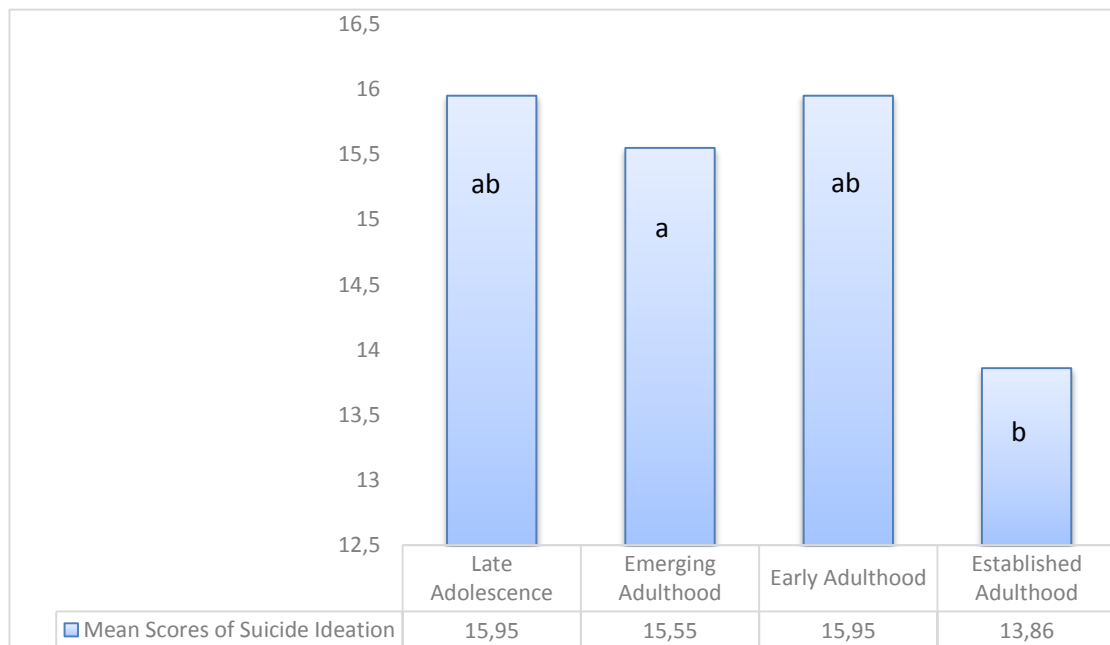


Figure 8. Age Differences on Suicide Probability

Note. The mean scores that did not share the same letter on graph were significantly different from each other.

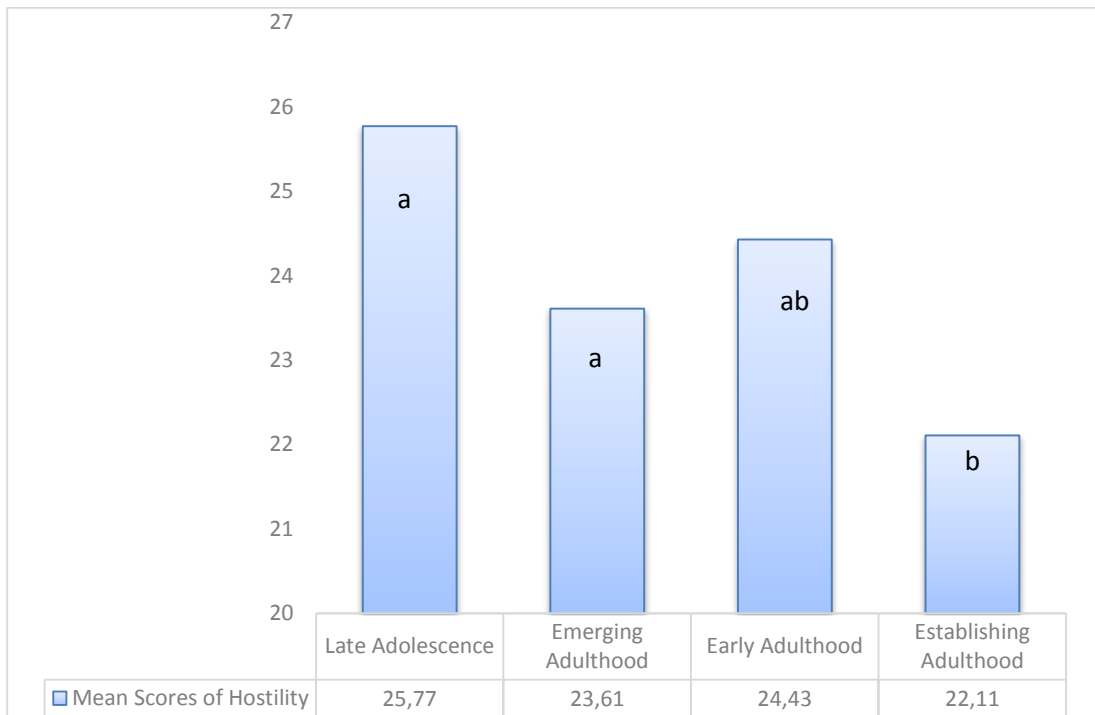


Figure 9. Age Differences on Suicide Probability

Note. The mean scores that did not share the same letter on graph were significantly different from each other.

3.5. Intercorrelations between Demographic Variables and Measures of the Study

In order to comprehend the intercorrelations between all measures of the study, Pearson’s correlation coefficients were calculated for demographic measures as gender and age, and for all other measures of the study, namely Loneliness, Hopelessness, 6 domains of Basic Personality Traits (extraversion, conscientiousness, agreeableness, neuroticism, openness to experience, and negative valence), Shame and Guilt, 4 dimension of Interpersonal Anger (revenge related reactions, passive-aggressive reactions, inward-oriented reactions, and careless reactions) , Suicide Probability and 3 dimension of Suicide Probability (suicide ideation, hostility, and Negative self-evaluation). This analysis results are presented in Table 9; based on this analysis, only correlations with .30 and higher coefficients will be reported.

According to the results, neither gender nor age revealed high correlation with the investigated measures. Thus, these correlations were not reported.

Results showed that Loneliness correlated with the Hopelessness ($r = .52, p < .01$), which means higher levels of loneliness was related to higher levels of hopelessness. Moreover, Suicide Probability ($r = .71, p < .01$), Suicide Probability/Suicide Ideation ($r = .64, p < .01$), Suicide Probability/Hostility ($r = .58, p < .01$), Suicide Probability/Negative Self-Evaluation ($r = .65, p < .01$) correlated with the Hopelessness, indicating that higher levels of loneliness associated with higher levels of suicide probability, suicide ideation, hostility, and negative self-evaluation. On the other hand, Loneliness was negatively correlated with the Extraversion dimension ($r = -.45, p < .01$) of Basic Personality Traits, meaning that higher levels of loneliness was related to lower levels of extraversion trait.

Hopelessness was related to Suicide Probability ($r = .62, p < .01$), and Suicide Probability/Suicide Ideation ($r = .61, p < .01$), Suicide Probability/Hostility ($r = .58, p < .01$), Suicide Probability/Negative Self-Evaluation ($r = .46, p < .01$). These results indicated that higher levels of hopelessness was associated with higher levels of suicide probability, suicide ideation, hostility, and negative self-evaluation. However, Hopelessness was negatively associated with Extraversion ($r = -.33, p < .01$), indicating that higher levels of hopelessness was related with lower levels of extraversion trait.

In terms of correlation analysis between six domains of Basic Personality Traits, results showed that Extraversion trait was correlated with Openness to Experience trait ($r = .52, p < .01$), and meaning that higher levels of extraversion trait was related to higher levels of openness to experience trait. Moreover, Conscientiousness trait found to be correlated with Agreeableness trait ($r = .31, p < .01$), indicating that higher scores on conscientiousness scores were associated with higher scores on agreeableness trait. Results also showed that Negative Valence trait was negatively associated with both Conscientiousness ($r = -.32, p < .01$) and Agreeableness ($r = -.41, p < .01$) traits. In other words, higher levels of negative valence trait was related with lower levels of both conscientiousness and agreeableness traits. On the other

hand, it was found that Negative Valence trait was correlated with Neuroticism trait ($r = .40, p < .01$), meaning that higher scores on negative valence was associated with higher scores on neuroticism.

Regarding basic personality traits, Extraversion was negatively associated with Suicide Probability ($r = -.34, p < .01$) and Suicide Probability/Hostility ($r = -.33, p < .01$). In other words, higher scores on extraversion trait was related with lower scores on both suicide probability and hostility domains of suicide probability.

Agreeableness was also found associated with Guilt ($r = .43, p < .01$), indicating that lower levels of agreeableness was related to higher levels of feeling guilt. Moreover, it was found that Neuroticism trait was correlated with Interpersonal Anger ($r = .37, p < .01$), Interpersonal Anger/Revenge Related Reactions ($r = .42, p < .01$), Suicide Probability ($r = .42, p < .01$), Suicide Probability/Suicide Ideation ($r = .33, p < .01$), and Suicide Probability/Hostility ($r = .43, p < .01$). These results specified that higher levels of neuroticism was associated with higher levels of interpersonal anger and revenge related reactions of anger, and suicide probability and hostility domains of suicide probability. In terms of Negative Valence trait, associations with Interpersonal Anger/Revenge Related Reactions ($r = .34, p < .01$), Suicide Probability ($r = .34, p < .01$), and Suicide Probability/Hostility ($r = .33, p < .01$) were observed. In other words, higher scores on negative valence was associated with higher scores on revenge related reactions, suicide probability, and hostility.

Shame was significantly associated with Guilt ($r = .43, p < .01$), and indicating that higher levels of shame was related with higher levels of guilt. Moreover, Revenge Related Reactions measure was associated with Interpersonal Anger ($r = .95, p < .01$), and Passive-Aggressive Reactions ($r = .68, p < .01$). These results suggested that higher levels of revenge related reactions were associated with higher levels of interpersonal anger and passive-aggressive reactions. Passive-Aggressive Reactions were found to be correlated with Inward-Oriented Reactions ($r = .38, p < .01$) and Interpersonal Anger ($r = .82, p < .01$), and meaning that higher scores on passive-aggressive reactions were related to higher scores on inward-oriented reactions and interpersonal anger. Inward-Oriented Reactions, revealed correlation with

Interpersonal Anger ($r = .57, p < .01$), indicating that higher levels of inward-oriented reactions were related to higher levels of interpersonal anger.

In terms of the associations between interpersonal anger and its four domains, the results showed that Interpersonal Anger was associated with Suicide Probability ($r = .41, p < .01$), Suicide Probability/Suicide Ideation ($r = .32, p < .01$) and Suicide Probability/Hostility ($r = .44, p < .01$). These results suggested that, higher scores on interpersonal anger were related to higher scores on suicide probability, suicide ideation, and hostility. Revenge Related Reactions also were found to be associated with Suicide Probability ($r = .42, p < .01$), Suicide Probability/Suicide Ideation ($r = .32, p < .01$), Suicide Probability/Hostility ($r = .44, p < .01$), and Suicide Probability/Negative Self-Evaluation ($r = .46, p < .01$). These results indicated that higher levels of revenge related reactions were related to suicide probability, suicide ideation, hostility, and negative self-evaluation. Inward-Oriented Reactions, were found to be correlated with Suicide Probability ($r = .38, p < .01$), Suicide Probability/Suicide Ideation ($r = .38, p < .01$), Suicide Probability/Hostility ($r = .37, p < .01$), meaning that higher levels of inward oriented reactions were related to higher levels of suicide probability, suicide ideation, and hostility.

Lastly, suicide probability and its three domains were examined in order to found intercorrelations between each other and it was found that Suicide Probability was associated with Suicide Ideation ($r = .90, p < .01$), Hostility ($r = .90, p < .01$) and Negative Self-Evaluation ($r = .81, p < .01$). These results suggested that higher level of suicide probability was related to higher level of suicide ideation, hostility, and negative self-evaluation. Moreover, Suicide Ideation was correlated with Hostility ($r = .77, p < .01$) and Negative Self-Evaluation ($r = .60, p < .01$), and meaning that higher scores on suicide ideation is associated with higher scores on hostility and negative self-evaluation. Hostility found to be correlated with Negative Self-Evaluation ($r = .57, p < .01$) and this result suggested that higher levels of hostility was related to higher levels of negative self-evaluation.

The summary of intercorrelations between measures is presented in Table 9.

Table 9.

	Gender	Age	UCLA-R LS	BHS	EPTExt	EPTCons	EPTAge	BPTCons	BPTOpen	BPTResist	CSS-S	CSS-G	MAS-RRR	MAS-PAR	MAS-ICR	MAS-CR	MAS-IA	SPS-SI	SPS-H	SPS-NSE	SPS	
Gender	1																					
Age	.200**	1																				
UCLA-R LS	0.062	-0.11	1																			
BHS	0.027	-0.026	.518**	1																		
EPTExt	-0.039	.225	-0.446	-0.331	1																	
EPTCons	-0.012	.274	-0.249	-0.285	.291	1																
EPTAge	-0.125	.220	-0.273	-0.145	.252	.314	1															
BPTCons	-0.051	-0.063	.252	.252	-0.191	-0.146	-0.08	1														
BPTOpen	.143	.111	-0.274	-0.293	.518**	.212	.276	-0.127	1													
BPTResist	.108	-0.132	.287	.226	-0.239	-0.318	-0.405	.396	-0.174	1												
CSS-S	-0.189	0.04	0.049	0.038	-0.13	.161	.192	.178	-0.197	0.039	1											
CSS-G	-0.169	.117	-0.205	-0.014	0.045	.265	.426	-0.017	0.033	-0.253	.406	1										
MAS-RRR	0.016	-0.041	.281	.185	-0.068	-0.169	-0.208	.418	-0.061	.340	.200	-0.2	1									
MAS-PAR	-0.042	-0.047	0.026	0.007	.091	-0.01	0.061	.226	.168	0.083	.161	-0.039	.680**	1								
MAS-ICR	-0.068	-0.12	.249	.200	-0.247	-0.049	0.087	.207	-0.189	.154	.238	0.05	.373	.379	1							
MAS-CR	.188	0.081	-0.126	-0.088	.186	-0.011	0.047	-0.21	.284	-0.006	-0.232	-0.046	-0.111	.108	0.009	1						
MAS-IA	0.01	-0.055	.245	.166	-0.036	-0.136	-0.112	.372	-0.01	.295	.208	-0.149	.946**	.817	.567	0.089	1					
SPS-SI	-0.008	-0.123	.643	.607	-0.296	-0.229	-0.115	.327	-0.241	.287	0.066	-0.125	.317	.107	.376	-0.091	.321	1				
SPS-H	0.009	-0.149	.578	.581	-0.328	-0.286	-0.125	.437	-0.247	.334	.146	-0.092	.442	.260	.371	-0.122	.442	.786**	1			
SPS-NSE	0.075	-0.036	.647	.465	-0.283	-0.188	-0.226	.285	-0.23	.294	-0.037	-0.198	.311	.065	.230	-0.065	.280	.683**	.572**	1		
SPS	0.028	-0.12	.705	.624	-0.340	-0.273	-0.176	.417	-0.271	.336	0.075	-0.159	.421	.178	.383	-0.106	.412	.903**	.901**	.810**	1	

**p < 0.01 *p < 0.05

Note. UCLA-R LS = Loneliness Scale, BHS = Beck Hopelessness Scale, BPTI ext = Basic Personality Traits Extraversion, BPTI cons = Basic Personality Traits Conscientiousness, BPTI age = Personality Traits Agreeableness, BPTI neuro = Basic Personality Traits Neuroticism,

BPTI open = Basic Personality Traits Openness to Experience, BPTI resis = Basic Personality Traits Negative Valence, CSS-S = Guilt Shame Scale - Shame Form, CSS-G = Guilt Shame Scale - Guilt, MAS-RRR = Multidimensional Anger Scale-Revenge Related Reactions,

MAS-PAR = Multidimensional Anger Scale-Parasitic Reactions, MAS-ICR = Multidimensional Anger Scale-Inward-Oriented Reactions, MAS-CR = Multidimensional Anger Scale-Critical Reactions, MAS-IA = Multidimensional Anger Scale-Interpersonal Anger

SPS-SI = Suicide Probability Scale-Suicide Ideation, SPS-H = Suicide Probability Scale-Horridy, SPS-NSE = Suicide Probability Scale-Negative Self-Evaluation, SPS Suicide Probability Scale.

3.6. Regression Analyses

Separate sets of hierarchical regression analyses were conducted in order to investigate the associated factors of emotions (i.e., loneliness, hopelessness, shame and guilt, and anger) and suicide probability.

3.6.1. Associated Factors of Emotions (The First Set of Regression Analyses)

As for the first set of regression analyses, eight hierarchical regression analyses were conducted to examine the associated factors of emotions which were studied within the scope of this study; namely, Loneliness, Hopelessness, Shame and Guilt, and Anger (i.e., Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions, and Careless Reactions). For these analyses initially demographic variables of age and gender were entered into the regression analyses as the control variables. Afterwards, in the second step, 6 domains of basic personality traits (i.e., Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness to Experience, and Negative Valence) were entered into the regression equation.

3.6.1.1. Associated Factors of “Loneliness”

In order to reveal the variables associated with loneliness a two-step hierarchical multiple regression analyses were conducted. At the first step, age and gender were entered into the analysis. These two variables accounted for 1,9 % of the variance in loneliness ($F [2, 461] = 4.568, p = .011$) and only age was found to be significantly associated with loneliness ($\beta = -.128, t [461] = -2.709, p = .007$). After controlling for the demographic variables, six domains of basic personality traits were entered into the analysis. These variables increased explained variance up to 26.5 % ($F_{change} [6, 455] = 20.491, p < .001$), and extraversion ($\beta = -.344, t [455] = -6.911, p < .001$), agreeableness ($\beta = -.118, t [455] = -2.497, p = .013$) and neuroticism ($\beta = .135, t [455] = 3.032, p = .003$) were found to be significantly associated with loneliness (see Table 10). Specifically, younger participants and participants who reported stronger features of introversion and neuroticism, and weaker features of

agreeableness were more likely to experience feeling of loneliness than other/remaining participants.

3.6.1.2. Associated Factors of “Hopelessness”

In order to show the variables associated with loneliness a two-step hierarchical multiple regression analyses were conducted. At the first step, age and gender were entered into the analysis. These two variables accounted for ~ 1 % of the variation in hopelessness ($F [2, 461] = .405, p = .667$) and neither gender nor age was not found to be significantly associated with hopelessness. Six domains of basic personality traits entered into equation as the second step variables ($F_{change} [6, 455] = 19.345, p < .001$) and increased the explained variance up to 20.5 %. According to the results of this second step analyses, extraversion ($\beta = -.181, t [455] = -3.492, p = .001$), conscientiousness ($\beta = -.193, t [455] = -4.098, p < .001$), neuroticism ($\beta = .157, t [455] = 3.397, p < .001$), and openness to experience ($\beta = -.147, t [455] = -2.874, p = .004$) were found to be significantly associated with hopelessness (see Table 10). Thus, these results showed that extraversion, conscientiousness and openness to experience traits associated with lower level of hopelessness. On the other hand, higher level of neuroticism traits associated with higher level of hopelessness.

3.6.1.3. Associated Factors of “Shame and Guilt”

In order to show the variables associated with shame and guilt two separate two-step hierarchical multiple regression analyses were conducted and acquired information emphasized at below.

Shame

Age and gender were entered into the analysis at the first step and these two variables accounted for 4 % of the variation in shame ($F [2, 461] = 10.159, p < .001$) and only gender was found significant in terms of association with shame ($\beta = -.206, t [461] = -4.420, p < .001$). Among the second step analyses basic personality traits were entered into the equation and these variables increased explained variance up to 18.7 % ($F_{change} [6, 455] = 13.535, p < .001$). According to the second step analyses all of

the domains of basic personality traits were found significantly associated with shame (Extraversion ($\beta = -.110$, $t [455] = -2.099$, $p = .036$), Conscientiousness ($\beta = .203$, $t [455] = 4.264$, $p < .001$, Agreeableness ($\beta = .239$, $t [455] = 4.808$, $p < .001$), Neuroticism ($\beta = .131$, $t [455] = 2.801$, $p = .005$) Openness to Experience ($\beta = -.195$, $t [455] = -3.776$, $p < .001$), and Negative Valence ($\beta = .107$, $t [455] = 2.075$, $p = .039$) (see Table 10). Thus, female participants and participants who had stronger features of conscientiousness, agreeableness, neuroticism, and negative valence traits were more likely to report shame. On the other hand, participants possessing stronger features of extraversion and openness to experience traits were less prone to feel shame.

Guilt

Regression equation results for the associated factors of guilt revealed that age and gender accounted for 5 % of the variation ($F [2, 461] = 12.678$, $p < .001$) and both age ($\beta = .157$, $t [461] = 3.398$, $p = .001$) and gender ($\beta = -.200$, $t [461] = -4.321$, $p < .001$) were found significantly associated with guilt. After that the second step variables entered into the equation and, explained variance increased up to 23.4 % ($F_{change} [6, 455] = 17.949$, $p < .001$). Accordingly, conscientiousness ($\beta = .157$, $t [455] = 3.396$, $p = .001$) and agreeableness ($\beta = .360$, $t [455] = 7.451$, $p < .001$) were found to be significantly associated with guilt (see Table 10). Specifically, female participants and older participants were more prone to feel guilt. Moreover, participants who reported higher level of conscientiousness and agreeableness had a tendency to feel stronger guilt than remained participants.

3.6.1.4. Associated Factors of “Interpersonal Anger”

In order to show the variables associated with interpersonal anger, 4 sub-scales of Multidimensional Anger Scale- Interpersonal Factor a two-step hierarchical multiple regression analyses were conducted separately. Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions, and Careless Reactions were analyzed and acquired information emphasized at below.

Revenge Related Reactions

As the first step analyses, age and gender entered the equation and these variables accounted for ~ 1 % of the variance in revenge related reactions ($F [2, 461] = 0.520, p = .595$) and, neither age ($\beta = -.046, t [461] = -0.960, p = .337$) nor gender ($\beta = .025, t [461] = .527, p = .527$) was found significantly associated with revenge related reactions. According to the second step analyses, basic personality trait variables increased explained variance up to 23.1 % ($F_{change} [6, 455] = 22.510, p < .001$), and agreeableness ($\beta = -.130, t [455] = -2.693, p = .007$), neuroticism ($\beta = .357, t [455] = 7.826, p < .001$), and negative valence ($\beta = .152, t [455] = 3.018, p = .003$) were found to be significantly associated with revenge related reactions (see Table 10). Accordingly, participants who reported lower level of agreeableness, and higher level of neuroticism and negative valence features had a tendency to show anger responses which are linked with revenge than the remained participants.

Passive-Aggressive Reactions

Regression equation results revealed that neither age ($\beta = -.040, t [461] = -0.837, p = .403$) nor gender ($\beta = -.034, t [461] = -0.723, p = .470$) was significantly associated with Passive-Aggressive reactions and accounted for ~ 1 % of the variation ($F [2, 461] = .764, p = .467$). After controlling for the control variables, six domains of basic personality traits were entered into the analysis. These variables increased explained variance up to 10 % ($F_{change} [6, 455] = 8.220, p < .001$), and neuroticism ($\beta = .240, t [455] = 4.886, p < .001$) and openness to experience ($\beta = .181, t [455] = 3.323, p = .001$) were found to be significantly associated with Passive-Aggressive Reactions (see Table 10). Thus, these results showed that participants who reported higher level of neuroticism and openness to experience were more likely to show passive-aggressive reactions than other participants.

Inward-Oriented Reactions

Regression equation results revealed that age and gender accounted for 1 % of the variation in Inward-Oriented Reactions ($F [2, 461] = 2.344, p = .097$) and neither age ($\beta = -.091, t [461] = -1.923, p = .055$) nor gender ($\beta = -.028, t [461] = -0.591, p =$

.555) was found significantly associated with Inward-Oriented Reactions. According to the second step analyses, basic personality traits variables increased explained variance up to 13.3 % ($F_{change} [6, 455] = 10.754, p < .001$), and extraversion ($\beta = -.234, t [455] = -4.321, p < .001$), agreeableness ($\beta = .274, t [455] = 5.335, p < .001$), and negative valence ($\beta = .144, t [455] = 2.696, p = .007$) were found to be significantly associated with Inward-Oriented Reactions (see table 10). Specifically, participants who reported higher level of extraversion more likely to show lower level of inward-oriented anger reactions. On the other hand, more inward-oriented anger reactions were observed for participants who reported higher level of agreeableness and negative valence features than remaining participants.

Careless Reactions

Regression equation results revealed that age and gender accounted for 3.7 % of the variation in Careless Reactions ($F [2, 461] = 8.927, p < .001$) and gender ($\beta = .179, t [461] = 3.835, p < .001$) was found significantly associated with Careless Reactions. According to the second step analyses, basic personality traits variables increased explained variance up to 15 % ($F_{change} [6, 455] = 10.149, p < .001$), and neuroticism ($\beta = -.210, t [455] = -4.384, p < .001$), openness to experience ($\beta = .225, t [455] = 4.249, p < .001$), and negative valence ($\beta = .106, t [455] = 2.012, p = .045$) were found to be significantly associated with Careless Reactions (see Table 10). Specifically, male participants and participants who had higher level of openness to experience and negative valence traits were more likely to show higher level of careless reactions. On the other hand, less careless reactions were observed for participants who had higher level of neuroticism traits.

Table 10. Associated Factors of Emotions (1st set of Regression Analyses)

IV	df	Fchance	β	t	pr	R²
A. Loneliness						
I. Control Variables	2,461	4.568*				.019
1. Age	461		-.128	-2.709*	-.125	
2. Gender	461		.087	1.856	.086	
II. BPT	6,455	25.316**				.265
3. Extraversion	455		-.344	-6.911**	-.308	
4. Conscientiousness	455		-.070	-1.542	-.072	
5. Agreeableness	455		-.118	-2.497*	-.116	
6. Neuroticism	455		.135	3.032*	.141	
7. Openness to Exp.	455		-.024	-0.484	-.023	
8. Negative Valence	455		.078	1.592	.074	
B. Hopelessness						
I. Control Variables	2,461	0.405				.002
1. Age	461		-.032	-0.680	-.032	
2. Gender	461		.034	0.713	.033	
II. BPT	6,455	19.345**				.205
3. Extraversion	455		-.181	-3.492**	-.162	
4. Conscientiousness	455		-.193	-4.098**	-.189	
5. Agreeableness	455		.017	0.350	.016	
6. Neuroticism	455		.157	3.397**	.157	
7. Openness to Exp.	455		-.147	-2.874*	-.134	
8. Negative Valence	455		.050	0.974	.046	
C. Shame and Guilt						
C.1. Shame						
I. Control Variables	2,461	10.159**				.042
1. Age	461		.081	1.749	.081	
2. Gender	461		-.206	-4.420**	-.202	

Table 10. (Cont'd)

IV	df	Fchance	β	t	pr	R ²
II. BPT	6,455	13.535**				.187
3. Extraversion	6,455		-.110	-2.099*	-.098	
4. Conscientiousness	6,455		.203	4.264**	.196	
5. Agreeableness	6,455		.239	4.808**	.220	
6. Neuroticism	6,455		.131	2.801*	.130	
7. Openness to Exp.	6,455		-.195	-3.776**	-.174	
8. Negative Valence	6,455		.107	2.075*	.097	
C.2. Guilt						
I. Control Variables	2,461	12.678**				.052
1. Age	461		.157	3.398**	.156	
2. Gender	461		-.200	-4.321**	-.197	
II. BPT	6,455	17.949**				.234
3. Extraversion	455		-.090	-1.770	-.083	
4. Conscientiousness	455		.157	3.396**	.157	
5. Agreeableness	455		.360	7.451**	.330	
6. Neuroticism	6,455		.042	0.915	.043	
7. Openness to Exp.	6,455		-.050	-1.001	-.047	
8. Negative Valence	6,455		-.087	-1.740	-.081	
D. Interpersonal						
Anger						
D.1. Revenge Related						
R.						
I. Control Variables	2,461	0.520				.002
1. Age	461		-.046	-0.960	-.045	
2. Gender	461		.025	0.527	.025	
II. BPT	6,455	22.510**				.231
3. Extraversion	455		.067	1.315	.062	

Table 10. (cont'd)

IV	df	Fchance	β	t	pr	R ²
4. Conscientiousness	455		-.061	-1.322	-.062	
5. Agreeableness	6,455		-.130	-2.693*	-.125	
6. Neuroticism	6,455		.357	7.826**	.344	
7. Openness to Exp.	6,455		.026	0.512	.024	
8. Negative Valence	6,455		.152	3.018*	.140	
D.2. Passive						
Aggressive R						
I. Control Variables	2,461	0.764				.003
1. Age	461		-.040	-0.837	-.039	
2. Gender	461		-.034	-0.723	-.034	
II. BPT	6,455	8.220**				.101
3. Extraversion	455		.058	1.055	.049	
4. Conscientiousness	455		-.015	-0.305	-.014	
5. Agreeableness	455		.046	0.879	.041	
6. Neuroticism	455		.240	4.866**	.222	
7. Openness to Exp.	455		.181	3.323**	.154	
8. Negative Valence	455		.044	.819	.038	
D.3. Inward-Oriented						
R.						
I. Control Variables	2,461	2.344				.010
1. Age	461		-.091	-1.923	-.089	
2. Gender	461		-.028	-0.591	-.028	
II. BPT	6,455	10.754**				.133
3. Extraversion	455		-.234	-4.321**	-.199	
4. Conscientiousness	455		.079	1.606	.075	
5. Agreeableness	455		.274	5.335**	.243	
6. Neuroticism	455		.019	0.399	.019	
7. Openness to Exp.	455		-.084	-1.567	-.073	

8. Negative Valence	455		.144	2.696*	.125
<i>D.4. Careless</i>					
<i>Reactions</i>					
I. Control Variables	2,462	8.927**			.037
1. Age	461		.045	0.970	.045
2. Gender	461		.179	3.835**	.176
II. BPT	6,455	10.149**			.151
3. Extraversion	455		.072	1.353	.063
4. Conscientiousness	455		-.094	-1.942	-.091
5. Agreeableness	455		.032	0.626	.029
6. Neuroticism	455		-.210	-4.384**	-.201
7. Openness to Exp.	455		.225	4.249**	.195
8. Negative Valence	455		.106	2.012*	.094

* $p < .05$ ** $p \leq .001$

Note 1. BPT = Basic Personality Traits

Note 2. Coding for Gender = (1) female (2) male.

3.6.2. Associated Factors of Suicide Probability (The Second Set of Regression Analyses)

The second set of the regression analyses, associated with the factors of suicide probability separately included Suicide Ideation, Hostility, and Negative Self Evaluation as the dependent variables. In each regression analysis, the first step of regression equations performed with demographic variables. Then, as the second step, 6 dimensions of Basic Personality Traits which were Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness to Experience and Negative Valence entered into the equation. At the third and final step, loneliness, hopelessness, shame and guilt, and anger factors which were Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions and Careless Reactions were included into the equation for each dependent variable.

3.6.2.1. Associated Factors of Suicide Probability

In order to determine factors associated with Suicide Probability, three hierarchical regression analysis were performed for each sub-domains, namely; Suicide Ideation, Hostility, and Negative Self-Evaluation, namely.

As the first hierarchical regression where suicide probability was regressed. Age and gender initially entered into the equation, and these two variables accounted for 1.6 % of the variation in Suicide Ideation ($F [2, 461] = 3.637, p = .027$) and only age ($\beta = -.127, t [461] = -2.692, p = .007$) was found significant. After controlling for these demographic variables, six domains of basic personality traits were included into the analysis. These variables increased explained variance up to 19.9 % ($F_{change} [6, 455] = 17.387, p < .001$), and extraversion ($\beta = -.144, t [455] = -2.775, p = .006$), conscientiousness ($\beta = -.099, t [455] = -2.098, p = .036$), neuroticism ($\beta = .220, t [455] = 4.726, p < .001$), openness to experience ($\beta = -.107, t [455] = -2.093, p = .037$) and negative valence ($\beta = .136, t [455] = 2.647, p = .008$) were found to be significantly associated with Suicide Ideation. Following all of these variables, emotions (i.e., Hopelessness, Loneliness, Shame and Guilt, Revenge Related Reactions, Passive-Aggressive Reactions, Inward-Oriented Reactions, and Careless Reactions) entered into equation and explained variance increased up to 58.3 % ($F [8, 447] = 51.406, p < .001$). As the detail, Loneliness ($\beta = .405, t [447] = 10.016, p < .001$), Hopelessness ($\beta = .350, t [447] = 9.258, p < .001$) and Inward Oriented Anger Reactions ($\beta = .181, t [447] = 4.856, p < .001$) were found significantly related with Suicide Ideation. In other words, younger participants and participants who reported higher level of neuroticism and negative valence, and participants who indicated stronger feelings of inward-oriented anger, hopelessness, and loneliness were more likely to report higher levels of suicide ideation. On the other hand, participants who had higher levels of extraversion, conscientiousness, and openness to experience traits experienced fewer problems about suicide ideation.

Second hierarchical regression employed for hostility sub-domains of suicide probability, and the same procedure applied in terms of the analyses. First of all, age and gender initially entered into the equation, and these two variables accounted for

2.4 % of the variation in hostility ($F [2, 461] = 5.589, p = .004$), and only age ($\beta = -.157, t [461] = -3.338, p = .001$) was found significant. Then, basic personality traits were inserted into the analysis and explained variance increased up to 29.8 % ($F_{change} [6, 455] = 29.663, p < .001$). Extraversion ($\beta = -.152, t [455] = -3.118, p = .002$), conscientiousness ($\beta = -.144, t [455] = -3.253, p = .001$), neuroticism ($\beta = .330, t [455] = 7.574, p < .001$), and negative valence ($\beta = .125, t [455] = 2.613, p = .009$) were found significantly linked with hostility. As the third and final step of this analysis, other variables which were related to emotions were included into the equation and explained 57.9 % of total variance ($F_{change} [8,447] = 37.221, p < .001$). Specifically, some of the emotion-related variables were found significantly linked with hostility, which were loneliness ($\beta = .288, t [447] = 7.089, p < .001$), hopelessness ($\beta = .322, t [447] = 8.476, p < .001$), revenge related reactions ($\beta = .123, t [447] = 2.323, p = .021$) and inward-oriented anger ($\beta = .086, t [447] = 2.297, p = .022$) were found significantly associated with hostility. Thus, these results showed that, younger participants and participants who had higher levels of neuroticism and negative valence traits, and lower levels of extraversion and conscientiousness were more likely to feel stronger hostility. Moreover, participants with stronger feelings of loneliness and hopelessness, and stronger attitudes of revenge related reactions and inward-oriented anger had higher tendency to experience hostility.

As the third and final step of regression analyses for suicide probability, negative self-evaluation sub-domain was examined in the analyses. Age and gender entered into the equation and these two variables accounted for 1 % of the variation in negative self-evaluation ($F [2, 461] = 1.958, p = .142$) and there was no significant results for gender ($\beta = .086, t [461] = 1.819, p = .069$) and age ($\beta = -.053, t [461] = -1.127, p = .260$). Afterwards, basic personality traits were included into the analysis and explained variance increased up to 17.4 % ($F_{change} [6, 455] = 15.192, p < .001$) and some of the traits were found significantly related with negative self-evaluation, which were extraversion ($\beta = -.152, t [455] = -2.875, p = .004$), agreeableness ($\beta = -.121, t [455] = -2.416, p = .016$), and neuroticism ($\beta = .222, t [455] = 4.694, p < .001$). As the third and final step of this analysis, emotion-related variables were

entered into equation and explained 48.5 % of total variance ($F_{change} [8,447] = 33.708, p < .001$). Accordingly, loneliness ($\beta = .508, t [447] = 11.293, p < .001$), hopelessness ($\beta = .142, t [447] = 3.382, p = .001$), shame ($\beta = -.111, t [447] = -2.605, p = .010$), and revenge related reactions ($\beta = .174, t [447] = 2.968, p = .003$) were found significantly associated with negative self-evaluation. Thus, these results indicated that gender and age group differences did not create any difference on negative self-evaluation. However, higher levels of neuroticism, and lower levels of extraversion and agreeableness induced participants to evaluate negatively about themselves. In terms of emotions, higher levels of hopelessness, loneliness, and revenge related reactions, and lower levels of shame lead to more negative self-evaluations (see Table 11).

Table 11. Associated Factors of Suicide Probability (2st set of Regression Analyses)

IV	df	Fchange	β	t	pr	R ²
A. Suicide Probability						
A.1. Suicide Ideation						
I. Control Variables	2,461	3.637*				.016
1. Age	461		-.127	-2.692	-.124	
2. Gender	461		.018	0.374	.017	
II. BPT	6,455	17.387**				.199
3. Extraversion	455		-.144	-2.775*	-.129	
4. Conscientiousness	455		-.099	-2.098*	-.098	
5. Agreeableness	455		.064	1.302	.061	
6. Neuroticism	455		.220	4.726**	.216	
7. Openness to Exp.	455		-.107	-2.093*	-.098	
8. Negative Valence	455		.136	2.647*	.123	
III. Emotions	8,447	51.406**				.583
1. Loneliness	447		.405	10.016**	.428	
2. Hopelessness	447		.350	9.258**	.401	
3. Shame and Guilt	447					
3.a. Shame	447		-.041	-1.077	-.051	
3.b. Guilt	447		-.043	-1.113	-.053	
4. Interpersonal Anger	447					
4.a. Revenge R.R.	447		.090	1.710	.081	
4.b. Passive-Aggr.	447		-.067	-1.392	-.066	
4.c. Inward-Oriented	447		.181	4.856**	.224	
4.d. Careless	447		.010	0.276	.013	
A.2. Hostility						
I. Control Variables	2,461	5.589*				.024
1. Age	461		-.157	-3.338**	-.154	
2. Gender	461		.040	0.858	.040	

Table 11. (cont'd)

IV	df	Fchange	β	t	pr	R²
II. BPT	6,455	29.663**				.298
3. Extraversion	455		-.152	-3.118*	-.145	
4. Conscientiousness	455		-.144	-3.253**	-.151	
5. Agreeableness	455		.077	1.662	.078	
6. Neuroticism	455		.330	7.574**	.335	
7. Openness to Exp.	455		-.092	-1.918	-.090	
8. Negative Valence	455		.125	2.613*	.122	
III. Emotions	8,447	37.221**				.579
1. Loneliness	447		.288	7.089**	.318	
2. Hopelessness	447		.322	8.476**	.372	
3. Shame and Guilt	447					
3.a. Shame	447		.009	0.231	.011	
3.b. Guilt	447		-.002	-0.058	-.003	
4. Interpersonal Anger	447					
4.a. Revenge Rel.	447		.123	2.323*	.109	
4.b. Passive-Aggr.	447		.091	1.881	.089	
4.c. Inward-Oriented	447		.086	2.297*	.108	
4.d. Careless	447		-.011	-0.325	-.015	
<i>A.3. Negative Self-Evaluation</i>						
I. Control Variables	2,461	1.958				.008
1. Age	461		-.053	-1.127	-.052	
2. Gender	461		.086	1.819	.084	
II. BPT	6,455	15.192**				.174
3. Extraversion	455		-.152	-2.875*	-.134	
4. Conscientiousness	455		-.061	-1.271	-.059	
5. Agreeableness	455		-.121	-2.416*	-.113	
6. Neuroticism	455		.222	4.694**	.215	

Table 11. (cont'd)

IV	df	Fchange	β	t	pr	R²
7. Openness to Exp.	455		-.085	-1.631	-.076	
8. Negative Valence	455		.028	0.534	.025	
III. Emotions	8,447	33.708**				.485
1. Loneliness	447		.508	11.293**	.471	
2. Hopelessness	447		.142	3.382**	.158	
3. Shame and Guilt	447					
3.a. Shame	447		-.111	-2.605*	-.122	
3.b. Guilt	447		-.027	-0.613	-.029	
4. Interpersonal Anger	447					
4.a. Revenge Related	447		.174	2.968*	.139	
4.b. Passive-Aggr.	447		-.088	-1.657	-.078	
4.c. Inward-Oriented	447		.063	1.516	.072	
4.d. Careless	447		.045	1.173	.055	

* $p < .05$ ** $p \leq .001$

Note 1. BPT = Basic Personality Traits

Note 2. Coding for Gender = (1) female (2) male.

CHAPTER 4

DISCUSSION

The aim of the present study was to examine the relationship between basic personality traits (i.e., extraversion, conscientiousness, agreeableness, neuroticism, openness to experience, and negative valence) and suicide probability, and the contribution of negative emotions (i.e., loneliness, hopelessness, shame and guilt, anger) to this association. In order to reveal the aim of the current study, some statistical analyses were carried out. First of all, differences displayed by the demographic variables (i.e., age and gender) on the measures of study were investigated in order to understand the influence of nature of the sample. Intercorrelations between the measures of study were also investigated, and lastly, two sets of regression analyses were conducted in order to determine the factors related to basic personality traits, suicide probability, and the measures of negative emotions.

In this section, the findings of the present study will be discussed in the light of literature findings. Afterwards, strengths and limitations of the present study will be stated. Finally, clinical implications of the study and the suggestions for future research will be specified.

4.1. Findings Regarding the Differential Roles of Age and Gender on the Measures of the Study

First of all, the differential roles of age and gender on the basic personality traits, suicide probability, and negative emotions were investigated. According to results, some significant differences on the measures of the study were obtained due to the effects of age and gender.

Significant age main effect has been observed related to the measures of the study which were loneliness, overall suicide probability, and suicide ideation and hostility domains of suicide probability. Firstly, the analyses revealed a significant age difference on loneliness. Specifically, individuals within the emerging adulthood period reported higher levels of loneliness than the individuals within established adulthood period. This result might be caused by the difficulty individuals experience when they try to set up a new life and adjust to it. Individuals within the emerging adulthood period have to deal with many changes in both their social surrounding and academic or work life. Moreover, these changes might have an impact on their social relationships and family relations, and individuals might have to live away from their families, make new friends, and get used to a new environment due to the changes of their life. In other words, individuals within emerging adulthood period might have reported higher level of loneliness because of these changes in life.

Considering the findings resulting from age main effect, people within the period of late adolescence had higher scores on suicide probability than those within established adulthood. Moreover, individuals within early adulthood reported higher levels of suicide ideation and hostility compared with those within established adulthood. Finally, participants in the late adolescence period stated that they felt higher levels of hostility than the ones in the established adulthood period. These findings are consistent with the literature. To illustrate, Kessler, Borges, and Walters (1999) stated that individuals in their mid-20s had more tendency for both suicide ideation and suicide attempts than older individuals. This difference might be the result of the difficulties experienced in younger ages, which led them to have more thoughts about suicide. On the other hand, as people got older, their lives got steadier, or more settled. Thus, suicidal thoughts and attempts might have declined.

Research results have indicated significant age and gender interaction differences on basic personality traits, guilt, interpersonal anger, and revenge related reactions of anger. First of all, results have revealed age and gender differences on the measure of basic personality traits, particularly an interaction effect was found on negative

valence trait. The results showed that females' scores did not indicate any difference in negative valence among different age groups, whereas male participants who were in their late adolescence period obtained higher scores on negative valence than those within early adulthood and established adulthood period. Moreover, negative valence scores of males within late adolescence and emerging adulthood period were higher than those of females in the same age group. According to Gençöz and Öncül (2012) negative valence is associated with low self-worth; therefore, higher level of negative valence could be explained with the concept of low self-worth. According to the results of current study, individuals within the late adolescence and emerging adulthood period experienced higher level of negative valence, as well as low self-worth. Harter and Jackson (1992) indicated that adolescents reported lower level of self-worth, which is consistent with the results of current study. Moreover, present study has showed that especially young females reported higher level of negative valence and this could have resulted from higher level of self-criticism. Koestner and his colleagues (1991) indicated that individuals, especially females who were constantly criticized by their parents experience higher level of self-criticism in their early adulthoods. Therefore, this finding was expected in the light of this information.

Secondly, in terms of guilt, it was found that females did not differ from each other among the age groups. However, male participants who were in the early adulthood and established adulthood periods had higher scores on guilt than males within emerging adulthood period. Moreover, established adult males also had significantly higher scores on guilt than those within late adolescence. On the other hand, female participants in late adolescence and emerging adulthood period reported higher levels of guilt compared with male participants in the same age group. These results could be explained by established gender roles in society, and according to Efthim and colleagues (2001), both females and males feel guilt depending on gender roles, but especially males report higher levels of guilt when they experience physical inadequacy and failure at work or in their private life. This feeling of inadequacy and failure were expected to emerge in the older ages. Similarly, results of current study indicated that older males reported higher levels of guilt. In contrast, younger

females expressed a higher sense of guilt, and this could also be explained by gender roles. According to previous studies (Gore, 1985; Harvey, Gore, Frank, & Batres, 1997), females' higher scores on guilt result from their higher levels of empathy and affection which were expected by society; thus, females have more tendency to blame themselves. Female individuals may have felt higher levels of pressure because of gender roles in their young ages, but in time they might have learnt to cope with this pressure and live more autonomously.

As for the interaction effect on the measures of interpersonal anger, the results indicated that females of all age groups scored similarly. In contrast, male participants in the late adolescence period had higher scores than those in the emerging adulthood, early adulthood, and established adulthood groups. Moreover, male participants in late adolescence also reported higher levels of interpersonal anger than their female counterparts. In terms of revenge related reactions of anger, results revealed that like in all previous results, females' scores did not show any difference among the age groups. In contrast, males in late adolescence had higher tendency to express their anger by having revenge related reactions than older males. Likewise, they had higher scores than their female counterparts in terms of revenge related reactions. Previous studies showed that adolescents are more likely to express their anger with poor emotion regulation (Colder & Stice, 1998). Gender differences on anger scores might be explained with higher levels of impulsivity and lower levels of emotion regulation of males. Especially in Turkish society, males do not need to learn to suppress their anger because impulsivity and assertiveness are more acceptable and tolerable with males due to the upbringing style of Turkish families.

4.2. Findings Regarding the Regression Analyses

Two different sets of hierarchical regression analyses were conducted in order to specify factors associated with the measures of the present study. As for the first set of regression analyses, associates of negative emotions (namely; loneliness, hopelessness, shame and guilt, and anger) were examined. Afterwards, suicide probability was employed in analyses as the dependent variable.

4.2.1. Findings Regarding the Associated Factors of the Negative Emotions

Associated factors of negative emotions were specified through eight hierarchical regression analyses with two consecutive steps, namely demographic variables and basic personality traits.

Results of regression analyses revealed that age was negatively associated with loneliness, while it was found to be positively associated with guilt. In other words, these results showed that loneliness tended to decrease with age; conversely, guilt tended to increase with age. This was probably because older individuals have more leisure time to devote to their friends or family and they receive more social support as they engaged in more social relations with their relatives. Moreover, higher levels of guilt expressed by participants could be associated with their regrets and failures.

As the other demographic variable, gender was found to be associated with shame, guilt, and careless anger reactions. Specifically, it was females who were prone to experience more shame and guilt, while it was males who showed careless anger reactions. These results were expected, and might be related to social gender roles, which expect females to be more emphatic and compassionate. That is, females could be more prone to blame themselves for undesirable life situations. On the other hand, males could express themselves more assertively or carelessly as they are not restricted by social norms, especially in Turkish culture.

After controlling the effects of demographic variables, current studies' results indicated that, loneliness negatively associated with extraversion and agreeableness traits, while positively associated with neuroticism trait. In other words, higher levels of extraversion and agreeableness traits were predictor for lower levels of loneliness, whereas higher levels of neuroticism was the predictor for higher levels of loneliness. These results were expected because extraversion and agreeableness were related to positive moods of individuals and this sociable nature might have created a protective factor from loneliness. At the same time, neuroticism was found related to negative affects of people, so individuals with higher levels of neuroticism were more liable to feel lonely. These findings were consistent with literature. Stokes

(1985) stated that extraversion is a protective factor from loneliness, while neuroticism triggers the tendency to feel lonely.

Another examined negative emotion was hopelessness, and it was found to be negatively associated with extraversion, conscientiousness, and openness to experience traits, while it was found to be positively associated with neuroticism trait. That is to say, higher levels of extraversion, conscientiousness, and openness to experience traits were related to lower levels of hopelessness, whereas higher levels of neuroticism were related to higher levels of hopelessness. Likewise, extraversion, conscientiousness, and openness to experience might have created a protective shield against hopelessness, while neuroticism might have created vulnerability to it. Consistent with these results, research has indicated that hopelessness was inversely associated with extraversion, conscientiousness, and openness to experience; by contrast, neuroticism was a strong predictor for hopelessness (Lynch et. al., 2004; Velting, 1998).

According to the regression analyses, shame was found to be negatively related to extraversion and openness to experience traits, but it was found to be positively related to conscientiousness, agreeableness, neuroticism, and negative valence traits. These findings were consistent with the literature; to illustrate, Einstein and Lanning (1998) revealed that individuals with lower levels of openness to experience, and higher levels of neuroticism and agreeableness traits are more likely to experience shame compared to other individuals. Moreover, when the relationship between negative valence and low self-worth was taken into account, people with low self-worth might have thought that their faults cannot be tolerated by others, so they had more tendency to report shame.

Analyses also indicated that guilt was significantly associated with conscientiousness and agreeableness traits. In other words, individuals who were highly conscientious and agreeable had more tendency to experience guilt. These results were consistent with the literature that indicated the positive relationship between higher levels of guilt and both conscientiousness and agreeableness traits (Einstein & Lanning, 1998). Conscientiousness indicates reliable and responsible features; additionally,

agreeableness trait includes empathetic, altruistic, and pro-social features. In the light of this information, it can be concluded that individuals with higher levels of these traits easily suffered from guilt due to the undesirable outcomes of life. This was probably because they tried to fulfill their responsibilities and meet social expectations.

In terms of regression results about interpersonal anger reactions, revenge related reactions were found to be negatively associated with agreeableness, whereas positively associated with neuroticism and negative valence traits. In other words, individuals with higher levels of agreeableness trait had lower probability to show anger responses through the revenge related ways. Individuals with higher levels of neuroticism and negative valence, on the other hand, had higher tendency to express their anger through revenge related ways. The features of agreeable individuals include pro-social behavior (Franz et. al., 2014), so rather than expressing anger with more assertive ways, highly agreeable people might be willing to compromise. This finding was also supported by research; to illustrate, Jensen-Campbell and colleagues (2006) stated that highly agreeable and conscientious individuals repress their anger easily.

In terms of passive-aggressive anger reactions, it was found that neuroticism and openness to experience trait were positively associated with these reactions. In other words, individuals with higher levels of these traits were more liable to show their anger in a passive-aggressive way. When careless anger reactions were examined, found a negative association was found between neuroticism and careless reactions, whereas a positive association was found between openness to experience and negative valence traits, and careless reactions. This result indicated that people with openness to experience and negative valence traits tended to show their anger in a more careless way. The neuroticism trait was generally found to be associated with different domains of anger both in a positive and negative way. Friedman and colleagues (1995) underlined the relation between neuroticism traits and both expressed and suppressed anger. Although neuroticism was found to be associated with both outward and inward oriented anger, the results of current studies indicated

that neuroticism was positively associated with revenge related and passive aggressive anger reactions, and was negatively associated with careless reactions; however, there was no significant results for inward-oriented anger. These results can be explained by the fact that individuals with higher levels of neuroticism were more likely to show emotional instability and experience negative emotions, so they might have chosen to express their anger and negative emotions in ways that others could understand.

Lastly, inward-oriented anger reactions were found to be negatively related with extraversion, while they were positively related with agreeableness and negative valence traits. In other words, highly extraverted individuals had lower tendency to reflect the anger to themselves; on the other hand, individuals with higher levels of agreeableness and negative valence tended to reflect their anger to themselves. As previously stated, agreeable individuals had more tendency to suppress their anger and thus the result of current studies was in line with the expectations. Moreover, considering the features of extraverted individuals, it was observed that they reported higher levels of positive affect, so they might have been more prone to refrain from expressing negative feelings. In terms of regression analysis, negative valence trait was found to be associated with inward-oriented and careless anger reactions. Individuals with higher fragility due to the lower levels of self-esteem and self – worth might have preferred to take anger inward or they may have preferred to show reckless reactions so as to avoid responses they may meet with if they expressed their anger to others.

4.2.2. Findings Regarding the Associated Factors of the Suicide Probability

Factors associated with suicide probability were determined through a hierarchical regression analysis with three consecutive steps which were demographic variables, basic personality traits (i.e., Extraversion, Conscientiousness, Agreeableness, Neuroticism, Openness to Experience, and Negative Valence), and negative emotions (i.e., Loneliness, Hopelessness, Shame and Guilt, and Interpersonal Anger).

The results of regression analyses revealed that only age associated with hostility in a negative way. Specifically, hostility in interpersonal anger tended to decrease in older ages. The reason could be that individuals were becoming more tolerant as they got older; thus, their hostility levels decreased.

After controlling demographic variables, suicide ideation was found to be negatively associated with extraversion, conscientiousness, and openness to experience traits; whereas positively associated with neuroticism and negative valence traits. The literature support the current finding of the study, conscientiousness which motivate people to initiate problem focused solving coping (Gençöz, & Öncül, 2012), those having high conscientiousness characteristics might have been struggling to solve their problems which would prevent them from focusing on suicidal ideation. Thus, suicidal behaviors might be decreased with the help of this sense. Thus, suicidal behaviors might be decreased with the help of this sense. Moreover, suicide ideation was found to be positively associated with loneliness, hopelessness and inward-oriented anger. In other words, individuals who reported higher levels of loneliness, hopelessness and inward-oriented anger had more tendency to ideation of suicide. Significant associations were also found between hostility and the measures of basic personality traits. Specifically, while extraversion and conscientiousness traits were negatively related to hostility, neuroticism and negative valence were positively related to it. In other words, individuals with higher levels of neuroticism and negative valence traits reported more hostility compared to other participants. In addition to associations with basic personality traits, negative emotions were also found to be significantly related to hostility. Loneliness, hopelessness, revenge related anger reactions, and inward-oriented anger reactions were found to be positively associated with hostility dimensions of suicide probability. That is, individuals who were lonelier and more hopeless also expressed their anger in a revenge related or inward-oriented ways, and had more tendency to experience hostility. The association between revenge related anger and hostility seemed to be a natural result because individuals with desire for revenge could consider suicide for this purpose. Moreover, the association between both suicide ideation and hostility domains of suicide probability, and inward-oriented anger were also expected results.

Individuals who have taken their anger inward for a long period of time could resort to suicidal behavior to inflict pain upon people who have made them angry.

As the last domain of suicide probability, regression results also indicated that extraversion and agreeableness were negatively associated with negative self-evaluation; while neuroticism was positively associated with negative self-evaluation. That is, highly neurotic individuals had higher inclination to evaluate themselves negatively. Moreover, some of the negative feelings also had an effect on negative self-evaluation. In a specific manner, shame was found to be negatively associated with negative self-evaluation; whereas, loneliness, hopelessness, and revenge related anger were positively associated with negative self-evaluation. This result indicated that individuals who experienced loneliness, hopelessness, and revenge related anger had more tendency to evaluate themselves negatively.

According to regression results stated above, like loneliness and hopelessness, extraversion and neuroticism traits stood out as common associated traits with all domains of suicide probability. First of all, results indicated that higher levels of extraversion were associated with lower levels of suicide probability; that is, extraversion was a protective factor from all suicide probability domains. This situation could be explained by the fact that extraverted individuals are predisposed to report higher levels of positive affect. Thus, suicidal tendency decreases with the help of higher level of positive emotions. This result was also supported by research which indicates that all suicide related behaviors are negatively associated with extraversion trait (Duberstein, Conwell, & Ciane, 1994; Nordstorm, Schalling, & Asberg, 1995). On the other hand, neuroticism seemed to have reinforced tendency for all domains of suicide probability. Because of the fact that neuroticism is associated with negative affect, individuals with higher levels of neuroticism were more prone to suicidal behavior. Considering the literature reviews, this result was expected. To illustrate, many researchers claim that neuroticism is a strong predictor for suicidal behaviors (Brezo, Paris, & Turecki, 2006; Farmer, Redman, & Harris, 2001; Van Heeringen, 2001). Besides, negative valence trait was found to be associated with suicide ideation and hostility. However, results of the current study

showed that there was no relationship between negative valence and negative self-evaluation, which was surprising as an association between negative valence and negative self-evaluation domains was expected when the features of higher levels of negative valence are taken into account.

In terms of the negative emotions examined, loneliness and hopelessness also stood out as associated with all three domains of suicide probability. These results are supported by literature. Researchers have suggested that both loneliness and hopelessness are described as strong predictors of suicidal behavior (Beavers, & Miller, 2004; Stravynski, & Boyer, 2001, Szanto et. al., 1998).

4.3. Limitations of the Study

First of all, distribution of age and gender in this sample was unequal so which may cause some problems when age and gender differences on the measures of the current studies were examined. As an another limitation of the study, all gathered data depended on self-reports. Particularly for suicide probability and negative emotions, in order to obtain non-biased answers from participants, interview based design might have been more effective. Moreover, longitudinal study might be useful for determining frequency and duration of the reported suicidal thoughts and negative emotions. Non-clinical features of sample was also evaluated as another limitation. As the last limitation, the established adulthood age group which was changing between 29 to 67, included various ages compared to other groups, so the comments about this age group should be handled carefully.

4.4. Strengths of the Study

All negative emotions, namely; loneliness, hopelessness, shame and guilt, anger, and personality traits were found strongly related with suicidal behavior. However, these negative emotions were separately examined in previous research. The main strength of current study is that all negative emotions and personality traits were investigated together in terms of association with suicide. Furthermore, their interaction with each other was investigated.

Moreover, the association of “Negative Valence”, as a specific personality trait, with suicide probability, loneliness, hopelessness, shame and guilt, and anger was investigated in this study for the first time.

4.5. Clinical Implications and Future Directions

According to World Health Organization (WHO) statistics (2014) the cause of over 800,000 people death resulted from suicide (every year), and many number of people attempted to suicide every year. Thus, it is important to understand the nature of suicidal behavior and predisposing risk factors. Due to the complex features of suicidal behavior, it is also important to investigate which factors make people more prone to suicide.

First of all, there was an association between suicide probability and personality traits (Chioqueta & Stiles, 2005). Most of the research indicated that loneliness, hopelessness, shame and guilt, and anger were associated with suicide behavior (Beevers & Miller, 2004; Hassan, 1995; Lehnert et. al., 1994; Stravynski & Boyer, 2001). Similarly, the results of the present study revealed that both personality traits and negative emotions were strongly associated with suicide probability. Thus, in order to create suitable interventions and prevention techniques for people with suicide risk, understanding of these issues is crucial.

In future studies, researchers may conduct studies through longitudinal or interview-based methods in order to reveal detailed information about both suicidal behavior and negative emotions. This kind of research can also provide information about the duration and frequency of these topics and give a chance to eliminate limitations of self-reported methods. Furthermore, future studies may use samples consisting of people who attempted to suicide which can provide more information about suicidal characteristics. Lastly, researchers should pay more attention to equal distribution of age and gender, and with the help of this, association between demographic variables and other measures of study can be seen more clearly.

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APPENDICES

Appendix A: Demografik Bilgi Formu

1. Cinsiyetiniz:
2. Yaşınız:
3. Eğitim Düzeyiniz:
Okur-yazar İlkokul mezunu Ortaokul mezunu
Lise mezunu Yükseköğrenim Yüksek Lisans/Doktora
4. Gelir Düzeyiniz: Düşük Orta Yüksek
5. Medeni Haliniz:
Bekar Birlikte yaşıyor Evli
Dul Boşanmış Ayrı
6. Şu anda kimlerle yaşamaktasınız?
Ailemle Akrabalarım
Yurtta Arkadaşlarımla Evde Diğer (belirtiniz)
.....
7. Anneniz halen hayatta mı? Evet Hayır
Hayattaysa kaç yaşında?
Kaybettiyseniz o sırada siz kaç yaşınızdaydınız?
8. Babanız halen hayatta mı? Evet Hayır
Hayattaysa kaç yaşında?
Kaybettiyseniz o sırada siz kaç yaşınızdaydınız?
9. Ailenizde intihar geçmişi bulunuyor mu? Evet Hayır
Cevabınız “evet” ise; intihar geçmişi bulunan kişiyle yakınlık dereceniz;
.....
Olay olduğu sırada kaç yaşındaydınız;
(Yazabileceğiniz başka bilgi varsa) Diğer

.....
10. Şu anda herhangi bir psikolojik sorunuz var mı? Evet Hayır

Evetse; belirtiniz.....

Yardım/televi görüyor musunuz? Evet Hayır
11. Daha önce herhangi bir psikolojik sorun yaşadınız mı? Evet Hayır

Evetse; belirtiniz.....

Yardım/televi gördünüz mü? Evet Hayır
12. Herhangi bir fiziksel travma yaşadınız mı (ciddi kafa travmaları gibi)?
Evet Hayır

Evetse; belirtiniz.....

Yardım/televi gördünüz mü? Evet Hayır

Appendix B: Basic Personality Traits Inventory (BPTI)

Aşağıda size uyan ya da uymayan pek çok **kişilik özelliği** bulunmaktadır. Bu özelliklerden her birinin SİZİN İÇİN NE KADAR UYGUN OLDUĞUNU ilgili rakamı işaretleyerek belirtiniz.

Örneğin;

Kendimi.....biri olarak görüyorum.

Hiç uygun değil Uygun değil Kararsızım Uygun Çok Uygun
1 2 3 4 5

		Hiç uygun değil	Uygun değil	Kararsızım	Uygun	Çok Uygun			Hiç uygun değil	Uygun değil	Kararsızım	Uygun	Çok Uygun
1	Aceleci	1	2	3	4	5	24	Pasif	1	2	3	4	5
2	Yapmacık	1	2	3	4	5	25	Disiplinli	1	2	3	4	5
3	Duyarlı	1	2	3	4	5	26	Açgözlü	1	2	3	4	5
4	Konuşkan	1	2	3	4	5	27	Sinirli	1	2	3	4	5
5	Kendine güvenen	1	2	3	4	5	28	Canayakın	1	2	3	4	5
6	Soğuk	1	2	3	4	5	29	Kızgın	1	2	3	4	5
7	Utangaç	1	2	3	4	5	30	Sabit fikirli	1	2	3	4	5
8	Paylaşımçı	1	2	3	4	5	31	Görgüsüz	1	2	3	4	5

9	Geniş-rahata	1	2	3	4	5	32	Durgun	1	2	3	4	5
10	Cesur	1	2	3	4	5	33	Kaygılı	1	2	3	4	5
11	Agresif	1	2	3	4	5	34	Terbiyesiz	1	2	3	4	5
12	Çalışkan	1	2	3	4	5	35	Sabırsız	1	2	3	4	5
13	İçten pazarlıklı	1	2	3	4	5	36	Yaratıcı	1	2	3	4	5
14	Girişken	1	2	3	4	5	37	Kaprisli	1	2	3	4	5
15	İyi niyetli	1	2	3	4	5	38	İçine kapandı	1	2	3	4	5
16	İçten	1	2	3	4	5	39	Çekingen	1	2	3	4	5
17	Kendinden emin	1	2	3	4	5	40	Alıngan	1	2	3	4	5
18	Huysuz	1	2	3	4	5	41	Hoşgörülü	1	2	3	4	5
19	Yardımsaver	1	2	3	4	5	42	Düzenli	1	2	3	4	5
20	Kabiliyetli	1	2	3	4	5	43	Titiz	1	2	3	4	5
21	Üşengeç	1	2	3	4	5	44	Tedbirli	1	2	3	4	5
22	Sorumsuz	1	2	3	4	5	45	Azimli	1	2	3	4	5
23	Sevecen	1	2	3	4	5							

Appendix C: Suicide Probability Scale (SPS)

Aşağıda kişilerin çeşitli duygu ve davranışlarını anlatmak için kullanabilecekleri bazı cümleler verilmiştir. Lütfen sırayla her bir cümleyi okuyun ve okuduğunuz cümlenin sizin için hangi sıklıkta doğru olduğunu belirtiniz. Sizden istenen, her cümlenin sağ tarafındaki seçeneklerden size uygun olan seçeneği işaretlemenizdir.

Hiçbir Bazen Çoğu Her
zaman zaman zaman zaman

1. Öfkeli olduğum zaman elime geçen her şeyi fırlatırım.....(1).....(2).....(3).....(4)
2. Birçok insanın benimle içtenlikle İlgilendiğini hissedirim.....(1).....(2).....(3).....(4)
3. Ani ve kontrolsüz (dürtüsel) davrandığımı hissedirim.....(1).....(2).....(3).....(4)
4. Başkaları ile paylaşamayacağım kadar kötü şeyler düşünürüm.....(1).....(2).....(3).....(4)
5. Çok fazla sorumluluk yüklendiğimi düşünürüm.....(1).....(2).....(3).....(4)
6. Yapabileceğim daha bir çok yararlı şey olduğunu hissedirim.....(1).....(2).....(3).....(4)

7. Başkalarını cezalandırmak için intihar
etmeyi düşünürüm.....(1).....(2).....(3).....(4)
8. Başkalarına karşı düşmanca duygular
beslediğimi hissederim.....(1).....(2).....(3).....(4)
9. İnsanlardankoptuğumu hissederim.....(1).....(2).....(3).....(4)
10. İnsanların bana ben olduğum için değer
Verdiklerini hissederim.....(1).....(2).....(3).....(4)
11. Eğer ölürsem bir çok insanın üzüleceğini
hissederim..... (1).....(2).....(3).....(4)
12. Öylesine yalnızlık hissederim ki buna
dayanamam.....(1).....(2).....(3).....(4)
13. Başkalarının bana düşmanca duygular
beslediklerini hissederim.....(1).....(2).....(3).....(4)
14. Eğer hayata yeniden başlayabilsem,
yaşamımda birçok değişiklik yapacağımı
hissederim..... (1).....(2).....(3).....(4)
15. Pek çok şeyi iyi yapamadığımı
düşünürüm.....(1).....(2).....(3).....(4)
16. Beğendiğim bir işi bulmak ve sürdürmekte
güçlüğü vardır.....(1).....(2).....(3).....(4)
17. Gittiğim zaman hiç kimsenin beni
özlemeyeceğini düşünürüm..... (1).....(2).....(3).....(4)
18. Benim için işler yolunda gidiyor gibi
görünür..... (1).....(2).....(3).....(4)
19. İnsanların benden çok fazla şeyler

beklediklerini hissederim..... (1).....(2).....(3).....(4)

Hiçbir **Bazen** **Çoğu** **Her**
zaman **_____** **zaman** **zaman**

20. Düşündüğüm ve yaptığım şeyler için
kendimi cezalandırmam gerektiğini
düşünürüm.....(1).....(2).....(3).....(4)

21. Dünyanın yaşamaya değer olmadığını
hissederim.....(1).....(2).....(3).....(4)

22. Gelecek ile ilgili çok titiz bir şekilde
plan
yaparım.....(1).....(2).....(3).....(4)

23. Kendisine güvenebileceğim kadar çok
arkadaşım olmadığını düşünürüm..... (1).....(2).....(3).....(4)

24. Eğer ölmüş olsaydım insanların daha
rahat edeceğini hissederim..... (1).....(2).....(3).....(4)

25. Bu şekilde yaşamaktansa ölmenin daha
az acılı olacağını hissederim..... (1).....(2).....(3).....(4)

26. Anneme duygusal açıdan yakın
olduğumu hissederim/hissederdim..... (1).....(2).....(3).....(4)

27. Eşime duygusal açıdan yakın
olduğumu hissederim/hissederdim..... (1).....(2).....(3).....(4)

28. İşlerin düzeleceğine ilişkin umutsuzluk
hissederim..... (1).....(2).....(3).....(4)

29. İnsanların beni ve yaptıklarımı

- onaylamadıklarını hissederim..... (1).....(2).....(3).....(4)
30. Kendimi nasıl öldüreceğimi düşündüm.. (1).....(2).....(3).....(4)
31. Para ile ilgili endişelerim var..... (1).....(2).....(3).....(4)
32. İntihar etmeyi düşünürüm..... (1).....(2).....(3).....(4)
33. Kendimi yorgun ve birçok şeye ilgisiz
hissederim.....(1).....(2).....(3).....(4)
34. Çok öfkelenince bazı şeyleri kırıp
dökerim.....(1).....(2).....(3).....(4)
35. Babama duygusal açıdan yakın olduğumu
hissederim/hissederdim.....(1).....(2).....(3).....(4)
36. Nerede olursam olayım, mutlu
olamadığımı hissedirim(1).....(2).....(3)..... (4)

Appendix D: Beck Hopelessness Scale (BHS)

Aşağıda geleceğe ait düşünceleri ifade eden bazı cümleler verilmiştir. Lütfen herbir ifadeyi okuyarak, bunların size ne kadar uygun olduğuna karar veriniz. Örneğin okuduğunuz ilk ifade size uygun ise “Evet”, uygun değil ise “Hayır” ifadesini altındaki kutunun içine (X) işareti koyunuz.

Sizin için uygun mu?

- 1) Geleceğe umut ve coşku ile bakıyorum.
- 2) Kendim ile ilgili şeyleri düzeltemediğime göre çabalamayı bıraksam iyi olur.
- 3) İşler kötüye giderken bile herşeyin hep böyle kalmayacağını bilmek beni rahatlatıyor.
- 4) Gelecek on yıl içinde hayatımın nasıl olacağını hayal bile edemiyorum.

	E	H
1) Geleceğe umut ve coşku ile bakıyorum.		
2) Kendim ile ilgili şeyleri düzeltemediğime göre çabalamayı bıraksam iyi olur.		
3) İşler kötüye giderken bile herşeyin hep böyle kalmayacağını bilmek beni rahatlatıyor.		
4) Gelecek on yıl içinde hayatımın nasıl olacağını hayal bile edemiyorum.		

- 5) Yapmayı en çok istediğim şeyleri gerçekleştirmek için yeterli zamanım var.
- 6) Benim için çok önemli konularda ileride başarılı olacağımı umuyorum.
- 7) Geleceğimi karanlık görüyorum.
- 8) Dünya nimetlerinden sıradan bir insandan daha çok yararlanacağımı umuyorum.
- 9) İyi fırsatlar yakalayamıyorum. Gelecekte yakalayacağıma inanmam için de hiçbir neden yok.
- 10) Geçmiş deneyimlerim beni geleceğe iyi hazırladı.
- 11) Gelecek benim için hoş şeylerden çok, tatsızlıklarla dolu görünüyor.
- 12) Gerçekten özlediğim şeylere kavuşabileceğimi ummuyorum.

13) Geleceğe baktığımda şimdikine oranla daha mutlu olacağımı umuyorum.

14) İşler bir türlü benim istediğim gibi gitmiyor.

15) Geleceğe büyük inancım var.

16) Arzu ettiğim şeyleri elde edemediğime göre birşeyler istemek aptallık olur

17) Gelecekte gerçek doyuma ulaşmam olanaksız gibi.

18) Gelecek bana bulanık ve belirsiz görünüyor.

19) Kötü günlerden çok, iyi günler bekliyorum.

20) İstediğim her şeyi elde etmek için çaba göstermenin gerçekten yararı yok, nasıl olsa onu elde edemeyeceğim.

Appendix E: UCLA-R Loneliness Scale

Aşağıda çeşitli duygu ve düşünceleri içeren ifadeler verilmektedir. Sizden istenilen her ifadeye tanımlanan duygu ve düşünceyi ne sıklıkta hissettiğinizi ve düşündüğünüzü her biri için tek bir rakamı daire içine alarak belirtmenizdir.

	Ben bu durumu HİÇ yaşamam	Ben bu durumu NADİREN Yaşarım	Ben bu durumu BAZEN Yaşarım	Ben bu durumu SIK SIK Yaşarım
1. Kendimi çevremdeki insanlarla uyum içinde hissediyorum.	1	2	3	4
2. Arkadaşım yok.	1	2	3	4
3. Başvurabileceğim hiç kimsem yok.	1	2	3	4
4. Kendimi tek başıyım gibi hissetmiyorum.	1	2	3	4
5. Kendimi bir arkadaş grubunun bir parçası olarak hissediyorum.	1	2	3	4
6. Çevremdeki insanlarla birçok ortak yönüm var.	1	2	3	4
7. Artık hiç kimseyle samimi değilim.	1	2	3	4
8. İlgilerim ve fikirlerim çevremdekilerce paylaşılmıyor.	1	2	3	4
9. Dışa dönük bir insanım.	1	2	3	4
10. Kendimi yakın hissettiğim insanlar var.	1	2	3	4
11. Kendimi grubun dışına itilmiş	1	2	3	4

hissediyorum.				
12. Sosyal ilişkilerim yüzeyseldir.	1	2	3	4
13. Hiç kimse gerçekten beni iyi tanımıyor.	1	2	3	4
14. Kendimi diğer insanlardan soyutlanmış hissediyorum.	1	2	3	4
15. İstedğim zaman arkadaş bulabilirim.	1	2	3	4
16. Beni gerçekten anlayan insanlar var.	1	2	3	4
17. Bu derece içime kapanmış olmaktan dolayı mutsuzum.	1	2	3	4
18. Çevremde insanlar var ama benimle değiller.	1	2	3	4
19. Konuşabileceğim insanlar var.	1	2	3	4
20. Derdimi anlatabileceğim insanlar var.	1	2	3	4

Appendix F: Guilt-Shame Scale (GSS-TR)

Bu ölçeğin amacı bazı duyguların hangi durumlarda ne derece yoğun olarak yaşandığını belirlemektir. Aşağıda bazı olaylar verilmiştir. Bu olaylar sizin başınızdan geçmiş olsaydı, ne kadar rahatsızlık duyardınız. Lütfen her durumu dikkatle okuyup öyle bir durumda ne kadar rahatsızlık duyacağınızı aşağıdaki ölçekten yararlanarak maddelerin yanındaki sayıların üzerine (X) işareti koyarak belirleyiniz.

1. Hiç rahatsızlık duymazdım
2. Biraz rahatsızlık duyardım
3. Oldukça rahatsızlık duyardım
4. Epey rahatsızlık duyardım
5. Çok rahatsızlık duyardım

Sizi ne kadar rahatsız eder?

	Hiç				Çok
1. Bir tartışma sırasında büyük bir hararetle savunduğunuz bir fikrin yanlış olduğunu öğrenmek.	1	2	3	4	5
2. Evinizin çok dağınık olduğu bir sırada beklenmeyen bazı misafirlerin gelmesi.	1	2	3	4	5
3. Birinin size verdiği bir sırrı istemeyerek başkalarına açıklamak.	1	2	3	4	5
4. Karşı cinsten birinin kalabalık bir yerde herkesin dikkatini çekecek şekilde size açıkça ilgi göstermesi.	1	2	3	4	5
5. Giysinizin, vücudunuzda kapalı tuttuğunuz bir yeri açığa çıkaracak şekilde buruşması ya da kıvrılması.	1	2	3	4	5

6. Bir aşk ilişkisi içinde sadece kendi isteklerinizi elde etmeye çalıştığınızı ve karşı tarafı sömürdüğünüzü fark etmeniz.	1	2	3	4	5
7. Sorumlusu siz olduğunuz halde bir kusur ya da bir yanlış için bir başkasının suçlanmasına seyirci kalmak.	1	2	3	4	5
8. Uzman olmanız gereken bir konuda, bir konuşma yaptıktan sonra dinleyicilerin sizin söylediğinizin yanlış olduğunu göstermesi.	1	2	3	4	5
9. Çok işlek bir iş merkezinin bulunduğu bir köşede herkesin size bakmasına sebep olacak bir olay yaşamak.	1	2	3	4	5
10. Lüks bir restoranda çatal bıçak kullanmanız gereken yerde elle yemek yediğinizin fark edilmesi.	1	2	3	4	5
11. Başkalarını aldatarak ve onları sömürerek büyük kazanç sağlamak.	1	2	3	4	5

12. İşçilerinizin sağlığına zarar vereceğini bildiğiniz halde, bir yönetici olarak çalışma koşullarında bir değişiklik yapmamak	1	2	3	4	5
13. Sözlü bir sınav sırasında kekeleydiğiniz ve heyecandan şaşırduğunuzda, hocanın sizin bu halinizi kötü bir sınav örneği olarak bütün sınıfa göstermesi.	1	2	3	4	5
14. Tanıdığınız birinin sıkıntıda olduğunu bildiğiniz ve yardım edebileceğiniz halde yardım etmemek.	1	2	3	4	5
15. Bir partide yeni tanıştığınız insanlara açık saçık bir fikra anlattığınızda birçoğunun bundan rahatsız olması.	1	2	3	4	5
16. Akılsızca, bencilce ya da gereksizce büyük bir harcama yaptıktan sonra ebeveyninizin mali bir sıkıntı içinde olduğunu öğrenmek.	1	2	3	4	5
17. Arkadaşınızdan bir şeyler çaldığınız halde arkadaşınızın hırsızlık yapanın siz olduğunuzu hiçbir zaman anlamaması.	1	2	3	4	5
18. Bir davete ya da toplantıya rahat gündelik giysilerle gidip herkesin resmi giyindiğini görmek.	1	2	3	4	5
19. Bir yemek davetinde bir tabak dolusu yiyeceği yere düşürmek.	1	2	3	4	5
20. Herkesten sakladığınız ve hoş olmayan bir davranışın açığa çıkarılması.	1	2	3	4	5

21. Bir kişiye hak etmediđi halde zarar vermek.	1	2	3	4	5
22. Alış-veriş sırasında paranızın üstünü fazla verdikleri halde sesinizi çıkarmamak.	1	2	3	4	5
23. Ailenizin sizden beklediklerini yerine getirememek.	1	2	3	4	5
24. Çeşitli bahaneler bularak yapmanız gereken işlerden kaçmak.	1	2	3	4	5

Appendix G: Multidimensional Anger Scale (MAS)

Çok Boyutlu Öfke Ölçeği / Kişilerarası Öfke Faktörü

Sizi öfkeliendiren bir insan karşısında aşağıdaki davranışları ne sıklıkla gösterirsiniz

	Hiç	Nadiren	Ara Sıra	Sıklıkla	Her Zaman
1. Kendini suçlu hissetmesi için uğraşırım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Beni bu şekilde sınırlandırmaya hakkı yok diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Onu mahvetmek isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Onu hiç önemsemediğimi gösteren bir davranış yaparım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Anında parlarım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Sonuna kadar götüremeyeceğim tehditleri sıkça savururum.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Hakaret ederim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Karşımdakini cezalandırmak isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Dedikodusunu yaparım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Hakkında düşündüklerimi ona söylerim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Burnunun ortasına bir yumruk hakediyor diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Bunu kasıtlı yapıyor diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. Beni sevmediğini düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. Beni önemsemediğini düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. Karşımdakinden intikam almak isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. Ona her türlü kötülüğü yapmak isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. O anda öcümü almak isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. Onu aşağılamak isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Bana böyle acı çektirmemeliydi diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. İstediklerinin tam tersini yaparım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. Gereksiz konuşmam, ilgi göstermem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. Saatlerce öfkeli kalırım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Beni hayal kırıklığına uğrattı diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. Bana patronluk taslıyor diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. Kendimi savunarak konuşurum.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. Onu yaptığına pişman ettirmek isterim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Kendini ne sanıyor diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. Yüksek sesle bağıırım.

29. Aklımdan neyi yanlış yaptım diye geçer.

30. Nasıl tepkiler vereceğimi düşünürüm.

31. Sakin olmaya çalışırım.

32. Kendimi kontrol etmem gerektiğini düşünürüm.

33. Onu yenmeye çalışırım.

34. Ona, neye yolaçtığını iyice göstermeye çalışırım.

35. İçimden onun ne kadar aşağılık biri olduğu geçer.

36. Benden istediklerini yapmam.

37. Ona mutlaka birşeyler söylemem gerektiğini düşünürüm.

38. Kim olduğumu ona gösteririm.

39. Benimle alay ettiğini düşünürüm.

40. Ona gününü göstermek isterim.

41. Canı kavga istiyor diye düşünürüm.

42. İçime kapanırım.

43. Gülerim.

44. Hiç aldırmam.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
45. Görmezden gelirim.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
46. Suçu kendimde ararım.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
47. Ben ondan bunun acısını çıkarırım diye düşünürüm.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Appendix H: Gönüllü Katılım Formu

Bu çalışma, Orta Doğu Teknik Üniversitesi Psikoloji Bölümü, Klinik Psikoloji Yüksek Lisans öğrencisi Cansu Akyüz tarafından, Psikoloji Bölümü öğretim üyelerinden Prof. Dr. Tülin Gençöz'ün süpervizyonunda, tez çalışması kapsamında yürütülmektedir. Çalışmanın amacı temel kişilik özelliklerinin intihara yatkınlığa etkisi ve bu ilişkiler üzerinde etkisi olan diğer değişkenleri belirlemektir.

Çalışmaya katılım tamamıyla gönüllülük temelindedir. Ankette, sizden kimlik belirleyici hiçbir bilgi istenmemektedir. Cevaplarınız tamimiyle gizli tutulacak ve sadece araştırmacı 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 çıkabilirsiniz. Anket sonunda, bu çalışmayla ilgili sorularınız cevaplanacaktır. Ankette yer alan sorular sebebiyle farkında olduğunuz ve yardım almak istediğiniz bir durum oluşması halinde ODTÜ Psikoloji Bölümü'ne bağlı olarak çalışan AYNA Klinik Psikoloji Destek Ünitesi'ne başvurabilirsiniz (tel: 0312 210 6713).

Bu çalışmaya katıldığınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak için Psikoloji Bölümü araştırma görevlisi ve çalışmanın yürütücüsü Cansu Akyüz (Oda: Modsimmer 104, Tel: 210 7382; E-posta: cakyuz@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.

Appendix I: Turkish Summary

1. Giriş

Bu çalışma temel kişilik özellikleri ve negatif duyguların (yalnızlık, umutsuzluk, suçluluk ve utanç, ve öfke) intihara yatkınlık ile olan ilişkisini incelemek amacıyla yürütülmüştür.

1.1. İntihar

Dünya Sağlık Örgütü (World Health Organization)'nün 2014 yılında açıkladığı istatistiklere göre 2012 yılında 800.000 insan intihar ederek ölmüştür. Bu rakamdan daha fazla sayıda insan ise her yıl intihara teşebbüs etmektedir. İntihar, 2012 yılında Dünya çapındaki ölümlerin 15. sebebi olarak belirlenmiştir ve her yıl ölümlerin % 1.4'ü intihar sebebiyle gerçekleşmektedir (WHO, 2014).

İntihar “kendi isteğiyle hayatına son verme” olarak tanımlanır ve ölümle sonuçlanmayan davranışlar ve düşüncelerin hepsi “intihar davranışları” olarak tanımlanır. İntihar düşüncesi ve intihara teşebbüs bu davranışların başında gelir. İntihar düşüncesi, bireyin kendi hayatına son vermeye yönelik düşünce ve davranışlarını kapsarken; intihara teşebbüs ölüm isteğiyle kendine zarar verme davranışlarını içerir (Nock ve ark., 2006; Nock ve Kresler, 2006).

İntihar ile alakalı literatüre göre, farklı sosyal, ekonomik ve aile ile alakalı etmenler intihar davranışları üzerinde etkili bulunmuştur. Düşük sosyo-ekonomik seviye, yetersiz gelir ve sınırlı imkânlar bireyleri intihar davranışlarına daha yatkın hale getirmektedir (Bucca ve ark., 1994). Ayrıca, sosyal destek eksikliği ve yakın çevreden bireylerin kaybı (örn; boşanma, aile bireylerinin vefatı) intihar riskini arttıran etmenler olarak belirlenmiştir (Andrews ve Lewinsohn, 1992; Brent ve ark., 1994). Sosyal ve çevresel faktörlerin yanı sıra, bireylerin ve ebeveynlerinin psikolojik sağlık durumu intihara yatkınlık açısından önemlidir. Psikolojik problemleri olan ebeveynlere sahip olan bireyler depresyona, madde kullanımına ve anti sosyal davranışlara daha yatkın hale gelmektedirler. Bu yatkınlık aynı zamanda

intihar davranışlarına da eğilim oluşturmaktadır (Pfeffer, Normandin ve Kakuma, 1994). Ailede geçmişindeki intihar vakaları da bireylerin intihara yatkınlıkları açısından önemli rol oynamaktadır. Özellikle ailesinde intihar öyküsü bulunan genç yaştaki insanlar intihar davranışlarına eğilimli olarak bulunmuştur (Gould ve ark., 1996; Grossman ve ark., 1991). Kişilik özellikleri intihara yatkınlık konusunda etkili olan bir diğer faktör olarak göze çarpmaktadır (Beautrais, 2000). İçer dönüklük, duygusal anlamda istikrarlı olamama, düşük özgüven ve umutsuzluk intihar ile bağlantılı bulunan kişilik özelliklerinden bazılarıdır (Asarnow ve Guthrie, 1989; Beautrais, Joyce ve Mulder, 1998; Benjaminsen, Krarup, ve Layritsen, 1990).

İntihara yatkınlık oluşturan etmenleri belirlemek kadar, risk faktörlerine karşı koruma yollarını tespit etmek ve bu yollara uygun müdahale biçimleri oluşturmak önemlidir. İntihar üzerine yapılan çalışmalar aileden ve sosyal çevreden alınan sosyal desteğin önemini vurgularken, yapılan bireye özgü çalışmalar intihar davranışlarındaki bireyler arası farklılığa dikkat çekmektedir. Bu çalışmalara göre, kişinin problem çözme becerisi, hayat ile ilgili görüşleri ve özgüven seviyesi intihara yönelik davranışlara yönelik koruyucu müdahaleler oluşturulurken dikkat edilmesi ve anlaşılması gereken faktörlerdir. Bireylere uygun koruyucu müdahaleler oluşturulurken çevresel, genetik, sosyal faktörler kadar bireyin psikolojik ve fiziksel sağlığını etkileyen faktörler de göz önüne alınmalıdır ve bu faktörler hesaba katılarak koruyucu stratejiler oluşturulmalıdır (Beautrais, 2000).

1.2. Temel Kişilik Özellikleri

Yukarıda belirtilen faktörlerin yanı sıra, temel kişilik özellikleri intihar çalışmalarında önemli etkiye sahiptir ve hem intihara yatkınlığı belirlemede hem de koruyucu stratejilerin geliştirilmesinde hayati öneme sahiptir (Brezo, Paris ve Turecki, 2006). Kişilik özelliklerinin özellikle yetişkin yaşlara gelindikten sonra istikrarlı bir yapı göstermesi daha etkili ve kalıcı müdahalelerin oluşturulmasında etkilidir (Roberts ve Del Vecchio, 2000).

Temel kişilik özellikleri kavramı birçok kişilik kuramcısının görüşü ve teorisi üzerine şekillenmiştir ve tüm kültürler için geçerli olan 5 kişilik özelliğinden

oluşmaktadır. Bu 5 kişilik özelliği McCrae ve Costa (2003) tarafından “Beş Büyük Faktör Kuramı” (Five Factor Model) adı altında toplanmıştır. Dışadönüklük, Sorumluluk, Uyumluluk, Duygusal Denge ve Deneyimlere Açıklık; Beş Büyük Faktör Kuramı’nı oluşturan kişilik özellikleridir. Bu kişilik özellikleri, bireylerin hayatındaki olumlu veya olumsuz yaşantıların (örn; akademik başarı, sosyal ilişkilerin kalitesi, psikolojik iyilik hali) oluşmasında oldukça etkilidir (Lahey, 2009).

Beş Büyük Faktör Kuramı kültürler arası tutarlılık gösteren sonuçlar verse de, yapılan analizlere göre kültürler arası bazı farklılıklar olduğu görülmüştür (Allik ve McCrae, 2004; Costa, Terracciano ve McCrae, 2001; Hofstede ve McCrae, 2004). Zuckerman ve arkadaşları (1993) temel kişilik özelliklerinin farklı kültürlerde farklı sonuçlar sağladığını belirtmiştir. Aynı şekilde, Gençöz ve Öncül (2012) tarafından Türk kültürü için yapılan çalışmalarda elde edilen sonuçlara göre, Türk kültürü için 6. faktör olarak “Olumsuz Değerlik” (Negative Valence) eklenmesi uygun bulunmuştur. Bu faktör bireylerin kendilik değerleriyle alakalıdır ve psikolojik iyilik haline olumsuz katkıda bulunduğu düşünülmektedir. Ayrıca bireylerin bazı psikolojik problemler yaşamasına da yol açtığı düşünülmektedir. Örneğin, birey ihtiyacı olduğu zamanlarda yardım istemekten bu yardıma değer olmadığı düşüncesiyle çekinebilir ve kendisini yalnız ve umutsuz hissedebilir. Bunun yanı sıra, olumsuz değerlik bireylerin problemlerle baş etme stratejilerini de etkilemekte ve onları problemler karşısında savunmasız bir hale getirmektedir. Dolayısıyla olumsuz değerliği yüksek olan bireylerin kendilerini problemler içinde boğulmuş hissetmeleri daha olasıdır (Gençöz ve Öncül, 2012).

Temel kişilik özellikleri insan hayatındaki birçok konuda etkilidir. Örneğin, psikolojik iyilik hali ve temel kişilik özellikleri arasında güçlü bir ilişki vardır. Dışadönüklük, uyumluluk, sorumluluk ve duygusal denge alanlarında daha yüksek puanlara sahip olan bireylerin hayattan daha fazla tatmin oldukları ve duygusal olarak kendilerini daha olumlu şekilde yorumladıkları çalışmalar tarafından belirlenmiştir (DeNeve ve Cooper, 1998; Steel, Schmidt ve Shultz, 2008). Öte yandan, duygusal dengesizlik psikolojik iyilik halini olumsuz yönde etkileyen bir

faktör olarak karşımıza çıkmaktadır (Soto, 2014). Duygusal denge anlamında problem yaşayan bireyler aynı zamanda depresyona ve kişiler arası problemlere daha yatkın bulunmuşlardır (Ben-Ari ve Lavee, 2005; Tamir, 2005). Uyumluluk özelliği yüksek olan bireyler daha yakın ve destekleyici ilişkiler kurmaya daha yatkın olarak bulunurken, sorumluluk özelliği yüksek olan bireylerin okul ve iş performansı anlamında daha başarılı olduğu belirtilmiştir (Soto, 2014; Barrick, Mount ve Judge, 2001; Berry, Ones ve Sackett, 2007).

Temel kişilik özelliklerinin bireylerin hayatında yarattığı değişiklik kadar, intihara yatkınlıkları konusunda da değişiklik yarattığı belirtilmiştir. Temel kişilik özellikleri bireylere intihar konusunda risk yaratabildiği gibi koruyucu faktör olarak da rol alabilir (Farberow, 1950; Reif ve Lesch, 2003).

Uyumluluk kişilik özelliği, intihar davranışlarına yönelik koruyucu rol oynarken, duygusal dengesizlik ve içedönüklük özellikleri intihara yatkınlığı arttıran faktörler olarak bulunmuştur (Fergusson, Woodward ve Horwood, 2000). Dışadönük kişiliğe sahip olan bireyler intihar düşüncelerine ve intihar teşebbüslerine daha az yatkındırlar. Bu durumda, dışadönük bireylerin daha sosyal olmalarının ve kişiler arası ilişkiler konusunda daha başarılı olmalarının etkili olduğu ifade edilmiştir (Duberstein, Conwell ve Ciane, 1994; Nordström, Schalling ve Asberg, 1995). Benzer şekilde, uyumluluk özelliği yüksek olan bireylerin intihara daha az yatkın olduğu yapılan çalışmalarca tespit edilmiştir (Duberstein ve ark., 2000). Genel olarak bakılacak olursa, duygusal dengesizlik, içedönüklük ve mükemmeliyetçilik intihara teşebbüs eden bireylerin ortak özellikleri olarak bulunmuştur (Brezo, Paris ve Turecki, 2006). Bunlara ek olarak, Türk kültüründe var olan 6. kişilik özelliği; olumsuz değerlik de intihara yatkınlık açısından önemli etkiye sahip olacaktır. Bu özelliğe sahip olan bireylerin düşük kendilik değeri algısı göz önüne alındığında, kendilerini problemler karşısında yalnızlaştırmaları, destek istememeleri ve bunların sonucunda intihara daha yatkın olmaları beklenebilir.

Özetle, duygusal dengesizlik, içedönüklük ve olumsuz değerlik intihara yatkınlıkla alakalı kişilik özellikleridir ve risk gruplarına uygun müdahale planları hazırlanırken bu özellikler dikkatli şekilde incelenmeli ve değerlendirilmelidir.

1.3. Olumsuz Duygular

Temel kişilik özelliklerinin yarattığı yatkınlığa benzer şekilde, olumsuz duygular da bireyleri intihara daha yatkın hale getirebilir (Joiner ve ark., 1996). Bu çalışmada umutsuzluk, yalnızlık, utanç ve suçluluk, ve öfke duyguları intihara yatkınlık yaratıp yaratmadıklarını görmek amacıyla incelenecektir.

1.3.1. Umutsuzluk

Umutsuzluk geleceğe yönelik olumsuz beklentilerin olması durumu olarak tanımlanmıştır (Clark, Beck ve Brown, 1989) ve intihara yatkınlık üzerinde etkiye sahiptir (Velting, 1999). Yapılan çalışmalara göre, umutsuzluk bireylerin duygu durumunu, motivasyonunu ve bilişsel yapılarını etkilemektedir. Umutsuzluk seviyesi yüksek bireylerin herhangi bir zorlukla karşı karşıya kaldıklarında cesaretlerinin kolaylıkla kırıldığı belirtilmiştir (Beck et al., 1974; Steer, Kumar, & Beck, 1993). Costa ve McCrae' ye göre (1992) düşük özgüven, sosyal rollerde pasif konumda kalma ve hayatla alakalı olumlu duygularda (örn; mutluluk, heyecan) eksiklik umutsuz insanların genel özellikleri arasında yer almaktadır.

Temel kişilik özellikleri ve umutsuzluk arasındaki ilişki incelendiğinde, dışadönüklük ve sorumluluk özellikleri umutsuzluk duygusuyla negatif yönde ilişkili bulunurken, duygusal dengesizlik pozitif yönde ilişkili bulunmuştur (Velting, 1999). Duygusal dengesizliğin yarattığı olumsuz duygu durumu sebebiyle, bu özelliği yüksek olan bireylerin olumsuz duyguları kolaylıkla deneyimlediği ve bu olumsuz duyguların umutsuzluk hissini pekiştirdiği ifade edilmiştir. Tüm bu olumsuz etkiler göz önüne alındığında, umutsuz bireylerin intihara daha yatkın olduğu bulunmuştur (Lynch ve ark., 2004). Öte yandan, dışa dönüklük olumlu duygu durumu ile yakından alakalıdır ve bu durum bireyleri intihara yönelik davranış ve düşüncelerden koruyan bir faktör olarak rol oynamaktadır (Chioqueta & Stiles, 2005). Olumsuz değerlik ve umutsuzluk arasındaki ilişkiyi gösterecek bir çalışma olmamasına rağmen, bu çalışma ile beraber bu kavramlar arasında bir ilişki bulunacağı beklenmektedir.

Umutsuzluk ve intihar arasındaki ilişkiye bakacak olursak, özellikle intihar düşünceleri ve umutsuzluk arasında kuvvetli bir bağ olduğu literatür tarafından gösterilmiştir (Beevers ve Miller, 2004). Beck ve arkadaşlarına göre (1993), umutsuzluk intihar davranışlarını yordama açısından depresyondan daha kuvvetli bir faktördür. Öte yandan, sadece intihar düşüncesi bulunan bireylerin değil, intihar ederek hayatını kaybeden bireylerin umutsuzluk seviyelerinin intihar düşüncesi ve girişimi bulunmayan bireylere göre yüksek olduğu belirtilmiştir (Szanto ve ark., 1998). Umutsuzluk duygusu ve intihara yatkınlık arasındaki ilişki en net şekilde intihar teşebbüsünde bulunan bireyler üzerinde yapılan çalışmalar sonucunda görülmüştür ve tüm intihar risk grupları arasında umutsuzluk duygusu bir veya birden fazla kez intihara teşebbüs etmiş olan bireylerde en yüksek olarak bulunmuştur (Lolas, Gomez, & Suarez, 1991; Nordstrom, Schalling, & Asberg, 1995).

1.3.2. Yalnızlık

Yalnızlık tüm bireylerin hissedebileceği ve bazı dönemlerde yoğun olarak deneyimleyebilecekleri bir duygudur (McWhirter, 1990). Dejong-Gierveld (1987) yalnızlığı, bireylerin yakın ilişki kurma isteklerinin değişik sebeplerden dolayı karşılanamaması olarak tanımlamıştır. Yakın ilişki kuramama ve bu durumun yarattığı duygusal stres sonucunda bireyler hayatlarında bazı sıkıntılar yaşayabilirler.

Yalnızlık duygusu ve temel kişilik özellikleri arasındaki ilişkiye bakacak olursak, yalnızlık ve dışadönüklük negatif yönde, deneyimlere açıklık ve duygusal dengesizlik özellikleri ile yalnızlık pozitif yönde ilişkili bulunmuştur (Stokes, 1985). Dışadönük, sorumlu ve uyumlu bireylerin yalnızlık duygusunu hissetmeye daha az yatkın oldukları belirtilmiştir (Cacioppo ve ark., 2006). Dışadönük bireylerin daha kolay sosyal ilişkiler kurabilmesi ve yakınlık ihtiyaçlarını daha kolay karşılayabilmesi sebebiyle, dışadönük olmanın yalnızlık için koruyucu bir faktör olduğu söylenebilir (Aspendorpf ve Wilpers, 1998). Yalnızlık hissini, olumsuz kendilik kişilik özelliğiyle de ilişkili bulunacağı beklenmektedir. Olumsuz değerlik hissi yüksek olan bireylerin, hayatlarında destek arama konusunda “buna

değmeyecekleri” fikri sebebiyle bazı sıkıntılar yaşayabileceği ve bu sebepten dolayı yalnızlık hissini yoğun şekilde yaşayacakları beklenmektedir.

Yalnızlık ve intihara yatkınlık arasındaki ilişkiye bakıldığında, Stravynski ve Boyer (2001) yalnız olduklarını belirten bireylerin intihara teşebbüs etmeye daha yatkın olduklarını belirtmişlerdir. Yalnızlık duygusunun hem intihar düşünceleri hem de intihar teşebbüsü açısından hem sağlıklı hem de psikolojik rahatsızlığa sahip olan bireylerde etkili olduğu belirtilmiştir.

1.3.3. Utanç ve Suçluluk

Utanç ve suçluluk duygularının ikisi de bireylerin sosyal olarak kabul edilmediklerini hissettiklerinde veya kabul edilmeyeceklerinin düşündüklerinde ortaya çıkan duygular olarak belirtilmiştir (Mead, 1941). Ayrıntılı olarak bakacak olursak, utanç, bireylerin kendi yetersizliklerinden dolayı yaşadıkları başarısızlıklar sonucu ortaya çıkarken; suçluluk, “bir şeyi yanlış yapma” hissi olarak tanımlanmıştır. Özellikle suçluluk hisseden bireyler, hatalı buldukları davranışları düzeltmek için daha fazla motivasyona sahiptirler (Niedenthal, Tangney ve Gavanski, 1994).

Utanç ve suçluluk ile temel kişilik özellikleri arasındaki ilişkiye bakacak olursak; utanç duygusu ile deneyimlere açıklık negatif yönde ilişkili bulunmuştur (Einstein ve Lanning, 1998). Öte yandan, utanç duygusunun uyumluluk ve duygusal dengesizlik ile pozitif yönde ilişkili olduğu yapılan çalışmalarda belirtilmiştir. Suçluluk ile duygusal dengesizlik arasında da kuvvetli bir ilişki olduğu yapılan çalışmalarca gösterilmiştir. Yani, duygusal denge sağlanamadıkça hem utanç hem de suçluluk duygusuna yatkınlık artmaktadır (Watson ve Clark, 1992).

Bu iki duygu, diğer duygularla benzer şekilde intihar davranışlarına yatkınlığa etki etmektedir (Hassan, 1995). Utanç ve suçluluğun intihara yatkınlıkta etkili olduğu literatürde belirtilmiş olsa da, Lester (1998) utanç duygusunun intihar davranışlarına daha fazla yatkınlık kazandırdığını belirtmiştir.

1.3.4. Anger

Öfke, bireylerin kendilerine yönelik tehdit, eleştiri ve baskı hissettiklerinde ortaya çıkabilecek bir duygu olarak tanımlanmıştır (Biaggio, 1989; Törestad, 1990).

Bireylerin öfkeyi ifade biçimleri iki farklı şekilde olabilir. İlk olarak, bireyler yaşadıkları duyguyu öfkelenedikleri kişiye veya başkalarına yönlendirebilirler. İkinci olarak, bireyler yaşadıkları öfke duygusunu bastırıp, içe atabilirler (Spielberger, Krasner, & Soloman, 1988).

Kişilik özellikleri ve öfke arasındaki ilişkiye bakılacak olursa, sosyal olmayan, esnek düşünme konusunda problem yaşayan ve otokontrolü düşük olan bireylerin öfkeye daha yatkın olduğu yapılan araştırmalarda belirtilmiştir (Biaggio, 1980). Uyumluluk ve sorumluluk kişilik özellikleri yüksek olan bireyler, öfkelerini daha iyi kontrol edip, kendilerini kırıncı olmayan şekillerde ifade edebilirler (Jensen-Campbell ve ark., 2006).

Lehnert ve arkadaşlarına göre (1994), öfke intihar davranışlarını yordayan bir duygudur. Özellikle, öfkesini şiddet davranışları ile ifade eden genç bireylerin intihar davranışlarına daha yatkın olduğu yapılan çalışmalarca belirtilmiştir (Brent ve Mann, 2006). Öte yandan, içe atılmış ve bastırılmış öfke ile intihar düşünceleri arasında (özellikle genç erkeklerde) da kuvvetli bir bağ bulunmuştur (Goldney, Winefield, Sacbel, Winefield, & Tiggeman, 1997).

1.4. Çalışmanın Amaçları

Yukarıda tartışılan literatür bulguların doğrultusunda, çalışmanın amaçları:

1. Cinsiyet ve yaş açısından çalışmanın diğer değişkenlerindeki farkları incelemek.
2. Çalışmanın değişkenleri arasındaki ilişkileri incelemek.
3. Temel kişilik özellikleri ve intihar olasılığı arasındaki ilişkiyi incelemek.
4. Çalışmada yer alan olumsuz duyguların (umutsuzluk, yalnızlık, utanç ve suçluluk, ve öfke) intihar olasılığı ile olan ilişkisini incelemek.

5. Temel kişilik özellikleri ve olumsuz duyguların ilişkisini incelemek.

2. YÖNTEM

2.1. Katılımcılar

Mevcut çalışmanın katılımcıları 16 ve 67 yaşları arasında olan 464 kişiden oluşmaktadır. Bu kişilerin 320'si kadın iken (% 69), 144'ü erkektir (% 31).

2.2. Ölçüm Araçları

Katılımcılara internet yolu ile ulaştırılan ölçekler paketi Demografik Bilgi Formu, Temel Kişilik Özellikleri Envanteri, İntihar Olasılığı Ölçeği, Beck Umutsuzluk Ölçeği, UCLA-R Yalnızlık Ölçeği, Suçluluk-Utanç Ölçeği ve Çok Boyutlu Öfke Ölçeği'nden oluşmaktadır.

2.2.1. Temel Kişilik Özellikleri Envanteri

Gençöz ve Öncül (2012) tarafından geliştirilen ölçek 45 madde içermektedir ve kişilik özelliklerini 6 boyutta ölçmektedir. Alt ölçekler için Cronbach alpha güvenirlik puanları .71 ve .89 arasında değişmektedir.

2.2.2. İntihar Olasılığı Ölçeği

Cull ve Gill (1990) tarafından geliştirilen ölçek, bireylerin intihara yatkınlıklarını ölçmek amacıyla kullanılmaktadır. İntihar ile alakalı düşünce ve davranışları içeren 36 maddeden oluşan ölçek, 4'lü Likert üzerinden değerlendirilmektedir. Türkçe 'ye Or (2003) tarafından uyarlanmıştır.

2.2.3. Beck Umutsuzluk Ölçeği

Beck, Weissman, Lester ve Trexler (1974) tarafından bireylerin gelecek ile ilgili olumsuz beklentilerini ölçmek amacıyla geliştirilen ölçek 20 maddeden oluşmaktadır. Türkçe 'ye Durak (1994) tarafından uyarlanan ölçeğin Cronbach alpha değeri .85 olarak bulunmuştur.

2.2.4. UCLA-R Yalnızlık Ölçeği

Russell, Peplau ve Cutrona (1980) tarafından geliştirilen ölçek bireylerin sosyal ilişkilerine yönelik tatminini ölçmektedir. Türkçe 'ye Demir (1989) tarafından uyarlanan ölçeğin Cronbach alpha değeri .96 olarak bulunmuştur.

2.2.5. Suçluluk-Utanç Ölçeği

Şahin ve Şahin (1992) tarafından geliştirilen ölçek 24 madde içermektedir ve bireylerin suçluluk ve utanç duygularını ölçmeyi amaçlamaktadır. Cronbach alpha değerleri, utanç alt ölçeği için .80 ve suçluluk alt ölçeği için .81 olarak bulunmuştur.

2.2.6. Çok Boyutlu Öfke Ölçeği

Balkaya ve Şahin (2003) tarafından geliştirilen ölçek öfkeyi farklı boyutlarıyla beraber ölçmeyi amaçlamaktadır.

2.3. Prosedür

ODTÜ Etik Komitesi'nden alınan izinlerin ardından yukarıda bahsedilen ölçekler katılımcılara internet üzerinden ulaştırılmıştır. Çalışmaya katılan katılımcılar önce bilgilendirme yazısını okumuşlar ardından ise ölçeklerin bulunduğu soru setini ortalama olarak 30 dakikada tamamlamışlardır.

2.4. İstatistiksel Analiz

İlk olarak demografik değişkenlere göre farklılıkları saptamak amacıyla Varyans Analizleri (ANOVA) ve Çoklu Varyans Analizleri (MANOVA) analizleri yürütülmüştür. Değişkenler arasındaki ilişkiler ise korelasyon analizleri ile incelenmiştir. Son olarak temel kişilik özellikleri, olumsuz duygular ve intihar olasılığı ile ilişkili faktörler hiyerarşik regresyon analizleri yürütülerek incelenmiştir.

3. BULGULAR

3.1. Çalışmanın Değişkenlerine Dair Betimleyici Analizler

Çalışmanın değişkenlerine dair ortalama skorlar, standart sapma değerleri, minimum ve maksimum değerler, Cronbach alpha puanları hesaplanmıştır. Alakalı değerler Tablo 2.'de görülebilir.

3.2. Çalışmanın Değişkenlerinin Demografik Değişkenler Açısından Karşılaştırılması

Cinsiyet ve yaş faktörlerinin çalışma değişkenleriyle olan ilişkisini incelemek amacıyla Varyans Analizleri (ANOVA) ve Çoklu Varyans Analizleri (MANOVA) yapılmıştır. Yaş değişkeni frekansa bağlı olarak 4 gruba ayrılmıştır (Tablo 3.)

3.2.1. Cinsiyet Farklılıkları

Analiz sonuçları kadınlar ve erkekler arasında anlamlı farklılıklar olduğunu göstermiştir. Kişilerarası öfke açısından, 16-20 yaş arası erkeklerin kadınlara göre daha fazla öfke yaşadıkları görülmüştür ve intikam almaya yönelik tepkileri kadınlara göre daha fazla gösterdikleri saptanmıştır. Temel kişilik özellikleri açısından, 16-20 ve 21-24 yaş grubundaki erkeklerin kadınlara göre daha fazla olumsuz değerlik belirttikleri görülmüştür. Suçluluk duygusu açısından, 16-20 ve 21-24 yaş grubundaki kadınların erkeklere oranla bu duyguyu daha fazla yaşadıkları görülmüştür.

3.2.2. Yaş Farklılıkları

Son yaş grubundaki bireylerin (29-67), 21-24 yaş grubundaki bireylere oranla daha fazla yalnızlık duygusu yaşadıkları görülmüştür. İntihar olasılığı faktörlerinden olan İntihar Düşünceleri açısından, 25-28 yaş grubundaki bireyler 29-67 yaş grubundaki bireylere oranla daha fazla intihar düşüncesi belirtmişlerdir. Yine İntihar olasılığı faktörlerinden Düşmanlık açısından, 16-20 ve 25-28 yaş grubundaki bireyler 29-67 yaş grubundaki bireylere oranla daha fazla düşmanca duygular belirtmişlerdir.

3.3. Regresyon Analizleri

Olumsuz duygular ve intihar olasılığını yordayan faktörleri saptamak için farklı iki grupta regresyon analizi yürütülmüştür.

3.3.1. Olumsuz Duyguları Yordayan Faktörler

Analiz sonuçlarına göre ilk olarak yaş arttıkça yalnızlık duygusunun azaldığı, suçluluk duygusunun arttığı görülmüştür. İkinci olarak, utanç ve suçluluk duygularının kadınlarda daha fazla deneyimlendiğini, öte yandan umursamaz öfke tepkilerinin erkeklerde daha fazla görüldüğü saptanmıştır.

Dışadönüklük özelliği arttıkça, yalnızlık, umutsuzluk, utanç duygularının ve içe atılan öfke tepkilerinin azaldığı; duygusal dengesizlik özelliği arttıkça yalnızlık, umutsuzluk, utanç duygularının ve intikama yönelik, pasif agresif ve içe atılan öfke tepkilerinin arttığı görülmüştür.

Son olarak, olumsuz kendilik değeri yüksek olan bireylerin utanç duygusunu daha fazla yaşadıkları ve intikama yönelik, içe atılan ve umursamaz öfke tepkilerini daha fazla gösterdikleri saptanmıştır.

3.3.2. İntihar Olasılığını Yordayan Faktörler

Analiz sonuçlarına göre, dışadönüklük intihar olasılığını ölçerken kullanılan 3 faktör (intihar düşünceleri, düşmanlık ve kendini olumsuz değerlendirme) için de koruyucu bir faktör olarak görülmüştür. Duygusal dengesizlik ve olumsuz kendilik özellikleri yüksek olan bireyler ise intihara daha yatkın olarak saptanmıştır.

Yalnızlık ve umutsuzluk duyguları intihar olasılığının 3 faktörü için de yatkınlık yaratan faktörler olarak görülmüştür. Yalnız ve umutsuz olduğunu belirten bireyler, intihar düşüncelerine, düşmanca hislere ve kendilerini olumsuz değerlendirmeye daha yatkın bulunmuşlardır.

4. TARTIŞMA

İntihara yatkınlığın genç yaşlardaki bireylerde daha yüksek oranda çıkması literatür tarafından desteklenmektedir. Özellikle 20'li yaşların ortasındaki bireylerin intihara daha yatkın olması beklendiktir (Kessler, Borges ve Walters, 1999). Daha genç yaştaki bireylerin ve genç kadınların daha fazla olumsuz değerlik belirtmeleri de ayrıca literatür tarafından desteklenmektedir (Harter ve Jackson, 1992; Koestner ve ark., 1991).

Suçluluk duygusunun yaşça büyük erkek bireyler tarafından ve genç kadınlar tarafından daha fazla belirtilmesi yapılan araştırmalarla tutarlılık göstermektedir. Cinsiyet rollerine göre, erkeklerin yaşlandıkça yetersiz oldukları alanları görmeye başlamaları ve kadınların genç yaşlarda sosyal roller tarafından daha fazla baskı altında kalması bu sonucun sebepleri arasında gösterilebilir. Kişilerarası öfke açısından bakıldığında, genç erkeklerin daha fazla öfke ifade ettikleri ve intikama yönelik öfke tepkilerini daha fazla gösterdikleri görülmüştür. Bu sonuç, toplumdaki cinsiyet rolleriyle açıklanabilir. Özellikle Türk kültüründe özellikle genç yaştaki erkekler öfkelerini daha rahat ifade ederken, kadınların, özellikle genç yaşlarda, öfkelerini rahatça ifade etmeleri beklendik bir durum olmayabilir.

Dışadönük özelliklere sahip bireylerin intihara daha az yatkın olarak bulunması ayrıca beklendik bir sonuçtur. Yapılan çalışmalara göre, dışadönük olmak intihara eğilim açısından koruyucu bir faktör olarak görülmektedir (Duberstein, Conwell ve Ciane, 1994). Duygusal denge özelliğinin daha az olduğu bireylerin intihara yakın olması da ayrıca literatür tarafından desteklenen bir sonuçtur (Brezo, Paris ve Turecki, 2006; Farmer, Redman ve Harris, 2001).

Umutsuzluk ve yalnızlık duygusunun intihara yatkınlığı arttırdığı yönündeki sonuçlar daha önce yapılan çalışmalar tarafından desteklenmektedir (Beevers ve Miller, 2004; Stravynski ve Boyer, 2001).

4.1. Çalışmanın Sınırlılıkları

Cinsiyet dağılımının eşit olmaması, 4 gruba ayrılan yaş dağılımının özellikle son yaş gurubunda diğer yaş gruplarına göre daha geniş olması ve bireylerin kendi beyanatlarına dayalı ölçümler kullanılması bu çalışmanın sınırlılıkları arasında değerlendirilebilir.

4.2. Çalışmanın Güçlü Yönleri

Daha önce yapılmış olan çalışmalardan farklı olarak umutsuzluk, yalnızlık, utanç ve suçluluk ve öfke duygularının intihar ile olan ilişkisini birlikte incelemek ve Türk kültüründeki 6. faktör olan olumsuz değerliğin bu ilişkiler içinde incelenmesi çalışmanın güçlü yönleri olarak düşünülebilir. İntihara yönelik yatkınlığı bulunan bireylerin tespit edilebilmesi ve bireylerin hangi faktörlerden dolayı bu yatkınlığa sahip olduğunun anlaşılması açısından önemli olan bu çalışma, ayrıca risk grubunda bulunan bireylere yönelik koruyucu stratejiler geliştirilmesi açısından yardımcı olabilecek bir çalışma olarak görülebilir.

4.3. Çalışmanın Katkıları ve Gelecek Çalışmalar için Öneriler

Çalışma bulguları intihara yatkınlığı olan bireyleri tespit edebilmek ve uygun koruyucu planlamalar yaparken temel kişilik özelliklerine ve olumsuz duygulara dikkat edilmesi gerekebileceğini göstermiştir.

Gelecek çalışmaları yürütecek araştırmacılar, boylamsal çalışmalar yürütebilir, yüz yüze görüşme tekniğiyle daha detaylı bilgi toplayabilir ve daha önce intihara teşebbüs etmiş bireylerden oluşan bir örneklem oluşturabilirler.

Appendix J

TEZ FOTOKOPİSİ İZİN FORMU

ENSTİTÜ

- Fen Bilimleri Enstitüsü
- Sosyal Bilimler Enstitüsü
- Uygulamalı Matematik Enstitüsü
- Enformatik Enstitüsü
- Deniz Bilimleri Enstitüsü

YAZARIN

Soyadı : AKYÜZ

Adı : CANSU

Bölümü : PSİKOLOJİ

TEZİN ADI (İngilizce) : ASSOCIATED FACTORS OF
PSYCHOLOGICAL WELL-BEING: EARLY MALADAPTIVE
SCHEMAS, SCHEMA COPING PROCESSES, AND PARENTING
STYLES

TEZİN TÜRÜ : Yüksek Lisans Doktora

1. Tezimin tamamından kaynak gösterilmek şartıyla fotokopi alınabilir.
2. Tezimin içindekiler sayfası, özet, indeks sayfalarından ve/veya bir bölümünden kaynak gösterilmek şartıyla fotokopi alınabilir.
3. Tezimden bir bir (1) yıl süreyle fotokopi alınamaz.

TEZİN KÜTÜPHANEYE TESLİM TARİHİ: