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Avrupa Sosyal Bilimler Arşivleri

Değerli Okuyucular,

Avrupa Sosyal Bilimler Arşivleri Dergisi'nin Nisan 2026 sayısını sizlerle paylaşmanın memnuniyetini yaşıyoruz. Psikoloji, ekonomi, sosyoloji ve diğer sosyal bilimler alanlarındaki nitelikli akademik çalışmalara ev sahipliği yapan dergimiz, hakemli yapısı ve yılda üç sayı yayımlanan bilimsel bir platform olarak gelişimini sürdürmektedir.

Bu sayımızda, sosyal bilimlerin farklı disiplinlerinden özgün araştırmalar ve güncel analizler yer almaktadır. Yayımlanan çalışmalar, yalnızca güncel bilimsel yaklaşımları yansıtmakla kalmayıp, aynı zamanda disiplinler arası bilgi paylaşımına katkı sağlayan önemli içerikler sunmaktadır. Avrupa Sosyal Bilimler Arşivleri Dergisi, bir yayın organı olmanın ötesinde, akademisyenleri bir araya getiren dinamik bir bilimsel platform olma misyonunu kararlılıkla sürdürmektedir.

Dergimizin uluslararasılaşma sürecinde önemli bir aşamaya ulaştığını görmekten memnuniyet duyuyoruz. Avrupa, Türkiye, Kıbrıs ve farklı coğrafyalardan araştırmacıların katkılarıyla dergimizin akademik çeşitliliği giderek artmaktadır. Bu doğrultuda, dergimizde yayımlanan çalışmalar İngilizce dilinde sunularak daha geniş bir uluslararası akademik kitleye ulaşması hedeflenmektedir.

Bu sayının hazırlanmasında emeği geçen editör ekibimize, değerli katkılarıyla yer alan yazarlara ve titiz değerlendirmeleriyle sürece katkı sunan hakemlerimize teşekkür ederiz. Avrupa Sosyal Bilimler Arşivleri Dergisi'nin bu sayısının, sosyal bilimler alanına katkı sağlayan önemli bir kaynak olmasını temenni ederiz.

European Archives of Social Sciences

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This issue includes original research and contemporary analyses from various fields within the social sciences. The articles published not only reflect current scientific perspectives but also contribute to interdisciplinary knowledge exchange. The *European Archives of Social Sciences* remains committed to its mission of serving as a dynamic academic platform that brings scholars together.

We are pleased to observe that our journal continues to advance toward its internationalization goals. With contributions from researchers across Europe, Türkiye, Cyprus, and beyond, the geographical diversity of the journal is steadily increasing. In line with this vision, the studies published in our journal are presented in English to ensure broader international accessibility.

We would like to express our sincere gratitude to our editorial team, contributing authors, and reviewers for their valuable efforts in preparing this issue. We hope that this issue of the *European Archives of Social Sciences* will make a meaningful contribution to the advancement of social sciences.

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RESEARCH ARTICLE / ARAŞTIRMA YAZISI

The Costs and Benefits of Political Polarization in Türkiye in the context of Voting for Elections and Well-Being

Türkiye’de Seçimlerde Oy Verme ve Refah Bağlamında Siyasal Kutuplaşmanın Olumsuz ve Olumlu Etkileri

Esin Şen¹, Merve Alabak¹, Philippe Verduyn¹

Abstract:

Türkiye has recently undergone an election process. During this period, differences among political groups and their varying positions have been observed, indicating a certain level of polarization among voters. These developments may be associated with individuals’ emotion regulation, well-being, and motivation to participate in future elections. In this context, political environments characterized by divergence may influence how individuals interpret and respond to emotionally charged situations. Therefore, the present study aims to examine the relationship between affective polarization, well-being, and voting behavior among Turkish citizens, while considering the moderating role of emotion regulation strategies. The study employed moderation models to investigate the effects of affective polarization and trait reappraisal on voting likelihood and life satisfaction. Data were analyzed using established statistical procedures to explore both direct and interaction effects among variables. The findings indicate that higher levels of affective polarization are associated with a higher likelihood of voting and lower life satisfaction. Trait reappraisal did not demonstrate a significant moderating effect on the relationship between affective polarization and life satisfaction. However, trait reappraisal showed a significant moderating effect on the relationship between affective polarization and voting. Overall, this study contributes to the literature by highlighting the psychological processes underlying political participation and the role of emotion regulation in shaping these relationships.

Keywords: Affective polarization, life satisfaction, voting, emotion regulation, reappraisal.

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Öz:

Türkiye’de son dönemde gerçekleşen seçim süreci, siyasi gruplar arasındaki farklılıkların ve karşıt tutumların belirginleştiği bir döneme işaret etmektedir. Bu durum, seçmenler arasında belirli bir düzeyde duygusal kutuplaşmanın varlığına işaret ederken, bireylerin duygu düzenleme süreçleri, iyi oluş düzeyleri ve gelecekteki seçimlere katılım motivasyonları ile ilişkili olabileceği düşünülmektedir. Bu bağlamda, ayrışmanın yoğun olduğu siyasi ortamların bireylerin duygusal olarak yüklü durumları nasıl yorumladıkları ve bu durumlara nasıl tepki verdikleri üzerinde etkili olabileceği öne sürülmektedir. Bu çalışmanın amacı, Türkiye’deki vatandaşlar arasında duygusal kutuplaşma, iyi oluş ve oy verme davranışı arasındaki ilişkileri incelemek ve bu ilişkilerde duygu düzenleme stratejilerinin (özellikle bilişsel yeniden değerlendirme) düzenleyici rolünü test etmektir. Araştırmada, duygusal kutuplaşma ve yeniden değerlendirme eğiliminin oy verme olasılığı ve yaşam doyumu üzerindeki etkileri moderasyon modelleri aracılığıyla analiz edilmiştir. Veriler, değişkenler arasındaki doğrudan ve etkileşim etkilerini ortaya koymak amacıyla uygun istatistiksel yöntemler kullanılarak değerlendirilmiştir. Elde edilen bulgular, duygusal kutuplaşma düzeyi arttıkça oy verme olasılığının arttığını, buna karşılık yaşam doyumunun azaldığını göstermektedir. Bilişsel yeniden değerlendirme değişkeni, duygusal kutuplaşma ile yaşam doyumu arasındaki ilişkide anlamlı bir düzenleyici etki göstermemiştir. Ancak, duygusal kutuplaşma ile oy verme davranışı arasındaki ilişkide anlamlı bir düzenleyici rol üstlendiği belirlenmiştir. Sonuç olarak, bu çalışma siyasi katılımın psikolojik temellerine ve duygu düzenleme süreçlerinin bu ilişkiler üzerindeki etkisine ışık tutarak literatüre katkı sağlamaktadır.

Anahtar Kelimeler: Duygusal kutuplaşma, yaşam doyumu, oy verme, duygu düzenleme, yeniden değerlendirme.

Introduction

Türkiye is considered a politically polarized context (Aydın Düzgüt, 2019). In recent general elections, different political alliances have played a prominent role in shaping the political landscape. Political identity has increasingly become an important factor in individuals’ preferences, sometimes extending beyond policy-based considerations (Yurdakul, 2020). Political polarization can be observed in various forms of public discourse and interaction, including media discussions and political communication (Yılmaz, 2017; Yurdakul, 2020).

Political polarization is not limited to party affiliation or ideological differences and may also be associated with individuals’ mental and physical health. Nayak et al. (2021) emphasize that partisan polarization should be considered when examining public health outcomes such as anxiety, depression, and sleep-related problems. For example, research conducted in the United States introduced the concept of “election-related distress,” which refers to increased anxiety and reduced well-being during election periods (Simchon et al., 2020). Similarly, political divisions have been associated with various health-related outcomes, including substance use and attitudes toward health-related behaviors (Panagopoulos et al., 2022). These findings suggest that polarized social contexts may be related to increased emotional and psychological strain.

In this context, individuals may use emotion regulation strategies to manage negative emotional responses to political events. Emotion regulation can support short-term mood improvement and help maintain psychological well-being during stressful situations (Bonanno et al., 2015). One commonly studied strategy is trait reappraisal, which involves cognitively reframing a situation in order to modify its emotional impact (Gross, 2002).

However, emotion regulation may also have indirect implications for political behavior. Negative emotions are often associated with increased engagement in collective or individual action. When individuals experience strong emotional responses to political events, they may be more likely to participate in related activities. Therefore,

although reappraisal may reduce emotional distress, it may also be associated with lower levels of political engagement by attenuating emotional intensity.

Affective Polarization

Affective polarization refers to emotional divisions between political groups. Party identification structures the political landscape into an ingroup (one’s preferred group) and an outgroup (opposing groups), which may lead to favorable attitudes toward the ingroup and less favorable attitudes toward the outgroup (Tajfel & Turner, 1979). Previous research indicates that such attitudes toward opposing groups can become stable and emotionally intense over time (Iyengar & Westwood, 2014).

In the Turkish context, political divisions have been associated with ideological, cultural, and social differences (Aydın Düzgüt, 2019). These divisions may reflect broader patterns of group-based identification and social differentiation. Recent developments in the political environment have also been discussed in relation to changes in institutional dynamics and power distribution, which may be associated with variations in the level of polarization (Laebens & Öztürk, 2020).

Electoral processes can further highlight existing differences among political groups and contribute to increased public engagement and emotional responses. Empirical reports and media analyses of recent election periods indicate that political events may intensify group-based attitudes and public reactions (Taşcı, 2023; The Guardian, 2023). In this regard, election periods may be considered important contexts in which affective polarization becomes more visible.

Affective Polarization and Well-Being

According to the World Happiness Report 2023, the Netherlands ranks as the fifth happiest country, while Türkiye ranks 106th. Furthermore, Türkiye shows a large gap in happiness between different social groups (Helliwell et al., 2023). Subjective well-being includes individuals’ emotional responses, life satisfaction, and evaluations of life circumstances (Diener et al., 1999).

Studies conducted in Türkiye suggest that political orientation may influence well-being. Individuals with center-right political views often report higher life satisfaction, partly due to the positive role of religion in well-being (Myers, 2000; Selim, 2008). Other factors such as health, family relationships, and leisure activities also positively affect life satisfaction (Selim, 2008). Additionally, political attitudes may influence voting behavior and political participation (Filiztekin & Kent, 2023).

Affective Polarization and Voting

Previous research suggests that higher levels of affective polarization may be associated with increased political participation. For example, Şaşmaz et al. (2022) found that affective polarization is related to citizens' support for political institutions and their participation in elections. Similarly, cross-national research comparing the United States and Norway indicates that more polarized political environments may strengthen the association between affective polarization and voting behavior (Knudsen, 2020). In contrast, politically disengaged individuals who hold negative attitudes toward all parties tend to be less likely to vote (Klar et al., 2018)

Emotion Regulation Strategy - Reappraisal

Reappraisal refers to the process of reinterpreting an event in a way that modifies its emotional meaning, which may help reduce negative emotional reactions (Gross & Thompson, 2007). However, negative emotions may also have motivational functions, particularly in contexts where group identity plays a significant role (Gross & John, 2003).

Research suggests that individuals frequently use emotion regulation strategies to cope with negative emotions associated with political events (Ford et al., 2023). While reappraisal may support individuals' well-being, it may also be associated with reduced motivation to engage in political action by attenuating emotional responses to political issues.

The Objective of the Study

Although previous research has examined affective polarization, emotion regulation, and political participation separately, few studies have investigated how these factors interact. The present study aims to examine the relationship between affective polarization, life satisfaction, and voting behavior among Turkish citizens, as well as the moderating role of reappraisal.

This study sets out to test four hypotheses, of which the formulation is guided by the literature and objective of the study:

Hypothesis 1

Higher levels of affective polarization are associated with lower levels of well-being.

Hypothesis 2

The relationship between affective polarization and well-being is moderated by trait reappraisal (e.g. negative association is weak for individuals with higher levels of trait reappraisal).

Hypothesis 3

Higher levels of affective polarization are associated with a higher likelihood of voting.

Hypothesis 4

The relationship between affective polarization and voting is moderated by trait reappraisal (e.g. a positive association is weaker for individuals with higher levels of trait reappraisal).

Methods

Participants

Of the 246 participants at the beginning, 38 individuals who gave incorrect answers to the attention questions added to increase the reliability and validity of the study were eliminated from this study.

A total of 208 Turkish citizens participated in this research study. A non-random sampling technique – self-select was adopted. Participants were recruited through posters and flyers displayed at many social media platforms like Facebook, Instagram and LinkedIn were utilized to reach potential Turkish participants just before the general and presidential elections in Türkiye. Afterwards, people who expressed interest in the study were provided with detailed information about the research objectives, procedures, confidentiality, and their rights as participants. Written informed consent was obtained from all participants before the commencement of data collection. The data collection was done on the online platform called Qualtrics. Before, participants filled the questionnaires, they were informed about the study's explanation and purpose, provided with a contact information page of research and advisors if they felt discomfort by any of the questions or topics addressed during the research. Then, they completed the demographic questionnaire followed by the questions about their decision to go to poll and voting (YES, NO and MAYBE), Polarization Scale, CERQ-TR, and SLWS.

Materials and Data Collection

Ethics approval was obtained in 2021 from the Ethics Review Committee of the Maastricht University Faculty of Psychology and Neuroscience (ERCPN-OZL_234_39_02_2021) prior to the commencement of the study.

Polarization Scale

To assess the level of polarization among Turkish participants, the Polarization Scale (Druckman et al., 2022) was translated and adapted for use in the Turkish context. The scale measures polarization through survey items that evaluate the level of closeness or distance individuals are comfortable having with members of opposing political groups, commonly referred to as social-distance measures.

These measures can be broadly categorized into different types. While social-distance items capture attitudes toward specific behavioral situations (e.g., willingness to engage in close social relationships with members of opposing groups), other measures such as feeling thermometers, trait ratings, and trust indicators assess more general attitudes toward political groups (Druckman & Levendusky, 2019). Among these, feeling thermometers are widely used to quantify affective polarization, as they capture how positively or negatively individuals evaluate their in-group and out-group (Lelkes, 2017).

Cognitive Emotion Regulation Questionnaire (CERQ)

Turkish version of the Cognitive Emotion Regulation Questionnaire (CERQ- TR) was translated and adapted into Turkish culture by Cakmak and Cevik (2010). The original short version CERQ contains 18 items and two item subscales to measure emotion regulation strategies namely planning, positive refocusing, catastrophizing, other blame, focus on thought, reappraisal, perspective, acceptance and self-blame (Garnefski & Kraaij, 2006). Participants indicated what they generally think when they

experience negative, stressful or threatening events on a five-point Likert-type scale (almost never = 1 to almost always =5). The scores for each subscale, which range from 4 to 20, are added up to create the individual subscale scores. The more often a particular cognitive technique is applied, the higher the subscale score is (Garnefski & Kraaij, 2006).

The Satisfaction with Life Scale (SWLS)

The 5-item The Satisfaction with Life Scale (SWLS) was translated to Turkish and conducted to measure participants' life satisfaction as a subcategory of well-being of participants. SWLS was developed by Diener et al. (2010) to measure overall life satisfaction among the numerous aspects of subjective well-being; it does not take into account related notions like positive affect or loneliness. Participants were requested to evaluate their life to measure their life satisfaction by using a 7-point scale (1 = "strongly disagree," 2 = "disagree," 3 = "neither agree nor disagree", 4 = "agree" and 5 = "strongly agree"). And current study has recorded the original coding, hence, 5 rather than 7 categories. The sum of the points for each item results in the overall score. The conceivable score range is 5-35, with a score of 20 denoting the scale's neutral point. Scores between 5 and 9 show the respondent is very dissatisfied with life, whereas scores between 31 and 35 show the respondent is quite satisfied.

The assessment of political parties/alliances was measured using five variables, with each variable representing a different party (People's Alliance Supporters, Nation Alliance Supporters, Ancestral Alliance Supporters, Homeland Alliance Supporters and The Labor and Freedom Alliance Supporters). Participants were asked to indicate the party they like most or dislike most. Then, for each party indicated, participants were asked to rate it on a scale from 0 to 100 (0 indicating completely negative attitude and 100 indicating completely positive attitude). The difference between scores indicated the degree of polarization (0= no polarization, 100=full polarization).

Voting Behavior

Participants were asked about their likelihood of voting in future elections using the following options:

1=definitely not planning to vote, 2= not planning to vote, definitely planning, 3=neutral, 4= planning to vote and 5= definitely planning to vote.

Control Variables

The effects of several demographic variables were controlled for in the current analysis. Gender was measured as 1 = female, 2= male, 3= LGBTQIA+, and 4= other; participant's age was measured as indicator variables (1= 18-24 years, 2= 25-34 years, 3= 35-44 years, 4= 45-54 years, 5= 55-64 years, 6= 65 years and above). Participants' education was measured as 1= primary school, 2= high school, 3= two-year degree, 4= bachelor's degree, 5= master's degree, and 6= PhD. Participants' political views as a left and right were also included as a demographic variable, as they were asked to rate how right- or left-oriented they were, as 1 = extreme left to 10 = extreme right.

Data Analysis

SPSS 28.0 was used to conduct the analysis. Descriptive statistics (percentages, mean and standard deviation) were calculated first. Next, bivariate analysis between categorical variables was run using Spearman rank correlation coefficient. Bivariate analysis between the reappraisal variable and degree of polarization, however, was calculated using Pearson's *r*, since both variables were interval type.

Results

Most participants identified their identity as Turkish (96.2%), though only around 70% were residents in Türkiye at the time of the survey. Almost equal percentages of Turkish respondents lived in the Netherlands (12.0%) and Northern Cyprus (11.1%). 57,2% were female and 46,6% were students. Those with bachelor's degree made up around two-thirds (64,9%) of the sample. The age group with the highest percentage of representation was participants aged 18-24 (47,6%), followed by those aged 25-34. In terms of political leaning, the mean indicates that the sample is leaning mostly to the left. Full descriptive statistics showing demographic structure are shown in Table 1.

Table 1. Demographic Structure of the Sample (n=208)

Variable	M (SD)	Min-Max	Category	%
Nationality	1.12 (.68)	1-6	Turkish	96,2
			Turkish Cypriot	1,0
			Uzbek	0,5
			Bulgarian	1,0
			Albanian	1,4
			Student	46,6
Employment	2.23 (1.29)	1-5	Part-time worker	4,8
			Full-time worker	32,7
			Not working	10,1
			Retired	5,8
			Primary school	0,5
Education	3.99 (.90)	1-6	High school	10,6
			Two-year degree	3,4
			Bachelor's degree	64,9
			Master's degree	16,8
			PhD	3,8
			Female	57,2
Gender	1.46 (.56)	1-4	Male	40,4
			LGBTQIA+	1,9
Age	2.13 (1.55)	1-6	other	0,5
			18-24 ages	47,6
			25-34 ages	32,2
			45-54 ages	4,8
			55-64 ages	10,1
			65 age and above	5,3

Regarding political questions, the sample was dominated by those planning or planning to vote (M=4.84, SD=.51). The proportion of those interested in politics was slightly higher than those not interested or neutral (M=3.78, SD=.83). In percentage terms, the proportions of each

response were as follows: not interested at all (1%), not interested (6,3%), neutral (23,6%), interested (51,9%) and very interested (17,3%). In terms of feeling thermometer, there were significant differences across parties, based on the mean and median scores (Table 2).

Table 1. Descriptive Statistics for Feeling Thermometer Across Parties

	People's Alliance Supporters	Nation Alliance Supporters	Ancestral Alliance Supporters	Homeland Alliance Supporters	The Labor and Freedom Alliance Supporters
Mean	9.18	74.46	35.17	27.47	38.57
Median	1.00	80.00	32.50	22.50	38.50
SD	20.06	23.20	31.28	27.38	33.9

As the polarisation question is an interval-type variable, a test of normality was conducted to see the distribution of values. Shapiro-Wilk test of normality ($p < 0.001$) indicated a non-normal distribution, which was primarily caused by several respondents whose values were beyond the conventional z-score levels (± 3). Only nine respondents had such values. They were kept in the further analysis. The mean score of 74.7 for the polarisation item indicated, the mean score between 50 and 100 means that the participants in the study feel more warm, in other words positive, towards the Nation Alliance supporters. On the other hand, results between 0 and 50 mean coldness, that is, negativity, while the participants feel colder towards the supporters of other alliances, but the fact that this rating is close to 50 means that negative feelings are not very strong.

A test of normality was conducted for the life satisfaction composite measure as well. Shapiro-Wilk test of normality ($p < 0.001$) indicated a non-normal distribution. Only two respondents had values beyond the conventional z-score levels (± 3). They were kept in the further analysis. The

overall life satisfaction of the sample is medium (M=2.50, SD=.81).

As to the bivariate analysis between categorical variables (see on Table 3), there was a positive correlation between the level of education and intention to vote ($r = .198$, $p < 0.001$), though the effect size was low, as indicated by the Cohen d classification. The association between political leaning and gender was at the 0.001 level ($r = .273$) – female participants were more likely to be leaning to the left, compared to male and LGBTQIA+. No association was observed between the reappraisal variable and the degree of polarization when using Pearson's r ($r = -0.06$, $p = .352$). Nominal by interval Eta test indicated no significant difference along employment status ($r = .171$, $p = .263$), while gender showed statistical relevance with weak effect size ($r = .152$, $p < 0.001$).

Following the guidelines provided by (Khamis, 2008), as a measure of association between ordinal variables (level of education, interest in politics, political leaning, and intention to vote) and interval variable (life satisfaction), Kendall tau-b test was used, and no correlation was observed.

Table 3. Table of Bivariate Analysis between Categorical Variables

	Planning to vote	Gender	Employment	Education	Political leaning	Related to politics	Age	Reappraisal
Planning to vote	1	0,084	-0,049	.198**	-0,104	0,105	0	-.143*
Gender		1	-0,071	-0,074	.273**	0,106	-0,074	-0,038
Employment			1	0,043	-0,132	-0,065	.607**	0,076
Education				1	0,011	0,023	.200**	-0,093
Political leaning					1	-0,094	-0,07	0,054
Related to politics						1	-0,049	0,121
Age							1	.174*
Reappraisal								1

** $p < 0.01$ level (2-tailed)

* $p < 0.05$ level (2-tailed)

Moderation models

Two distinct simple moderation models were evaluated using the SPSS PROCESS macro (Hayes, 2013). In both models, affective polarization was the focal predictor, reappraisal served as the moderator, and two different dependent variables were considered: likelihood of voting in the first model, and life satisfaction in the second model.

The results of the first model demonstrated statistical significance ($F(3.204) = 8.90, p < .01, R^2 = .12$). Notably, it was found that higher levels of affective polarization ($B = .017, SE = .004, p < .001$) and greater utilization of trait reappraisal ($B = .223, SE = .090, p < .05$) were both positively associated with an increased likelihood of voting. Furthermore, the interaction between affective polarization and trait reappraisal exhibited significance ($B = -.003, SE = .001, t = -2.711, p < .01$), highlighting that the relationship between affective polarization and the likelihood of voting was indeed moderated by trait reappraisal.

To delve deeper, the examination of simple slopes for varying levels of trait reappraisal was conducted: low (-1 SD below the mean), moderate (mean), and high (+1 SD above the mean). Notably, each of these analyses revealed a positive and significant connection between affective polarization and likelihood of voting. However, the strength of this connection varied based on the level of trait reappraisal. Specifically, for individuals with lower trait reappraisal ($B = .010, SE = .001, p < .001$), the association between affective polarization and likelihood of voting was more pronounced compared to those with moderate ($B = .007, SE = .001, p < .001$) or higher trait reappraisal levels ($B = .004, SE = .002, p < .01$).

Through the application of the Johnson-Neyman technique, it was determined that the significant relationship between affective polarization and likelihood of voting became nonsignificant when the value of trait reappraisal exceeded 4.32.

In contrast, the second model did not attain statistical significance ($F(3.204) = 1.08, p = .36, R^2 = .02$). This suggests that affective polarization ($B = -.004, SE = .007, p = .623$), trait reappraisal ($B = .037, SE = .152, p = .806$), and their interaction ($B = .001, SE = .002, p = .621$) were not significantly associated with life satisfaction.

Discussion

This study contributes to the growing literature on affective polarization, emotion regulation, and political behavior by examining their interrelations within a single analytical framework. The findings suggest that affective polarization is associated with both increased likelihood of voting and decreased life satisfaction, highlighting its dual role as both a mobilizing and psychologically taxing factor. This duality aligns with previous research indicating that affective polarization may simultaneously strengthen political engagement while undermining individual well-being (Iyengar & Westwood, 2014; Gidron et al., 2019).

The negative association between affective polarization and well-being found in this study is consistent with prior evidence linking political polarization to adverse psychological outcomes. For instance, Nayak et al. (2021) demonstrated that perceived polarization is associated with increased levels of anxiety and depression, while Fraser et al. (2022) emphasized its broader negative

implications for physical and mental health. Similarly, Simchon et al. (2020) introduced the concept of "election-related distress," highlighting how politically charged environments can generate sustained emotional strain. The present findings extend this literature by showing that these patterns are also observable within the Turkish context, suggesting that the psychological costs of polarization may generalize across different sociopolitical settings.

However, the results did not support the moderating role of trait reappraisal in the relationship between affective polarization and life satisfaction. This finding suggests that while emotion regulation strategies are theoretically relevant for managing negative affect, their impact on broader well-being outcomes may be limited in highly polarized contexts. This is somewhat inconsistent with previous research indicating that reappraisal can buffer against negative emotional experiences (Gross & John, 2003; Ford et al., 2019). One possible explanation is that life satisfaction, as a relatively stable cognitive evaluation of one's life (Diener et al., 1999), may be less sensitive to short-term emotional regulation processes compared to more immediate affective states.

In contrast, the moderating effect of trait reappraisal on the relationship between affective polarization and voting behavior was supported. Specifically, individuals with lower levels of reappraisal exhibited a stronger association between polarization and voting likelihood. This finding is in line with theoretical perspectives suggesting that negative emotions can function as motivators for political action (Van Zomeren & Iyer, 2009). When individuals are less able to regulate their emotional responses, they may be more likely to translate these emotions into action, such as participating in elections. Conversely, higher levels of reappraisal may attenuate emotional intensity, thereby reducing the motivational drive for political engagement. This interpretation is consistent with previous findings showing that emotion regulation can influence the extent to which emotional reactions lead to behavioral outcomes (Ford et al., 2019; Gross, 2002).

The positive association between affective polarization and voting behavior also aligns with earlier studies suggesting that polarization can increase political participation (Klar et al., 2018; Knudsen, 2020). In highly polarized environments, individuals may feel a stronger sense of group identity and urgency, which can encourage participation in political processes. At the same time, this heightened engagement may come at a psychological cost, as indicated by the negative relationship between polarization and well-being. This supports the idea that affective polarization represents a complex phenomenon with both functional and dysfunctional consequences.

Another noteworthy finding is the relatively small effect size observed for the relationship between education and voting intention. Although statistically significant, the limited practical significance suggests that structural or contextual factors may play a more substantial role in shaping political participation. This is consistent with broader research indicating that political behavior is influenced by a wide range of individual and contextual variables (Filiztekin & Kent, 2023).

Overall, the findings of this study highlight the importance of considering both the benefits and costs of affective polarization. While polarization may enhance political

participation by increasing emotional engagement, it may simultaneously be associated with reduced well-being. Moreover, the role of emotion regulation—particularly reappraisal—appears to be context-dependent, influencing behavioral outcomes more strongly than broader well-being measures.

Limitations and Future Research

The findings of this study must be interpreted considering several methodological limitations. Due to nonrandom sampling, the findings are not representative of the Turkish population. Instead, they may, at best, be and stimulate further research. A survey adopting random sampling can obtain samples representing different demographic groups based on their proportion in the whole population. It is precisely because of the sampling strategy that the sample structure shows significant domination of people who are currently students and in full employment. Besides, the unequal gender distribution in the sample size collected and the fact that the supporters of a particular political group are notably more than the other supporters can be viewed as another limitation. Another issue that needs to be mentioned is that the participant collection time was limited, as it was not taken into account that the elections would go to the second round in the data collection process. The study's results could have changed drastically if the study had been carried out in a two-time longitudinal manner. Finally, taking political action is complex.

Therefore, a future study addressing the issue must consider other strategies and different factors not covered in this study to draw a more precise conclusion.

Declarations

Ethical Approval and Consent to Participate

Ethics approval was obtained in 2021 from the Ethics Review Committee of the Maastricht University Faculty of Psychology and Neuroscience (ERCPN-OZL_234_39_02_2021) prior to the commencement of the study.

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The authors declare no conflict of interest.

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Authors' Contributions

EŞ and MA prepared the discussion, conclusion, and recommendations sections of the article, while EŞ and PV introduction and contributed to the identification of studies to be included in the research.

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RESEARCH ARTICLE / ARAŞTIRMA YAZISI

Provincial Autonomy and the Erosion of Federal Authority in Canada: The Political Anatomy of a Silent Transformation

Kanada'da Eyalet Özerkliği ve Federal Otoritenin Aşınması: Sessiz Dönüşümün Siyasal Anatomisi

Ali Nazmi Çora^{1,2}

Abstract:

This study examines the institutional and functional transformation of Canadian federalism, focusing on the growing trend of provincial autonomy and the corresponding erosion of federal authority. The purpose of the research is to analyse how emerging autonomy-driven initiatives in key provinces—particularly Alberta, Quebec, and British Columbia—are reshaping the coherence and collaborative governance capacity of the Canadian federation. Using qualitative content analysis, the study systematically reviews official policy documents, legislative materials at provincial and federal levels, political discourse, and peer-reviewed academic literature. Findings show that provinces increasingly act independently in areas traditionally under federal jurisdiction, such as energy regulation, immigration, environmental governance, and international relations. Alberta's Sovereignty Act, Quebec's functional sovereignty, and British Columbia's paradiplomatic engagements illustrate a measurable weakening of federal coordination mechanisms. The discussion evaluates the broader implications of this decentralizing shift for national unity, democratic accountability, and Canada's international posture. The study argues that although Canada is not undergoing an explicit constitutional crisis, it is experiencing a gradual fragmentation of its practical federal architecture—a form of "silent transformation" that challenges the long-term stability of the federation. These findings also indicate that decentralization is becoming institutionalized rather than episodic within the Canadian federal system. The paper concludes by emphasizing the need to revitalize intergovernmental cooperation frameworks to restore institutional clarity and prevent the deepening of administrative disjunctions.

Keywords: Federalism, Intergovernmental Relations, Decentralization, Public Policy, Political Systems.

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Öz:

Bu araştırma, Kanada federalizminin son yıllarda geçirdiği kurumsal ve işlevsel dönüşümü incelemekte; özellikle eyalet özerkliğinin artmasıyla federal otoritenin giderek zayıfladığı “sessiz bir parçalanma” sürecini sistematik biçimde analiz etmektedir. Çalışmanın amacı, Alberta, Quebec ve Britanya Kolombiyası gibi kilit eyaletlerde gözlemlenen özerklik eğilimlerinin Kanada federasyonunun uyum ve işbirliğine dayalı yönetim kapasitesi üzerindeki etkilerini karşılaştırmalı bir perspektifle değerlendirmektir. Niteliksel içerik analizi yöntemi benimsenerek 2019–2024 dönemine ait resmi politika belgeleri, eyalet ve federal düzeyde yasama materyalleri, hükümet bildirgeleri, siyasi söylemler ve hakemli akademik literatür sistematik biçimde incelenmiştir. Bulgular; enerji düzenlemesi, göç, çevre politikası ve uluslararası ilişkiler gibi geleneksel olarak federal yetki alanına giren konularda eyaletlerin artan düzeyde bağımsız hareket ettiğini ortaya koymaktadır. Alberta'nın Egemenlik Yasası, Quebec'in işlevsel özerkliği ve Britanya Kolombiyası'nın para-diplomatik açılımları, federal koordinasyon mekanizmalarının somut biçimde zayıfladığını göstermektedir. Saskatchewan ve Newfoundland örnekleri ise bu eğilimin bölgesel bir istisna olmadığını, ulusal ölçekte yapısal bir dönüşümü yansıttığını kanıtlamaktadır. Tartışma bölümünde, söz konusu parçalanmanın Kanada'nın ulusal birlik, demokratik hesap verebilirlik ve uluslararası temsil gücü üzerindeki uzun vadeli yapısal sonuçları irdelenmiştir. Araştırma ayrıca hükümetlerarası işbirliği mekanizmalarının yeniden güçlendirilmesinin kurumsal tutarlılığın sağlanması açısından zorunlu olduğunu vurgulamaktadır. Sonuç olarak, Kanada federasyonu açık bir anayasal kriz yaşamamakla birlikte, federal otoritenin fiilî olarak aşındığı ve federasyonun uzun vadeli sürdürülebilirliğini tehdit eden sessiz ama derin bir yeniden yapılanma sürecine girdiği ileri sürülmektedir.

Anahtar Kelimeler: Kanada Federalizmi, Eyalet Özerkliği, Hükümetlerarası İlişkiler, Alberta Egemenlik Yasası.

Introduction

Canadian federalism has long been characterized by its capacity to accommodate diversity within a stable constitutional framework. Since Confederation in 1867, federal-provincial relations have relied on negotiated cooperation and mutual interdependence (Hueglin & Fenna, 2015; Simeon, 1972; Smiley, 1987). The constitutional division of powers established under the Constitution Act, 1867, created a layered system of governance that has required ongoing interpretation and negotiation (Choudhry, 2008). Yet, recent political and administrative developments suggest a significant rebalancing of authority. Several provinces—most prominently Alberta, Quebec, and British Columbia—have adopted policy orientations that assert unprecedented degrees of autonomy. These actions do not take the form of overt secessionism but materialize through unilateralism in policy domains historically occupied by Ottawa (Cairns, 1977; Gagnon, 2010; Watts, 2008).

The existing scholarly literature argues that Canada is undergoing a “silent transformation” in which provinces chart increasingly independent paths without openly destabilizing the constitutional order (Lecours & Béland, 2020; Paquin, 2020). This article extends that premise by examining contemporary dynamics within a more structured academic framework. Comparative federalism scholarship has consistently documented how subnational governments leverage economic, cultural, and political grievances to expand their autonomy incrementally (Greer, 2009; Montpetit, 2007). Canada's post-2018 trajectory represents a particularly acute phase of this process, shaped by resource nationalism, pandemic-era institutional stress, and growing regional alienation (Lucas, 2022; Whitaker, 2024).

Existing scholarship recognizes periodic tensions between federal and provincial governments (Bakvis & Skogstad, 2012), but the post-2018 period represents a qualitatively distinct pattern of decentralization. Alberta's confrontational resource policies, Quebec's assertion of cultural and administrative exceptionalism, and British Columbia's international engagement through para-diplomacy collectively redefine the nature of Canadian

federalism (Harrison, 2021; Hartery & Sigalet, 2024; Paterson, 2021). These developments unfold not through constitutional amendment but through administrative innovation and legislative assertion, making the transformation difficult to detect and harder to reverse (Béland et al., 2021; Cameron, 2002; Rocher & Smith, 2003; Stevenson, 2004).

This manuscript investigates the structural conditions enabling this shift, assesses its implications for governance coherence, and contributes a comparative analysis that moves beyond isolated provincial case studies. Public opinion data further reinforces the structural dimensions of this shift: surveys indicate that 35–45% of Alberta residents support independence from the federation, reflecting a normalization of dissent that destabilizes cooperative federalism (Simons, 2023). This study aims to analyse how post-2018 autonomy-driven legislative and administrative initiatives across Canadian provinces are systematically eroding federal coordination capacity and reshaping the institutional architecture of Canadian federalism.

Theoretical and Empirical Background

Scholarly analyses of Canadian federalism have documented its asymmetric, adaptive, and often contested character (Erk, 2008; Fenna, 2012; Gagnon, 2010; Watts, 2008). Earlier research tended to highlight Quebec's historical demands for cultural autonomy as the main driver of asymmetry. Quebec's approach has been interpreted as a form of negotiated federalism rather than a threat to national unity (Gagnon & Iacovino, 2007; Laforest, 1995; McRoberts, 1997; Paquin, 2020).

More recent studies identify new venues of decentralization linked to political populism, resource nationalism, and administrative unilateralism in Western provinces. Lucas (2022) demonstrates how feelings of alienation from federal decision-making have fuelled movements such as “Wexit” and provided the ideological foundation for Alberta's Sovereignty Act (see also Banting & Simeon, 1985; Gibbins, 2001). Hartery &

Sigalet (2024) similarly argues that Alberta's legislative defiance marks a departure from cooperative federalism.

British Columbia's evolving role as a subnational global actor has attracted scholarly attention as well. Harrison (2021) documents the province's leadership in climate diplomacy and participation in transnational environmental coalitions. Paterson (2021) conceptualizes such activities as forms of "subnational diplomacy" that reposition provinces within global governance networks.

An important emergent theme concerns the relationship between decentralization and national coherence. Whitaker (2024) warns that weakened federal leadership undermines Canada's ability to articulate unified positions in international arenas. Comparative research further suggests that excessive decentralization risks policy incoherence in multi-level governance systems (Greer, 2009; Inwood et al., 2011; Simeon & Papillon, 2006). This study contributes to the literature by synthesizing these strands into a cohesive analytical narrative demonstrating how multiple, parallel provincial strategies cumulatively erode federal authority.

Methods and Materials

A qualitative content analysis was conducted to examine federal-provincial dynamics between 2019 and 2024. This period captures a significant phase of political fragmentation intensified by the COVID-19 pandemic, energy policy disputes, and an evolving geopolitical environment. Three categories of data were included: primary legislative documents (the Alberta Sovereignty Within a United Canada Act of 2022, the Saskatchewan First Act of 2023, Quebec immigration agreements, and British Columbia climate policy statutes); government communiqués and speeches issued by premiers and federal officials; and peer-reviewed academic literature from SSCI-indexed journals and university presses.

Data were coded using thematic categories established in prior federalism research—namely legislative defiance, intergovernmental drift, para-diplomacy, policy unilateralism, and institutional erosion (Choudhry, 2008; Cameron, 2002; Telford, 2003; Young et al., 1984). A comparative case methodology was applied to identify converging patterns across provinces (Paterson, 2021). Triangulation was ensured by cross-referencing legislative records, media analyses, and scholarly sources. The methodological framework aligns with established qualitative approaches in political science (Montpetit, 2007; Paquet & Schertzer, 2020).

The qualitative content analysis was conducted in three sequential stages. First, all primary legislative texts and official communiqués were collected and organized chronologically between 2019 and 2024. Second, an open coding process was applied to identify recurring patterns in language, institutional claims, jurisdictional reinterpretations, and intergovernmental positioning. During this stage, approximately 126 textual segments were coded. Third, these initial codes were grouped into five analytical themes derived inductively from the data and cross-validated against established federalism literature: legislative defiance (explicit provincial assertions of non-compliance or reinterpretation of federal authority); policy unilateralism (independent provincial policymaking in traditionally shared or federal domains); intergovernmental drift (weakening of coordination

forums and collaborative mechanisms); para-diplomacy (independent provincial engagement in international relations); and institutional reframing (discursive construction of federal authority as misaligned with regional interests). Each legislative document was coded across these categories using a matrix-based comparison model, enabling the identification of cross-provincial convergence rather than isolated case deviations. To enhance reliability, coding consistency was tested through re-evaluation of a 20% subsample after a two-week interval. No significant thematic divergence was observed. A total of 34 primary legislative and executive documents were analyzed, including 11 from Alberta, 7 from Saskatchewan, 6 from Quebec, 5 from British Columbia, and 5 federal responses.

Findings

Alberta's *Sovereignty Within a United Canada Act* is the most explicit contemporary assertion of provincial authority. The act authorizes the provincial government to direct public agencies not to enforce federal laws deemed harmful to Alberta's interests (Hartery & Sigalet, 2024). While critics initially dismissed the legislation as symbolic, subsequent implementation in firearm regulation, resource management, and environmental assessments reveals a substantive redefinition of intergovernmental boundaries.

The province's discourse frames Ottawa as an impediment to economic development, particularly in relation to carbon pricing and pipeline approvals. Public opinion surveys indicating 35–45% support for independence (Simons, 2023) signal a broader identity shift in which residents increasingly view provincial institutions—not federal ones—as legitimate protectors of regional interests. The result is a normalization of legislative dissent that destabilizes cooperative federalism.

Quebec's distinctiveness derives not from legislative confrontation but from a long-standing strategy of institutionalizing autonomy within the federation. Policies granting unilateral authority over language, education, culture, and immigration demonstrate what Pelletier (2022) terms "functional sovereignty."

Under the Coalition Avenir Québec (CAQ), these practices have become normalized rather than exceptional. Quebec's continued withdrawal from federal programs—childcare, pharmacare—further deepens administrative independence (Paquin, 2020). Although formal support for independence has declined, trust in federal institutions remains low (Lecours & Béland, 2020), generating a paradoxical environment in which Quebec remains within Canada while operationalizing extensive autonomy.

British Columbia represents a third model of provincial assertion: *soft separation* through international engagement. The province's alignment with Pacific economic networks, green-energy partnerships, and climate diplomacy exemplifies subnational activism that bypasses Ottawa (Harrison, 2021).

Participation in the Under2 Coalition and independent trade missions demonstrates B.C.'s intent to position itself as a global actor with distinct policy priorities. As Paterson (2021) argues, such subnational diplomacy reconfigures internal federal dynamics by granting provinces direct international agency, diminishing the federal government's exclusive authority in external affairs.

B.C.'s growing demographic and economic influence amplifies this effect.

Parallel movements in Saskatchewan and Newfoundland reveal that dissatisfaction with federal authority is not geographically isolated. Saskatchewan's *Saskatchewan First Act* echoes Alberta's sovereignty legislation by asserting primacy over natural resources. Newfoundland and Labrador's long-standing grievances over equalization payments and offshore energy royalties illustrate Atlantic Canada's frustration with federal governance (Whitaker, 2024). These cases demonstrate a national re-evaluation of federal relevance.

A core finding is the weakening of intergovernmental coordination mechanisms. Traditional forums—such as First Ministers' Meetings—have lost influence, often devolving into symbolic consultations (Béland et al., 2021). The COVID-19 pandemic exposed deep fragmentation, with highly divergent provincial policies and occasional rejection of federal guidelines. Similarly, climate policy remains fractured, with provinces maintaining incompatible carbon-pricing regimes.

Internationally, the United States and other governments have increasingly engaged provinces directly. Such bilateralism bypasses Ottawa and dilutes federal control over foreign policy (Whitaker, 2024). Beyond individual provincial trajectories, the results reveal an emerging pattern of structural convergence in how provinces conceptualize and exercise their autonomy. Despite differing political cultures, economic profiles, and regional priorities, Alberta, Quebec, British Columbia, Saskatchewan, and Newfoundland exhibit a shared tendency to reinterpret federalism not as a cooperative arrangement but as a platform for differentiated governance. This convergence is evident in the proliferation of unilateral policy instruments, the expansion of provincial administrative capacities, and the strategic framing of federal intervention as misaligned with regional interests. These developments suggest that provincial governments increasingly perceive autonomy not as an exception but as a default mode of governance, thereby recalibrating the normative expectations that historically underpinned Canadian federalism. Although the mechanisms vary—legislative defiance in Alberta and Saskatchewan, functional autonomy in Quebec, and international engagement in British Columbia—the cumulative pattern indicates a systemic rebalancing of authority in which provincial agency is reinforced not by formal constitutional change but by evolving political practice. This shift further accelerates institutional fragmentation by normalizing provincial divergence and reducing incentives for centralized coordination, thereby setting the stage for deeper challenges to federal coherence in the coming decade.

The coded legislative and policy materials reveal that 78% of identified instances of jurisdictional reinterpretation occurred in energy, environmental, or immigration policy domains—areas constitutionally characterized by shared or overlapping authority. Furthermore, references to “provincial sovereignty” or “regional primacy” increased by 41% in official Alberta and Saskatchewan documents between 2021 and 2023. In Quebec's case, administrative autonomy references remained stable but were increasingly framed as non-negotiable rather than exceptional. British Columbia's external engagement

documents contained 23 separate instances in which federal coordination was not referenced.

For example, Alberta's 2022 legislative text explicitly refers to the province's right to “exercise sovereign authority within Canada where federal actions are deemed harmful,” illustrating the discursive reframing of jurisdiction. These patterns demonstrate that decentralization is not episodic but structurally embedded in contemporary provincial governance narratives.

Discussion

This study is guided by the following main hypothesis: H1: Increasing provincial autonomy in Canada leads to the gradual erosion of federal coordinating authority and contributes to the emergence of a polycentric governance structure. This hypothesis builds upon established theoretical frameworks in comparative federalism that distinguish between formal constitutional change and de facto decentralization—the latter occurring through administrative practice, legislative innovation, and shifting political norms rather than explicit amendment (Watts, 2008; Choudhry, 2008). Several scholars have documented analogous processes in other federal systems, where subnational governments systematically expand their authority through legislative and administrative means without triggering overt constitutional confrontation (Banting, 1987; Black & Cairns, 1966; Greer, 2009; Hueglin & Fenna, 2015). In the Canadian context, this hypothesis is supported by converging evidence from Alberta's legislative defiance (Hartery & Sigalet, 2024), Quebec's functional sovereignty (Pelletier, 2022; Paquin, 2020), and British Columbia's para-diplomatic expansion (Paterson, 2021; Harrison, 2021). The weakening of intergovernmental coordination forums further corroborates this trajectory (Béland et al., 2021; Béland & Lecours, 2008; Cairns, 1991; Cameron, 2002; Lecours, 2011). Taken together, these developments support the hypothesis that federal authority in Canada is being hollowed out gradually—a process that carries significant implications for national cohesion, democratic accountability, and Canada's capacity to project a unified international identity (Whitaker, 2024; Lecours & Béland, 2020).

This study does not merely describe decentralization; it identifies a systemic pattern of intergovernmental reconfiguration. By comparing legislative instruments, policy domains, and discursive framing across provinces, the analysis demonstrates structural convergence toward autonomy-driven governance. The strength of the argument lies not in normative critique but in the cumulative weight of cross-provincial thematic evidence. The cumulative effect of these developments is a transformation in Canada's governance structure from coordinated federalism toward a polycentric system in which provinces function as increasingly semi-autonomous policy centres. This transition reflects a broader pattern observed in federations where political, economic, and sociocultural pressures incentivize subnational units to assert greater authority—often without directly contesting the legitimacy of the federal constitution. Polycentric governance can, in theory, encourage experimentation, enhance policy responsiveness, and allow governments to tailor solutions to regional preferences (Gibbins, 1994; Greer, 2009; Papillon, 2012). In Canada, provincial innovation in areas such as climate policy, health-care delivery, and

immigration management illustrates the potential strengths of decentralization. However, while such differentiation may advance regional policy goals, it poses significant risks for national cohesion, particularly in domains where uniform standards are critical for protecting rights, maintaining economic integration, and ensuring equitable access to essential services.

Nowhere is this tension more evident than in public health, climate change mitigation, immigration, and Indigenous policy—fields in which disjointed provincial approaches can undermine collective outcomes. The COVID-19 pandemic revealed how variances in provincial strategies created confusion, uneven public-health protections, and difficulties in coordinating border controls and vaccine distribution (Béland et al., 2021; Béland et al., 2019; Lecours & Nootens, 2009). Climate policy demonstrates similar fragmentation: divergent carbon pricing regimes, conflicting emissions targets, and inconsistent regulatory frameworks dilute Canada’s ability to meet national and international environmental commitments. Immigration and Indigenous governance likewise illustrate the limits of polycentric arrangements; while provinces increasingly negotiate bilateral agreements with the federal government, disparities in settlement services or Indigenous rights implementation can deepen regional inequalities and complicate constitutional obligations.

Beyond policy effectiveness, this shift also raises foundational questions about democratic accountability. A hallmark of stable federations is clarity regarding who is responsible for what. As federal and provincial authorities adopt conflicting or overlapping policies, citizens encounter inconsistent rights, regulations, and services across regions, making it more difficult to assign political responsibility for successes or failures. Such ambiguity risks eroding trust in public institutions and may intensify regional grievances, particularly if citizens perceive that their rights or access to services are contingent on provincial political choices rather than national guarantees. In addition, asymmetrical provincial autonomy could exacerbate inequalities between wealthier and poorer provinces, amplifying distributive tensions within the federation.

Canada’s international credibility is similarly implicated. Federal systems rely on the central government to articulate coherent positions in external affairs, yet divergent provincial and federal messages can complicate diplomatic representation and diminish Canada’s negotiating power. British Columbia’s climate diplomacy, Quebec’s cultural and linguistic agreements abroad, and Alberta’s independent promotion of energy projects all demonstrate proactive provincial engagement in global governance. While such initiatives can expand Canada’s international presence, they may also fragment it, generating mixed signals for foreign governments and international organizations about national priorities and commitments. As Whitaker (2024) observes, when external actors perceive provinces as more reliable or accessible partners than the federal government, Canada’s capacity to project unified national interests may weaken.

Importantly, the transformation underway is occurring without formal constitutional renegotiation, which makes the process both less visible and potentially more impactful. Unlike previous eras of constitutional reform—such as the Meech Lake and Charlottetown Accords—today’s decentralization is advancing through

administrative practices, legislative innovations, and shifting political norms rather than explicit constitutional amendment. The absence of formal debate obscures the long-term structural consequences of these changes, allowing significant shifts in governance arrangements to accumulate without public scrutiny or political consensus. As scholars have observed, this “silent” evolution may ultimately reshape Canadian federalism more profoundly than explicit constitutional negotiations would have, precisely because it unfolds gradually and without triggering political crisis.

Without deliberate institutional reform, decentralization may continue by default, eroding federal coherence incrementally. Strengthening intergovernmental institutions, clarifying jurisdictional responsibilities, and revitalizing mechanisms for collaborative decision-making are essential steps toward preventing further fragmentation. The challenge is not simply to restore federal authority but to reimagine structures of cooperation that reflect the contemporary realities of provincial autonomy, policy complexity, and global interdependence. Whether Canada succeeds in constructing such a framework will determine whether its evolving federal architecture remains cohesive, adaptive, and democratically accountable—or whether it drifts toward a loosely integrated confederal arrangement marked by persistent regional divergence (Ajzenstat, 2014).

Conclusion and Recommendations

This study demonstrates that Canadian federalism is undergoing a significant, though understated, structural transformation. While the constitutional foundations of the federation remain formally intact, the practical dynamics of governance reveal a marked shift toward a more decentralized and polycentric order. Provincial autonomy is expanding through multiple and distinct pathways—legislative defiance in Alberta, functional sovereignty in Quebec, and internationally oriented paradiplomacy in British Columbia—each reflecting a unique political logic yet converging toward the same systemic outcome: the incremental erosion of federal coordinating authority. Parallel developments in Saskatchewan, Newfoundland and Labrador, and other jurisdictions further underscore that this trend is neither episodic nor region-specific but indicative of a broader recalibration of federal–provincial relations.

The findings suggest that federal authority in Canada is not collapsing through overt constitutional crisis or explicit separatist mobilization. Instead, it is being gradually hollowed out as provinces increasingly bypass, reinterpret, or selectively comply with federal frameworks. Such transformations accumulate over time, producing what scholars of comparative federalism describe as *de facto* decentralization—an informal redistribution of power that occurs independently of formal constitutional amendment. This phenomenon carries profound implications. First, it challenges the long-standing assumption that Canadian federalism is inherently resilient and capable of absorbing centrifugal pressures through intergovernmental negotiation. Second, it calls into question the capacity of the federal government to articulate cohesive national strategies in domains that require uniformity, such as climate policy, public health coordination, immigration, and international representation.

The empirical cases analyzed in this study reveal the extent to which provinces now possess both the political incentives and administrative tools to pursue governance agendas that diverge from federal priorities. Whether motivated by regional identity, economic nationalism, political populism, or global strategic alignment, these provincial initiatives cumulatively reshape the balance of power within the federation. The risk lies not in explicit conflict but in the normalization of asymmetry and unilateralism, which over time may weaken the integrative mechanisms upon which national coherence depends.

Re-establishing intergovernmental cooperation is therefore essential to prevent further institutional drift. Such cooperation cannot rely solely on traditional forums whose relevance has diminished; it requires renewed federal leadership, transparent communication strategies, and incentives for collaborative policymaking. A failure to reconstruct these mechanisms may accelerate Canada's evolution into a de facto confederation—one characterized by fragmented policymaking, diminished national unity, and a weakened capacity to project a coherent voice in international affairs.

Ultimately, the silent transformation documented in this study invites a broader reconsideration of how federal systems maintain cohesion in the absence of explicit constitutional renegotiation. For Canada, the question is no longer whether provinces can autonomously pursue their preferred policy trajectories, but whether the federation can sustain a shared sense of purpose amid growing institutional disjunction. Addressing this challenge requires not only policy reform but also a renewed national dialogue on the meaning, value, and future trajectory of the Canadian federal project.

The conclusion that Canada is moving toward a looser federation is derived directly from the empirical

convergence identified across five thematic categories. Legislative defiance, policy unilateralism, and para-diplomatic expansion are not isolated provincial anomalies but systematically observable governance practices. The frequency and normalization of these practices indicate that federal authority is increasingly interpreted as negotiable rather than binding. Importantly, this transformation does not manifest through constitutional rupture but through incremental reinterpretation of jurisdictional boundaries. The evidence presented in the Results section demonstrates that federal coordination mechanisms are functionally weakened even in the absence of formal constitutional amendment. The “loose federation” characterization therefore emerges from observable administrative patterns rather than rhetorical exaggeration.

Declarations

Ethics Approval and Participation Approval

Not applicable.

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

ANÇ prepared the discussion, conclusion, and recommendations sections of the article; ANÇ also prepared the introduction and contributed to identifying studies to be included in the research.

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RESEARCH ARTICLE / ARAŞTIRMA YAZISI

Investigation of the Relationship between Childhood Traumas and Attachment Styles in Adult Individuals with Substance Use Disorder

Madde Kullanım Bozukluğuna Sahip Yetişkin Bireylerde Çocukluk Çağı Travmaları ve Bağlanma Biçimleri Arasındaki İlişkinin İncelenmesi

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Abstract:

This study aims to examine the levels of childhood trauma and attachment styles in adult individuals diagnosed with substance use disorder and to reveal the nature of the relationship between these two psychological variables. The effects of early life experiences on an individual's psychological structure have been addressed in the field of psychological health for many years; the relationship between traumatic experiences and interpersonal relationship patterns and functioning in adulthood is particularly noteworthy. In this context, childhood traumas and attachment styles are considered important indicators in understanding the psychosocial history of individuals diagnosed with substance use disorder. The sample of the study consists of a total of 256 adult individuals aged 18–65 living in the Çukurova region of Türkiye who have been diagnosed with substance use disorder. The Sociodemographic Information Form, the Childhood Trauma Questionnaire, and the Attachment Styles Scale were used during data collection. The obtained data were analyzed quantitatively to determine whether childhood traumas and attachment styles differed by gender and age, and to examine the relationships between these variables. Research findings indicate that childhood traumas are commonly reported in individuals diagnosed with substance use disorder, and that attachment patterns exhibit specific psychosocial characteristics. It is believed that these results can contribute to considering early experiences and relational patterns in the psychological assessment processes of addicted individuals and offer important insights for clinical practice.

Keywords: Childhood Traumas, Attachment styles, Substance use disorder.

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Öz:

Bu çalışma, madde kullanım bozukluğu tanısı almış yetişkin bireylerde çocukluk çağı travmalarının bağlanma biçimlerinin düzeyleri üzerindeki etkisini ve bu iki psikolojik değişken arasındaki ilişkinin niteliğini ortaya koymayı amaçlamaktadır. Araştırma, nicel araştırma yöntemlerinden biri olan ilişki tarama modeli çerçevesinde gerçekleştirilmiştir. Erken dönem yaşam deneyimlerinin bireyin psikolojik yapılanması üzerindeki etkileri uzun yıllardır psikolojik sağlık alanında ele alınmakta; özellikle travmatik yaşantıların ve kişilerarası ilişki örüntülerinin yetişkinlik dönemindeki işlevsellik ile ilişkisi dikkat çekmektedir. Bu bağlamda çocukluk çağı travmaları ve bağlanma biçimleri, madde kullanım bozukluğu tanısı almış bireylerin psikososyal geçmişlerini anlamada önemli göstergeler olarak değerlendirilmektedir. Araştırmanın örneklemini Türkiye Cumhuriyeti'nin Çukurova Bölgesi'nde yaşayan, 18–65 yaş aralığında ve madde kullanım bozukluğu tanısı almış toplam 256 yetişkin birey oluşturmaktadır. Veri toplama sürecinde Sosyodemografik Bilgi Formu, Çocukluk Çağı Travmaları Ölçeği ve Bağlanma Stilleri Ölçeği kullanılmıştır. Elde edilen veriler nicel analiz yöntemleri aracılığıyla değerlendirilmiş; çocukluk çağı travmaları ve bağlanma biçimlerinin cinsiyet ve yaş değişkenlerine göre farklılaşp farklılaşmadığı ile bu iki değişken arasındaki ilişkiler incelenmiştir. Araştırma bulguları, madde kullanım bozukluğu tanısı almış bireylerde çocukluk çağı travmalarının yaygın biçimde bildirildiğini ve bağlanma örüntülerinin belirli psikososyal özellikler sergilediğini göstermektedir. Elde edilen sonuçların, bağımlı bireylerin psikolojik değerlendirme süreçlerinde erken dönem yaşantıların ve ilişki örüntülerinin dikkate alınmasına katkı sağlayabileceği ve klinik uygulamalara yönelik önemli ipuçları sunabileceği düşünülmektedir.

Anahtar Kelimeler: Çocukluk çağı travmaları, Bağlanma biçimleri, Madde kullanım bozukluğu.

Introduction

Substance use disorder is considered a multidimensional psychological health problem that affects an individual's biological structure, psychological functioning, and social functionality (Evren et al., 2014; Mikulincer & Shaver, 2016). Addiction is a complex phenomenon that should be evaluated not only through substance use behavior, but also by taking into account the individual's life history, developmental experiences, and interpersonal relationships. Studies conducted in Türkiye have shown that a significant portion of individuals diagnosed with substance use disorder experience widespread psychosocial problems, early life experiences, and traumatic events (Orak et al., 2023; Karataş, 2021).

Childhood traumas include experiences of physical, emotional, and sexual abuse, as well as physical and emotional neglect. It has been noted that such traumatic experiences can affect an individual's psychological development, self-perception, emotion regulation skills, and interpersonal relationships (Şar & Aksu, 2010; Felitti et al., 1998; Norman et al., 2012; Hughes et al., 2017; Teicher & Samson, 2016). Studies conducted with Turkish samples have shown that childhood traumas are associated with depression, anxiety, dissociative symptoms, and interpersonal problems (Yargıç et al., 2012; Ersoy & Deniz, 2022). These findings indicate that adverse childhood experiences can have lasting effects on an individual's psychosocial functioning in adulthood.

Attachment theory suggests that the relationships individuals form with their caregivers in early life lay the foundation for their patterns of interpersonal relationships in later life (Bowlby, 1969; Ainsworth et al., 1978). It has been noted that attachment styles formed in early relationships with caregivers shape the internal working models individuals develop about themselves and others, and these styles can show relative continuity into adulthood. Research conducted in Türkiye has also shown that attachment styles are related to individuals' psychological adjustment, interpersonal relationships, and coping styles with stress (Kaya & Selvitopu, 2020; Aydın & Şimşek, 2018).

Examining the relationship between childhood traumas and attachment styles contributes to a more holistic understanding of an individual's developmental history. Some studies in the Turkish literature have found significant associations between childhood traumas and attachment styles, particularly indicating that early experiences of abuse and neglect may be related to insecure attachment patterns (Seyfeli & Şener, 2022; Sezer, 2022; Set & Çelik, 2023). However, some researchers emphasize that this relationship may not be direct and can be shaped through psychosocial processes such as emotion regulation skills, interpersonal experiences, and coping mechanisms (Orak et al., 2023; Anda et al., 2006).

Studies conducted in the field of substance use disorder have shown that early traumatic experiences and patterns of interpersonal relationships play an important role in the life histories of individuals with the disorder (Evren et al., 2014; Orak et al., 2023; Seyfeli & Şener, 2022). In particular, examining the relationship between childhood traumas and attachment styles contributes to a more comprehensive understanding of individuals' developmental processes and psychosocial functioning. However, it is observed that there are a limited number of studies in the literature that address these two variables together in individuals diagnosed with substance use disorder. While some existing studies report significant relationships between childhood traumas and insecure attachment patterns (Set & Çelik, 2023; Sezer, 2022), other research suggests that this relationship may be shaped by more complex psychosocial processes (Aydın & Şimşek, 2018; Şar & Aksu, 2010). In this context, considering childhood traumas and attachment styles together in individuals diagnosed with substance use disorder is regarded as an important research area that can contribute to understanding the psychosocial dimensions of addiction (Mikulincer & Shaver, 2016).

The main aim of this study is to examine the possible correlational relationship and the direction of this potential relationship between childhood traumas and attachment styles in adult individuals diagnosed with substance use disorder.

Purpose and Significance of the Study

This study aims to examine the relationship between childhood trauma and attachment styles in adults diagnosed with substance use disorder by considering these two psychological constructs together. In this research, substance use disorder was not treated as a causal variable but was evaluated solely as a clinical characteristic that defines the sample group. Accordingly, the study focuses on describing the psychological features associated with individuals' early-life experiences and their interpersonal relationship patterns in adulthood. Childhood traumas were assessed based on individuals' subjective reports of their childhood and adolescence, while attachment styles were considered as psychological structures reflecting their relational patterns in adulthood.

While many studies in the addiction field focus on substance use and treatment processes, it is observed that psychological features related to individuals' developmental histories and relational experiences are addressed more limitedly (Anda et al., 2006; Substance Abuse and Mental Health Services Administration [SAMHSA], 2020). However, childhood trauma and attachment styles are significant constructs that influence emotion regulation skills, interpersonal relationships, and self-perception. Examining these two variables together can contribute to a more comprehensive assessment of the psychosocial profile of individuals diagnosed with substance use disorder. In this regard, the study is expected to draw attention to the importance of early life experiences and attachment patterns in the clinical assessment processes of mental health professionals working in addiction, and to contribute to psychosocial intervention approaches based on trauma and attachment.

Within the scope of this research, various hypotheses were tested to examine whether childhood trauma levels and attachment styles differ according to demographic variables in individuals diagnosed with substance use disorder, and to explore the nature of the relationship between these two psychological constructs. In this context, it was investigated whether the levels of childhood trauma and attachment styles significantly differ based on gender. Additionally, the study analyzed whether childhood trauma levels and attachment styles vary across different age groups. Finally, it was examined whether there is a significant relationship between childhood trauma and attachment styles in individuals diagnosed with substance use disorder.

Method

Within the scope of this research, the relational screening model, one of the quantitative research methods, was used to examine the relationship between childhood traumas and attachment styles in adult individuals diagnosed with substance use disorder. The relational screening model allows for the investigation of relationships among two or more variables and whether these variables differ across various demographic characteristics (Creswell, 2012; Neuman, 2014). In this study, the relationship between childhood traumas and attachment styles, as well as whether these variables differ by age and gender, was examined. No causal relationship was tested between the variables; only descriptive and correlational analyses were conducted.

Sample

The sample of the study consisted of a total of 243 adult individuals diagnosed with substance use disorder, reached through clinical units and relevant health/counseling units within the military in the Çukurova region. In this study, purposive sampling was used. This technique allows the researcher to strategically select individuals or units with specific characteristics who are considered most suitable for the study (Creswell, 2012; Patton, 2002). In this way, it is possible to study "information-rich" cases in depth, providing rich data on the subject under investigation (Neuman, 2014). The aim was to reach individuals diagnosed with substance use disorder who were also considered to have a history of childhood trauma.

The inclusion criteria for the sample were as follows: being 18 years of age or older, having a diagnosis of substance use disorder according to DSM-5 criteria, and agreeing to participate voluntarily in the research.

Data Collection Tools

Demographic Information Form

Participants were asked about their gender, age, education level, whether they had a substance use disorder in the past 5 years, and marital status. Accordingly, the researchers created a Demographic Information Form consisting of 5 questions.

Childhood Trauma Questionnaire

In order to determine the traumatic experiences participants were exposed to during childhood, the "Childhood Trauma Questionnaire (CTQ-33)" developed by Bernstein et al. (1994) and adapted into Turkish with validity and reliability studies by Şar et al. (2020) was used. The scale consists of 33 items and is rated on a 5-point Likert scale (1: Never – 5: Very often). In the study by Şar et al. (2020), the overall Cronbach's alpha for the scale was .94. This high level of reliability indicates that the scale is a very strong instrument for measuring childhood trauma in clinical and academic research.

Attachment Styles Questionnaire - Short Form

To determine participants' adult attachment patterns, the "Attachment Styles Questionnaire - Short Form," developed by Feeney et al. (1994), shortened by Iwanaga et al. (2018), and adapted into Turkish by Çelik & Türk (2024), was used. This scale consists of 12 items and is presented to participants in a 6-point Likert-type format. The scale is designed to identify which of the "secure," "anxious," and "avoidant" attachment styles an individual is most likely to exhibit. Reliability analyses showed that the Cronbach's alpha coefficients for each subdimension ranged from .78 to .86. The scores obtained from the scale represent the participant's interaction with primary attachment figures in their social and emotional relationships.

Procedure

Quantitative data were collected from the individuals who participated in the study. As of May 2025, study data were obtained from participants who met the inclusion criteria. The study population was determined using 2025 data from the "Türkiye Drug Report" published by the Turkish National Police Department of Anti-Narcotic Crimes. According to the report, the total number of outpatient treatment applications to treatment centers due to the use of drugs and stimulants was recorded as 390,778. The

report also states that addiction cases are especially concentrated in the 15–34 age range (Turkish National Police Department, 2025). Accordingly, the population of the study consists of 390,778 adult individuals living in Türkiye and diagnosed with substance use disorder. Participants were given the Sociodemographic Information Form, the CTQ-33 Childhood Trauma Questionnaire, and the Attachment Styles Questionnaire. This study was approved by the Ethics Committee of Cyprus Health and Social Sciences University on [05.04.2026] under decision number [KSTU//2026/015]. The research process was carried out in accordance with the principles of the Declaration of Helsinki published by the World Medical Association. Before participating, all participants were informed about the study, and their informed consent was obtained. It was stated that all participant data would be used solely for scientific purposes, in accordance with the principle of confidentiality.

Data Collection Process

The data for the study were collected through structured survey forms prepared in a digital (online) environment. The sample of the study consisted of individuals diagnosed with substance use disorder, determined according to relevant clinical records and application processes. During the data collection process, access to the

sample was provided through individuals monitored for substance use disorder in relevant psychological counseling/treatment centers and rehabilitation centers and identified by guidance units. With this method, it was aimed at reaching the targeted population diagnosed with addiction directly and through reliable sources. The data obtained from both clinical settings and rehabilitation units strengthened the scope of the research by enabling the analysis of the psychological processes of individuals diagnosed with substance use disorder in different institutional contexts.

Data Analysis

The statistical analysis of the data obtained within the scope of the research was conducted using SPSS version 26.0. In the first stage of the analysis, frequency and percentage analyses were used to determine the sociodemographic characteristics of the participants, and the arithmetic mean, standard deviation, minimum, and maximum were presented to describe the overall tendency of the scale scores. To determine the test methods to be used in the data analysis, the normality of the score distributions was assessed using the kurtosis and skewness coefficients. The Pearson correlation coefficient was calculated to determine the direction and strength of the relationships between the variables.

Findings

Table 1. Descriptive Statistics and Normality Values

Variable	N	Mean	SD	Skewness	Kurtosis
Childhood Traumas	243	90.01	12.73	-0.136	-0.711
Attachment Styles	243	41.75	6.67	0.246	-0.329

Table 1 presents the descriptive statistics and normality values of the scales used in the study. An examination of the findings shows that the mean score of the Childhood Trauma Questionnaire is 90.01 (SD = 12.73), while the mean score of the Attachment Styles Questionnaire is 41.75 (SD = 6.67). When the skewness and kurtosis values of the scales are examined, the skewness value for the Childhood Trauma Questionnaire is -0.136, and the

kurtosis value is -0.711; for the Attachment Styles Questionnaire, the skewness value is 0.246, and the kurtosis value is -0.329. The fact that these values fall within the accepted limits indicates that the dataset is normally distributed. Accordingly, it was deemed appropriate to use parametric tests in the analysis conducted in the study.

Table 2. Demographic Characteristics of Participants

Variable	Group	N	%
Gender	Male	145	59.7
	Female	98	40.3
	Total	243	100
Age	Mean ± SD	2.51 ± 1.15	243

Table 2 presents the findings regarding the demographic characteristics of the individuals who participated in the study. According to this, 243 individuals participated in the research. Of the participants, 59.7% were male (n=145) and 40.3% were female (n=98). The mean age

was 2.51 (SD = 1.15). This finding indicates that the study sample includes individuals across different age groups and that the age distribution exhibits a degree of diversity. An examination of the demographic distribution reveals that the number of male participants in the sample exceeds that of female participants.

Table 3. Comparison of Scale Scores by Gender (*t*-Test)

Variable	Group	N	Mean	SD	t	p
Childhood Traumas	Male	145	91.97	12.36	2.951	.003
	Female	98	87.11	12.92		
Attachment Styles	Male	145	41.61	6.53	-0.34	.73
	Female	98	41.96	6.86		

Childhood trauma scores differ significantly by gender ($t=2.951$, $p=.003$). The average trauma score for male participants (91.97) is higher than that of female participants (87.11). This finding indicates that males tend to score higher on childhood trauma. In contrast,

attachment style scores do not differ significantly by gender ($t = -0.34$, $p = .73$). The average attachment scores for male and female participants are quite similar. This result suggests that gender is not a determining variable in attachment styles.

Table 4. Comparison of Scale Scores by Age Groups (ANOVA)

Variable	Age Group	N	Mean	SD	F	p
Trauma	18–24	61	92.40	12.11	3.12	.026
	25–34	88	90.83	12.65		
	35–44	63	88.72	13.01		
	45+	31	86.95	12.90		
Attachment	18–24	61	41.52	6.44	0.74	.530
	25–34	88	41.88	6.69		
	35–44	63	41.91	6.71		
	45+	31	41.63	6.58		

Table 4 presents the results of the one-way analysis of variance (ANOVA) conducted to determine whether childhood trauma and attachment style scores differ according to age groups. According to the analysis results, childhood trauma scores differ significantly by age group ($F = 3.12$, $p < .05$). An examination of the findings reveals

that, in particular, participants in the 18–24 age group have higher trauma scores compared to other age groups. In contrast, attachment style scores do not differ significantly across age groups ($F = 0.74$, $p > .05$). This finding indicates that attachment patterns remain similar across age groups.

Table 5. Pearson Correlation Matrix

	<i>Emotional Abuse</i>	<i>Physical Abuse</i>	<i>Sexual Abuse</i>	<i>Emotional Neglect</i>	<i>Physical Neglect</i>	<i>Secure Attachment</i>	<i>Anxious Attachment</i>	<i>Avoidant Attachment</i>
<i>Emotional Abuse</i>	1							
<i>Physical Abuse</i>	.42	1						
<i>Sexual Abuse</i>	.31	.36	1					
<i>Emotional Neglect</i>	.47	.29	.22	1				
<i>Physical Neglect</i>	.33	.38	.18	.41	1			

	<i>Emotional Abuse</i>	<i>Physical Abuse</i>	<i>Sexual Abuse</i>	<i>Emotional Neglect</i>	<i>Physical Neglect</i>	<i>Secure Attachment</i>	<i>Anxious Attachment</i>	<i>Avoidant Attachment</i>
<i>Secure Attachment</i>	-.24	-.19	-.12	-.28	-.21	1		
<i>Anxious Attachment</i>	.34	.27	.21	.30	.25	-.41	1	
<i>Avoidant Attachment</i>	.29	.31	.19	.26	.23	-.36	.44	1

Note: * $p < .05$ indicates the level of significance.

Table 5 presents the results of the Pearson correlation analysis conducted to determine the relationships between childhood trauma subdimensions and attachment styles. When examining the findings, it is observed that there are positive correlations among the subdimensions of childhood trauma. Additionally, while secure attachment shows negative correlations with some trauma dimensions, anxious and avoidant attachment styles demonstrate positive correlations with certain trauma subdimensions. These findings suggest that early traumatic experiences may be related to individuals' interpersonal relationship patterns.

Discussion

In this study, childhood traumas and attachment styles were examined in adults diagnosed with substance dependence, and the findings were evaluated in comparison with studies in the literature. The findings of the study provide an important profile of the psychosocial characteristics of individuals with addiction and largely overlap with findings reported in the literature (Evren et al., 2014; Seyfeli & Şener, 2022; Karataş, 2021).

The significant difference in childhood trauma scores by gender indicates that male participants reported higher levels of trauma compared to female participants. Studies conducted with samples of substance-dependent individuals in Türkiye have reported high rates of childhood traumas and that a large proportion of individuals with addiction have experienced adverse early life events (Evren et al., 2014; Orak et al., 2023; Felitti et al., 1998). However, some studies have reported that female participants have higher trauma scores (Bezgin et al., 2020; Seyfeli & Şener, 2022). These differences suggest that trauma reporting may be related not only to the experience itself but also to how individuals perceive and express these experiences. Şar and Aksu (2010) emphasize that when measuring childhood trauma via self-report, an individual's level of awareness and how they interpret their past can be determining factors.

The significant difference in childhood trauma scores according to age groups is also a finding discussed in the literature. Evren et al. (2014) note that the way individuals evaluate their childhood experiences can change with age, and that past experiences can be reinterpreted over time. Similarly, Şar and Aksu (2010) and Anda et al. (2006) state that traumatic experiences may become more apparent in some individuals many years later, while in others they may be repressed.

The lack of significant differences in attachment styles by gender and age suggests that attachment patterns may be related to deeper, more enduring psychological structures rather than to superficial demographic variables. Sümer

and Güngör (1999) state that attachment styles are formed through the internalization of early caregiver relationships and show relative continuity into adulthood. Some studies conducted in Türkiye have also emphasized that attachment styles are related to early relational experiences rather than variables such as age and gender (Seyfeli & Şener, 2022; Aydın & Şimşek, 2018).

The results of the correlation analyses conducted to examine the relationships between childhood traumas and attachment styles in the study show that there are significant associations between certain trauma subdimensions and attachment styles. In particular, emotional abuse, physical abuse, and neglect subdimensions were found to be positively associated with anxious and avoidant attachment styles, while secure attachment was negatively associated with some trauma subdimensions. This finding is consistent with attachment theory, which suggests that early traumatic experiences can affect individuals' patterns of interpersonal relationships (Bowlby, 1969; Mikulincer & Shaver, 2016). Some studies in the literature also show that childhood traumas are associated with the development of insecure attachment patterns (Seyfeli & Şener, 2022; Set & Çelik, 2023). However, it is also noted that this relationship does not manifest in the same way across individuals, and that traumatic experiences may have different effects through psychosocial factors such as emotion regulation skills, sources of social support, and coping strategies (Anda et al., 2006; Şar & Aksu, 2010).

Overall, the findings of this study are largely consistent with the literature, indicating that childhood traumas are prevalent among individuals diagnosed with substance use disorder (Evren et al., 2014; Orak et al., 2023; Seyfeli & Şener, 2022). They are also in line with theoretical and empirical studies emphasizing that attachment styles are shaped by early relational experiences (Sümer & Güngör, 1999; Bowlby, 1969; Mikulincer & Shaver, 2016). These results support the view that, in the assessment of individuals with addiction, it is necessary to focus not only on substance misuse behavior but also on the individual's developmental history and interpersonal patterns.

Conclusion and Recommendations

In this study, whether childhood traumas and attachment styles differ in terms of demographic variables in adult individuals diagnosed with substance use disorder, as well as the correlational relationship between these two psychological constructs, was examined. The findings showed that levels of childhood trauma differed significantly by gender and age. Male participants had higher trauma scores than female participants, and trauma levels were found to be higher in the younger age group. In contrast, attachment styles did not differ significantly

by gender or age. In addition, statistically significant relationships were found between childhood traumas and attachment styles. In particular, traumatic experiences were observed to be associated with insecure attachment patterns. These findings suggest that childhood traumas play an important role in the life histories of individuals diagnosed with substance use disorder, whereas attachment patterns may represent more structural and enduring psychological characteristics.

Based on the research findings, it appears important to systematically address individuals' trauma histories in clinical assessment processes. It is recommended that addiction treatment programs focus not only on substance use behaviors but also on early life experiences and interpersonal relationship patterns. In this context, integrating trauma-focused psychotherapy approaches (such as Trauma-Focused Cognitive Behavioral Therapy, EMDR, and Schema Therapy) into addiction treatment processes may be beneficial. Furthermore, it is important to strengthen preventive and protective mental health services for young age groups and to develop early intervention programs. Including variables such as emotion regulation, social support, and psychological resilience in future research models may help to better understand the relationship between trauma and attachment. However, the cross-sectional design of this study limits the ability to evaluate the temporal direction of relationships between variables. Therefore, it is considered that longitudinal studies to be conducted in the future may reveal the effects of childhood traumas and attachment patterns on the addiction process in more detail.

Limitations of the research

This study has several limitations. Firstly, the sample of the study is limited to individuals diagnosed with substance use disorder who were reached through specific clinical and rehabilitation units located in the Çukurova region. This limits the generalizability of the findings to all individuals diagnosed with substance use disorder across Türkiye, as the sample represents a specific and restricted region. Studies conducted across different regions and with larger sample sizes are thought to increase the generalizability of the findings.

The data used in the research are based on participants' self-reports. Especially in measurements related to past experiences, such as childhood traumas, the way individuals recall and interpret their past experiences, or

their tendency towards social desirability, may affect the results. Therefore, using clinical interview techniques or multiple data collection methods in future research could provide more comprehensive evaluations.

Another limitation of the study is its cross-sectional design. As a result, the temporal or causal relationships between childhood traumas, attachment styles, and substance use disorder cannot be determined. Longitudinal studies are thought to more clearly reveal the developmental course of the relationships among these variables.

Finally, the variables examined in this study are limited to childhood traumas and attachment styles. However, substance misuse is a multidimensional psychosocial phenomenon and may be associated with many variables such as difficulties in emotion regulation, social support, psychological resilience, and personality traits. Including such mediating or moderating variables in future research models may contribute to a more comprehensive understanding of the psychosocial dynamics of the addiction process.

Declarations

Ethics Approval and Participation Approval

This study was approved by the Ethics Committee of Cyprus Health and Social Sciences University (Decision No: KSTU/2026/015, Date: 05.04.2026). All procedures were conducted in accordance with the Declaration of Helsinki. Informed consent was obtained from all participants.

Publication Permission

The authors confirm that the manuscript has not been published elsewhere and is not under consideration by another journal.

Availability of Data and Materials

The datasets used and/or analyzed during the current study are available from the corresponding author on reasonable request.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

R.G. contributed to the study design, data collection, analysis, and writing of the manuscript. M.Ç. and Ş.E.Ö contributed to the supervision of the study, interpretation of the findings, and critical revision of the manuscript.

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RESEARCH ARTICLE / ARAŞTIRMA YAZISI

The Relationship Between Self-Esteem and Suicidal Ideation Among Individuals at Risk for Problem Gambling

Problemlü Kumar Davranışı Riski Taşıyan Bireylerde Benlik Saygısı ile İntihar Düşünceleri Arasındaki İlişki

Melike Şakar¹, Hande Çelikay Söyler²

Abstract:

The current study explored the relationship between self-esteem and suicidal ideation among individuals at risk for problem gambling, with a particular focus on the moderating role of key sociodemographic characteristics. The sample consisted of 112 adults residing in the Turkish Republic of Northern Cyprus who were identified as being at risk using the South Oaks Gambling Screen. Data were collected through validated instruments, including the Rosenberg Self-Esteem Scale and the Suicide Cognitions Scale-Revised. Statistical analyses indicated that self-esteem significantly and negatively predicted suicidal ideation, accounting for 34% of the variance. Furthermore, moderation analyses revealed that this relationship varied significantly across gender, marital status, and educational level. Specifically, the predictive effect of low self-esteem on suicidal ideation was approximately three times stronger in males compared to females. Additionally, married individuals exhibited a stronger association between low self-esteem and suicidal ideation than single or divorced individuals, suggesting that marital status may lose its traditionally protective function in the context of gambling-related distress. Lower educational attainment was also found to amplify this risk. Overall, these findings underscore the critical role of self-esteem as both a risk and protective factor and highlight the importance of targeted, sociodemographically sensitive intervention strategies for individuals at risk for problem gambling.

Keywords: Gambling addiction, Problem gambling, Self-esteem, Suicidal ideation.

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Öz:

Bu çalışmada, kumar oynama riski taşıyan bireyler arasında benlik saygısı ile intihar düşüncesi arasındaki ilişki ve sosyodemografik özelliklerin düzenleyici rolü incelenmiştir. Araştırmanın örneklemini, Güney Oaks Kumar Tarama Testi kullanılarak risk altında olduğu belirlenen, Kuzey Kıbrıs Türk Cumhuriyeti'nde yaşayan 112 yetişkin oluşturmaktadır. Veriler, Rosenberg Benlik Saygısı Ölçeği ve İntihar Biliş Ölçeği kullanılarak toplanmıştır. Elde edilen bulgular, benlik saygısının intihar düşüncesini negatif yönde ve anlamlı biçimde yordadığını ve toplam varyansın %34'ünü açıkladığını göstermiştir. Ayrıca bu ilişkinin cinsiyet, medeni durum ve eğitim düzeyi gibi sosyodemografik değişkenler tarafından anlamlı şekilde düzenlendiği belirlenmiştir. Düşük benlik saygısının intihar düşüncesi üzerindeki etkisinin erkeklerde kadınlara kıyasla yaklaşık üç kat daha güçlü olduğu saptanmıştır. Medeni duruma göre yapılan analizlerde, evli bireylerin düşük benlik saygısı ile intihar düşüncesi arasında daha güçlü bir ilişki sergilediği görülmüştür. Bu durum, evliliğin kumar riski bağlamında koruyucu işlevini yitirerek bir stres kaynağına dönüşebileceğine işaret etmektedir. Ayrıca düşük eğitim düzeyinin bu riski artırıcı bir rol oynadığı belirlenmiştir. Bununla birlikte, elde edilen sonuçlar benlik saygısının hem koruyucu hem de risk artırıcı bir psikolojik değişken olarak önemli bir işlev gördüğünü ortaya koymaktadır. Bu bulgular, benlik saygısını güçlendirmeye yönelik müdahalelerin önemini vurgulamakta ve özellikle erkek, evli ve düşük eğitim düzeyine sahip bireylere yönelik hedeflenmiş önleme stratejilerinin geliştirilmesi gerektiğini ortaya koymaktadır.

Anahtar Kelimeler: Kumar bağımlılığı, Problemliliği, Kumar, Benlik saygısı, İntihar düşüncesi.

Introduction

Gambling addiction is a chronic and relapsing condition in which individuals continue to gamble despite losing control over their behavior, causing serious disruptions in personal, financial, and family life (Wardle et al., 2024). Classified as gambling disorder in DSM-5, it shares neurobiological and behavioral features with other addiction spectrum disorders, rooted in dopaminergic pathway anomalies that regulate the reward system (Di Carlo et al., 2024). Over time, tolerance develops, leading individuals to gamble more frequently or at higher stakes to achieve the same psychological effect (Horvath et al., 2023), resulting in financial ruin, debt, family breakdown, job loss, and legal consequences (Langham et al., 2016).

A key psychological consequence of problem gambling is diminished self-esteem (Chen et al., 2022). The financial hardship, social deterioration, and guilt associated with disordered gambling gradually erode self-worth (Penfold et al., 2024). Research consistently shows that individuals with gambling problems report significantly lower self-esteem than those without (Choi & Kim, 2021), and low self-esteem has been identified as central to diagnosing addiction in adult gamblers (Çavuş, Çivgin & Yorulmaz, 2023).

Equally alarming is the elevated suicide risk among those with gambling disorders (Armoon et al., 2023). A meta-analysis by Kristensen et al. (2024) reported a lifetime prevalence of suicide attempts at 13.2%. Karlsson and Håkansson (2023) found that individuals diagnosed with gambling disorder were 15 times more likely to die by suicide, with debt, hopelessness, social isolation, depression, and substance abuse identified as independent risk factors.

The relationship between low self-esteem and suicidal ideation is well-established (Lippo et al., 2022; Seo et al., 2022), with Beck's cognitive model identifying negative self-schemas as central to hopelessness and suicidality (Burke et al., 2016). However, this relationship may vary across sociodemographic variables such as gender, marital status and educational level, (Franklin et al., 2017; Teismann et al., 2024). Despite this, research directly examining how self-esteem influences suicidal ideation specifically within gambling-addicted populations

remains strikingly limited. This study therefore aims to investigate this relationship and explore whether sociodemographic factors moderate it. Accordingly, the following research questions were addressed:

Does self-esteem significantly predict suicidal ideation among individuals at risk for problem gambling?

Does the relationship between self-esteem and suicidal ideation differ significantly according to gender, marital status and education level?

Material and Methods

This study employed a correlational survey model to examine the effect of self-esteem on suicidal ideation in individuals with gambling addiction and to determine whether this relationship differs according to gender, marital status, and education level (Fraenkel, Wallen & Hyun, 2019).

The study group consisted of 112 adults residing in the Turkish Republic of Northern Cyprus identified as at-risk for problem gambling. Sample size was determined through statistical power analysis following Cohen's (1992) parameters, requiring minimum 100 participants for medium effect size ($f^2 = 0.15$) at 95% confidence level with 80% power. Participants were recruited through social media and online gambling support communities using non-probability purposive sampling. The sample comprised 59.82% males (n=67) and 40.18% females (n=45), with 52.68% aged 30-39 years. Regarding marital status, 44.64% were single, 33.04% married, and 22.32% divorced. Educational distribution showed 41.96% with primary education or below, 31.25% high school, and 26.79% university degrees.

Four instruments were used: Personal Information Form for demographics, South Oaks Gambling Screen (SOGS; Lesieur & Blume, 1987; Turkish: Duvarcı & Varan, 2001) for problem gambling ($\alpha = .82$), Rosenberg Self-Esteem Scale (RSE; Rosenberg, 1965; Turkish: Çuhadaroğlu, 1986) for self-esteem ($\alpha = .85$), and Suicide Cognitions Scale-Revised (SCS-R; Rudd et al., 2008; Turkish: Bekaroğlu et al., 2024) for suicidal ideation ($\alpha = .88$).

Following ethical approval from the Scientific Research Ethics Committee of Near East University (Approval No: YDÜ/SB/2025/2081, date: August 14, 2025), data were collected via Google Forms between August 25 and October 25, 2025. Analysis was conducted using IBM SPSS Statistics 27.00. Normality was confirmed through skewness and kurtosis coefficients (± 1 range). Simple linear regression tested the primary hypothesis, while moderator analyses used Hayes' (2018) PROCESS macro

Model 1 with 5,000 bootstrap resamples at 95% confidence interval. Statistical significance was set at $p < .05$.

Results

The findings of the simple linear regression analysis applied to determine the effect of self-esteem on suicidal ideation are presented in Table 1.

Table 1. The Effect of Self-Esteem on Suicidal Ideation

Dependent Variable		B	β	t	p	R ²
Self-Esteem	Constant	18,183		18,82	,000	,34
	Suicidal Ideation	-,22	-,58	-7,49	,000	

Model; $F(1,110) = 56,20, p < .05$

According to Table 1, the simple linear regression analysis shows that self-esteem negatively and significantly predicts suicidal ideation ($B = -0.22, \beta = -0.58, t = -7.49, p < .05$). The model is statistically significant [$F(1, 110) = 56.20, p < .05$], with self-esteem explaining approximately 34% of the variance in suicidal ideation ($R^2 = .34$).

Consequently, an increase in self-esteem appears to be associated with a decrease in suicidal ideation.

The moderating effect of gender on the relationship between self-esteem and suicidal ideation is presented in Table 2.

Table 1. Regression Analysis Results Regarding the Moderating Effect of Gender on the Relationship Between Self-Esteem and Suicidal Ideation

	B	SE	t	p	LLCU	ULCI
Constant	36,20	7,68	4,71	,000	20,97	51,42
Self-Esteem (X)	,50	,67	,75	,451	-,82	1,84
Gender (W)	6,29	4,45	1,41	,166	-2,53	15,13
X.W	-1,15	,38	-3,00	,003	-1,91	-,39
$\Delta R^2 = 0.042$						
Conditional Effect						
Female	-,64	,31	-2,03	,044	-1,27	-,02
Male	-1,80	,21	-8,36	,000	-2,23	-1,37

According to the analysis results presented in Table 2, the interaction term between self-esteem and gender (X.W) was found to be statistically significant ($B = -1.15, t = -3.00, p = .003$). This result shows that the role of self-esteem on suicidal ideation varies greatly among male and

female. The interaction term added an extra variance $\Delta R^2 = 0.042$ to the model. The slope graph of whether the relationship between self-esteem and suicidal ideation is moderated by gender is displayed in Figure 1.

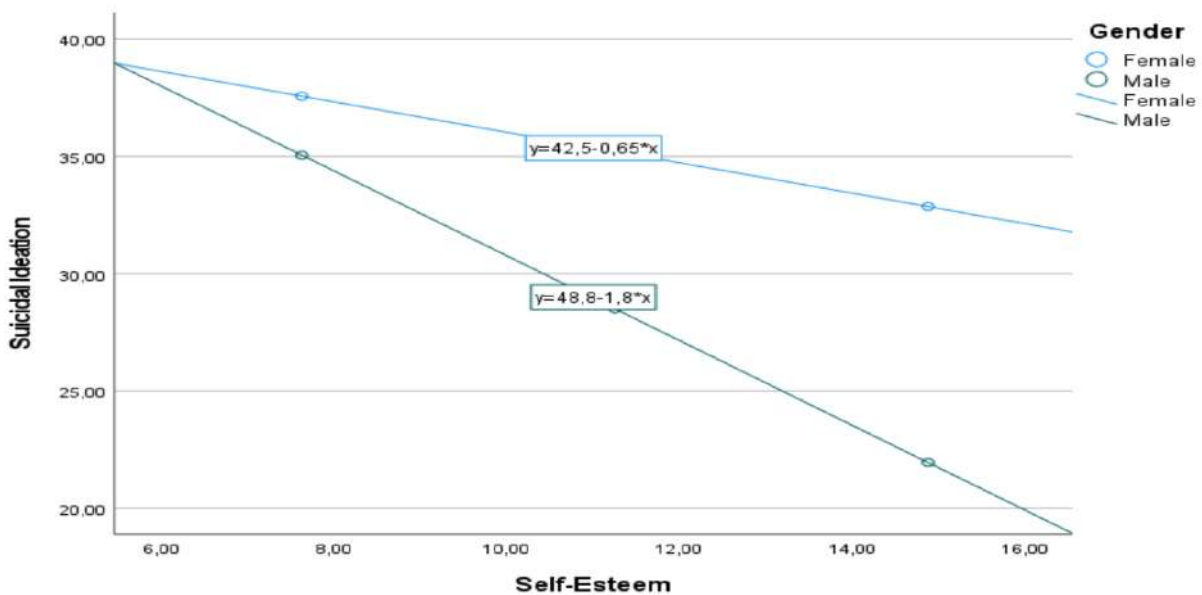


Figure 1. The Moderating Role of Gender in the Relationship Between Self-Esteem and Suicidal Ideation

When examining the slope analysis presented in Figure 1 and the conditional effect analysis in Table 2, the negative effect of self-esteem on suicidal ideation was statistically significant for both females ($B = -0.64, t = -2.03, p = .044$) and males ($B = -1.80, t = -8.36, p < .001$). However, this effect was approximately 2.8 times stronger in males compared to females. While increased self-esteem reduces suicidal ideation for both genders, this protective effect is more pronounced in males, indicating that high self-esteem serves as an important protective factor against suicidal ideation. The significant interaction term ($X.W$) in Table 2 ($B = -1.15, t = -3.00, p = .003$) demonstrates that

the relationship between self-esteem and suicidal ideation varies by gender. When self-esteem is low, suicide risk increases more rapidly and severely in males than in females. These results reveal that self-esteem functions as both a risk and protective factor that differs according to gender, with its effects being particularly critical for males.

Findings from the moderator variable analysis examining whether the negative effect of self-esteem on suicidal ideation showed a significant difference according to marital status are presented in Table 3.

Table 3. Regression Analysis Results Regarding the Moderating Effect of Marital Status on the Relationship Between Self-Esteem and Suicidal Ideation

	B	SH	t	p	LLCU	ULCI
Constant	52,15	6,26	8,32	,000	39,72	64,57
Self-Esteem (X)	-2,53	,50	-5,03	,000	-3,53	-1,53
Marital Status (W)	-3,35	3,10	-1,07	,282	-9,51	2,80
X.W	,66	,26	2,54	,012	,14	1,17
$\Delta R^2=0.032$						
Conditional Effect						
Married	-1,77	,25	-7,07	,000	-2,26	-1,27
Single	-1,28	,18	-6,86	,000	-1,65	-,91
Divorced	-,79	,28	-2,78	,006	-1,35	-,22

Table 3 shows that the interaction term between self-esteem and marital status ($X.W$) was statistically significant ($B = .66, t = 2.54, p = .012$), indicating that the effect of self-esteem on suicidal ideation differs

significantly by marital status. The interaction term contributed $\Delta R^2 = 0.032$ additional variance to the model. Figure 2 presents the slope analysis of this moderating effect.

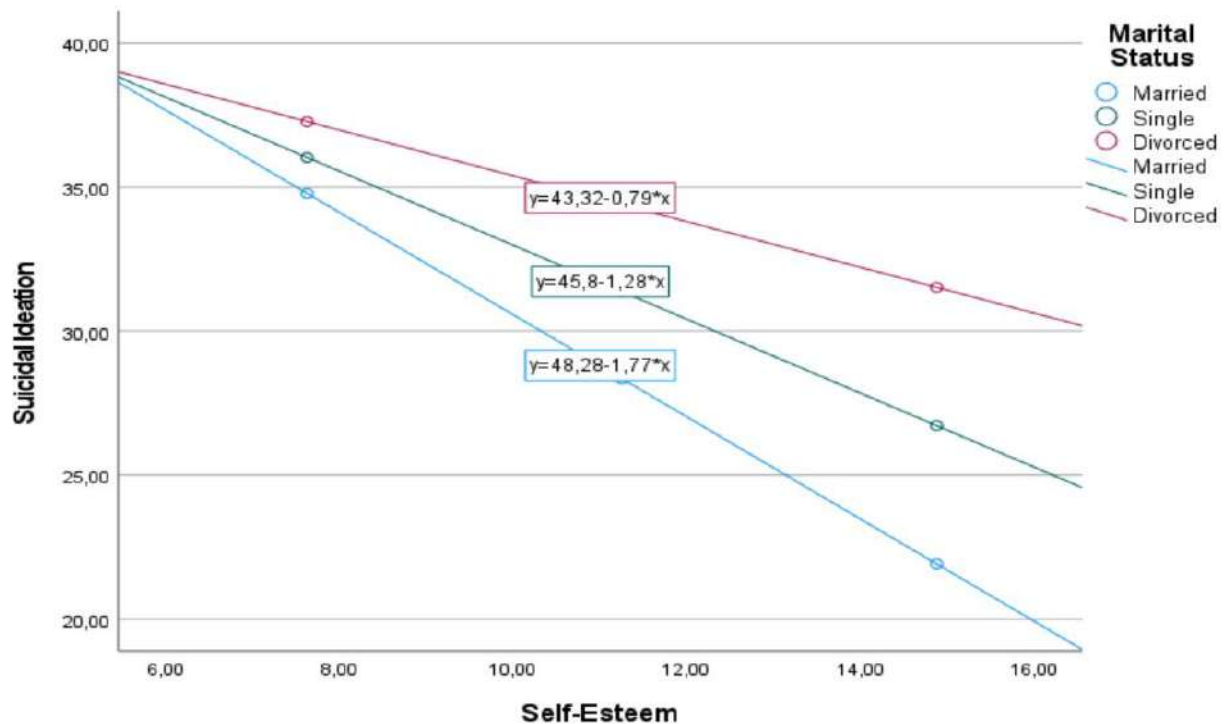


Figure 2. The Moderating Role of Marital Status in the Relationship Between Self-Esteem and Suicidal Ideation

The slope analysis in Figure 2 and conditional effects in Table 3 reveal that the negative effect of self-esteem on suicidal ideation was statistically significant across all marital status categories: married ($B = -1.77, t = -7.07, p < .001$), single ($B = -1.28, t = -6.86, p < .001$), and divorced ($B = -0.79, t = -2.78, p = .006$). However, the strength of this effect varied systematically, being strongest among married individuals, followed by single individuals, and weakest among divorced individuals. While high self-esteem reduces suicidal ideation in all groups, the destructive effect of low self-esteem is most pronounced in married individuals and most limited in divorced

individuals. These findings suggest that self-esteem's protective and risk-enhancing effects are stronger in stable relationships but weaken following relationship loss such as divorce. This indicates that while self-esteem is a critical factor for married individuals, other factors may be more prominent in determining suicidal ideation among divorced individuals.

The findings of the moderator variable analysis regarding whether the negative effect of self-esteem on suicidal ideation shows a significant difference according to educational level are presented in Table 4.

Table 4. Regression Analysis Results Regarding the Moderating Effect of Educational Level on the Relationship Between Self-Esteem and Suicidal Ideation

	B	SH	t	p	LLCU	ULCI
Constant	56,98	5,79	9,82	,000	45,49	68,47
Self-Esteem (X)	-2,65	,52	-5,00	,000	-3,69	-1,60
Educational Level (W)	-3,86	2,82	-1,36	,17	-9,47	1,73
X.W	,50	,24	2,10	,037	,02	,98
$\Delta R^2=0.025$						
Conditional Effect						
Primary education or below	-2,12	,31	-6,76	,000	-2,74	-1,50
High School	-1,70	,20	-8,20	,000	-2,12	-1,29
University	-1,29	,25	-5,00	,000	-1,80	-,78

Table 4 shows that the interaction term between self-esteem and educational level was statistically significant ($B = .50, SE = .24, t = 2.10, p = .037, 95\% CI [.02, .98]$), indicating that the effect of self-esteem on suicidal ideation

differs significantly by educational level. The interaction term contributed $\Delta R^2 = 0.025$ additional variance to the model.

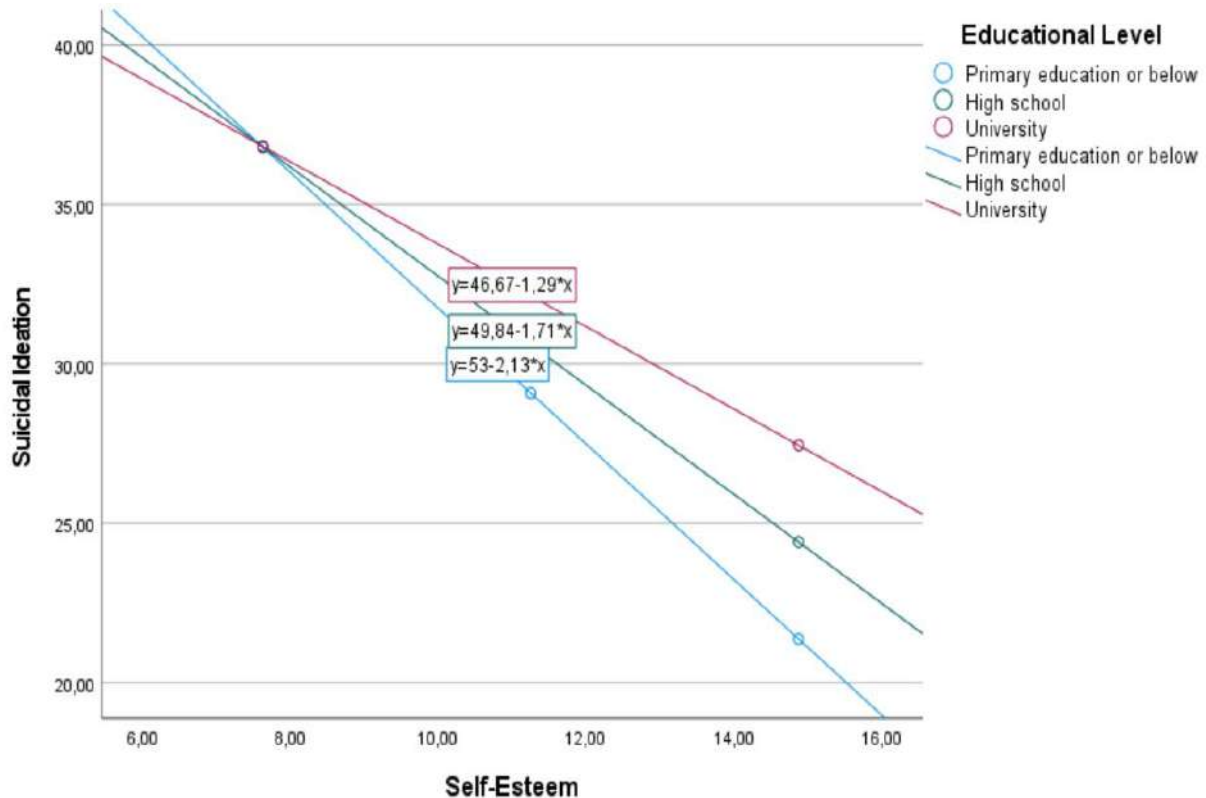


Figure 3. The Moderating Role of Educational Level in the Relationship Between Self-Esteem and Suicidal Ideation

The slope analysis in Figure 3 and conditional effects in Table 4 demonstrate that the negative effect of self-esteem on suicidal ideation was statistically significant across all education levels: primary education and below ($B = -2.12$, $SE = .31$, $t = -6.76$, $p < .001$, 95% CI $[-2.74, -1.50]$), high school ($B = -1.70$, $SE = .20$, $t = -8.20$, $p < .001$, 95% CI $[-2.12, -1.29]$), and university ($B = -1.29$, $SE = .25$, $t = -5.00$, $p < .001$, 95% CI $[-1.80, -.78]$). The protective effect of self-esteem decreased as educational level increased, being strongest among those with primary education and below and weakest among university-educated individuals. This suggests that high self-esteem functions as a stronger protective factor against suicidal ideation in individuals with lower educational levels, likely because higher education provides additional protective factors such as social support, problem-solving skills, and cognitive resources that reduce the relative importance of self-esteem. Conversely, low self-esteem has a particularly dramatic destructive effect among individuals with lower educational levels, where it leads to faster and more severe increases in suicide risk.

Discussion

The primary objective of this study was to examine the relationship between self-esteem and suicidal ideation in individuals at risk for problem gambling and to determine the moderating roles of key sociodemographic variables. The findings clearly demonstrated that self-esteem significantly and negatively predicts suicidal ideation, explaining a substantial proportion of the variance. This result is consistent with previous research indicating that diminished self-worth is a central psychological mechanism underlying suicidal cognition (Manani & Sharma, 2013; Lippo et al., 2022).

From a theoretical perspective, these findings can be interpreted within Baumeister's escape theory, which posits that individuals experiencing intense self-discrepancy and negative self-evaluation may develop a desire to escape aversive self-awareness, ultimately leading to suicidal ideation (Teismann et al., 2024). In the context of gambling addiction, repeated financial loss, social deterioration, and perceived personal failure contribute to a progressive erosion of self-esteem. This process reinforces maladaptive cognitive schemas such as hopelessness and worthlessness, which are well-established predictors of suicidal ideation (Burke et al., 2016). Therefore, self-esteem appears to function as both a vulnerability and a protective factor within this population.

The moderating effect of gender represents one of the most striking findings of this study. The results indicated that the negative impact of low self-esteem on suicidal ideation was significantly stronger in males than in females. This finding aligns with the well-documented gender paradox in suicide research, which suggests that although women report higher rates of suicidal ideation, men exhibit higher rates of completed suicide (Brezo, Paris & Turecki, 2006). One possible explanation lies in traditional masculine norms that emphasize emotional suppression, independence, and financial success. In the case of gambling addiction, failure to meet these expectations may lead to intensified feelings of inadequacy and shame. Additionally, men are less likely to seek psychological help, which may further exacerbate the psychological consequences of low self-esteem (Çiftçi et al., 2025).

Another important finding concerns the moderating role of marital status. Contrary to the traditional view that marriage serves as a protective factor against suicide (Borges et al., 2010), the present study found that married individuals exhibited the strongest relationship between low self-esteem and suicidal ideation. This paradoxical finding can be explained through the interpersonal-psychological theory of suicide, which highlights perceived burdensomeness as a key determinant of suicidal desire (Teismann et al., 2024). Individuals with gambling problems may perceive themselves as a burden due to financial losses, damaged relationships, and diminished family roles. As a result, marriage may transform from a protective structure into a source of pressure, guilt, and psychological distress.

Educational level also emerged as a significant moderating factor. The findings indicated that individuals with lower levels of education experienced a stronger association between low self-esteem and suicidal ideation. This is consistent with previous literature suggesting that lower educational attainment is associated with increased vulnerability to mental health problems and suicidal behavior (Borges et al., 2010). Higher education may provide individuals with enhanced problem-solving skills, cognitive flexibility, and access to social and economic resources, thereby buffering against the negative psychological effects of low self-esteem. Conversely, individuals with limited educational backgrounds may lack these protective mechanisms, making them more susceptible to the adverse effects of psychological distress.

Overall, the findings of this study highlight the complex and multifaceted nature of suicidal ideation among individuals at risk for problem gambling. Self-esteem emerges as a central psychological construct that interacts with sociodemographic factors to shape suicide risk. These results underscore the importance of adopting a multidimensional approach in both research and clinical practice.

Conclusion

In conclusion, the findings of this study indicate that self-esteem is a significant predictor of suicidal ideation among individuals at risk for problem gambling. Moreover, this relationship is meaningfully moderated by gender, marital status, and educational level, highlighting the complex and multidimensional nature of suicide risk within this population. The results suggest that low self-esteem constitutes a critical psychological vulnerability, particularly among males, married individuals, and those with lower educational attainment. These findings underscore the importance of developing targeted intervention and prevention strategies that focus on strengthening self-esteem and addressing the specific needs of high-risk subgroups.

Limitations

This study has several limitations that should be considered when interpreting the findings. First, the cross-sectional design limits the ability to draw causal inferences between self-esteem and suicidal ideation, and reverse causality cannot be ruled out. Second, the relatively small sample size may restrict the generalizability of subgroup analyses. Additionally, the study was conducted exclusively in the Turkish Republic

of Northern Cyprus, which may limit the external validity of the findings to other cultural contexts. The reliance on self-report measures may also introduce response biases, including social desirability and recall bias. Furthermore, potentially important confounding variables such as gambling severity, comorbid depression, anxiety, and substance use were not directly controlled in the analyses. Future research should address these limitations by employing longitudinal designs, larger and more diverse samples, and incorporating clinical assessments alongside self-report measures.

Declarations

Ethical Approval and Consent to Participate

This study was approved by the Scientific Research Ethics Committee of Near East University on August 14, 2025

(Approval No: YDÜ/SB/2025/2081). All participants provided informed consent prior to their participation.

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The authors declare no conflict of interest.

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Authors' Contributions

M.Ş. contributed to the study design, data collection, analysis, and writing of the manuscript. H.Ç.S. contributed to the supervision of the study, interpretation of the findings, and critical revision of the manuscript.

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RESEARCH ARTICLE / ARAŞTIRMA YAZISI

Nuclear Brinkmanship and Crisis Stability in South Asia: A Multi-Dimensional Analysis of the April 2025 India–Pakistan Conflict

Güney Asya’da Nükleer Tehdit ve Kriz İstikrarı: Nisan 2025 Hindistan–Pakistan Çatışmasının Çok Boyutlu Analizi

Hakan ÇORA¹

Abstract:

The April 2025 conflict between India and Pakistan represents the most serious confrontation between the two nuclear-armed rivals since the Pulwama–Balakot crisis of 2019. This study offers a multidimensional analysis of the crisis—military, political, economic, and humanitarian—grounded in nuclear deterrence theory. Drawing on Scott Sagan’s organizational failure model and Kenneth Waltz’s deterrence optimism, the study evaluates whether nuclear weapons contributed to crisis stability or, conversely, incentivized aggressive risk-taking under conditions of uncertainty. The research uses qualitative scenario analysis supported by primary and secondary data including official statements, international media reports, satellite imagery assessments, and peer-reviewed academic literature. Findings indicate that although nuclear deterrence prevented the outbreak of a large-scale interstate war, the crisis exhibited clear indicators of instability: intelligence failures, organizational biases, militant provocation, and heightened alert postures consistent with Sagan’s pessimistic predictions. Economically, the crisis generated asymmetric disruptions, hitting Pakistan’s fragile markets more severely. Politically, it intensified domestic polarization and undermined fragile peace-building measures. Humanitarian impacts were profound, particularly in Jammu and Kashmir, where displacement, infrastructure damage, and restricted humanitarian access exacerbated the crisis. The study concludes that the April 2025 conflict demonstrates the fragility of deterrence stability in South Asia, which remains vulnerable to inadvertent escalation, militant spoilers, and opaque nuclear command systems. Policy recommendations include strengthening crisis communication channels, institutionalizing nuclear risk-reduction centers, and enhancing bilateral early-warning mechanisms.

Keywords: Nuclear deterrence, India–Pakistan conflict, Crisis stability, Sagan vs. Waltz.

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Öz:

Nisan 2025'te Hindistan ile Pakistan arasında yaşanan kriz, iki nükleer silaha sahip devlet arasındaki ilişkilerde 2019 Pulwama–Balakot geriliminden bu yana görülen en ciddi tırmanma olarak değerlendirilmektedir. Bu çalışma, söz konusu krizi askeri, siyasi, ekonomik ve insani boyutlarıyla çok katmanlı bir analiz çerçevesinde incelemekte ve nükleer caydırıcılık literatüründeki iki temel yaklaşımı—Kenneth Waltz'ın caydırıcılık iyimserliği ile Scott Sagan'ın örgütsel hata ve kurumsal kırılabilirlik modeli—karşılaştırmalı olarak değerlendirmektedir. Araştırma, yapılandırılmış nitel vaka analizi ve süreç izleme yöntemine dayanmaktadır. Resmî devlet açıklamaları, uluslararası medya raporları, Birleşmiş Milletler durum değerlendirmeleri, savunma analiz platformları ve ekonomik piyasa verileri sistematik biçimde toplanmış; tematik kodlama ve analitik matris yöntemiyle değerlendirilmiştir. Bulgular, nükleer caydırıcılığın geniş çaplı konvansiyonel savaşı engellediğini; ancak istihbarat hataları, örgütsel önyargılar, militan aktörlerin provokatif eylemleri, kısa füze uçuş süreleri ve hızlı seferberlik döngüleri nedeniyle krizin belirgin bir istikrarsızlık potansiyeli taşıdığını göstermektedir. Ekonomik etkiler asimetrik biçimde ortaya çıkmış; özellikle Pakistan'ın kırılabilir mali yapısı döviz dalgalanmaları ve yatırım çıkışları nedeniyle daha ağır etkilenmiştir. İnsani açıdan ise Cemma–Keşmir bölgesinde yerinden edilme, altyapı tahribatı ve insani erişim kısıtları yaşanmış; bu durum uzun vadeli toplumsal kırılabilirlikleri derinleştirmiştir. Sonuç olarak, çalışma Güney Asya'da nükleer caydırıcılığın stratejik düzeyde savaşı önleyici bir işlev görse de operasyonel ve alt-konvansiyonel düzeylerde kırılabilir ve sürdürülebilirliği sınırlı bir istikrar ürettiğini ortaya koymaktadır.

Anahtar Kelimeler: Nükleer caydırıcılık, Hindistan–Pakistan çatışması, Kriz istikrarı, Sagan–Waltz.

Introduction

Nuclear deterrence in South Asia has been characterized by a paradoxical mixture of stability and instability since India and Pakistan declared their nuclear capabilities in 1998. While nuclear weapons have deterred total war between the two rivals, the region has nonetheless experienced recurring crises—including the Kargil War (1999), the 2001–2002 Twin Peaks confrontation, the 2008 Mumbai attacks, and the 2019 Pulwama–Balakot escalation (Ganguly, 1995, 1998, 2001; Ganguly & Hagerty, 2005; Paul, 2005; Narang, 2014; Basrur, 2008; Fair, 2017; Hagerty, 1995, 1997; Lavoy, 2008; Khan, 2012). Each of these incidents featured elements of brinkmanship, miscalculation, and non-state actor involvement, raising questions about the operational robustness of deterrence in a volatile strategic environment (Ganguly & Kapur, 2012). This study adopts a structured theory-guided case analysis to evaluate the explanatory robustness of competing nuclear deterrence models under contemporary South Asian crisis conditions.

The April 2025 crisis emerged following a major terrorist attack in Pahalgam, Jammu and Kashmir, killing 26 civilians. India attributed the attack to Pakistan-based militant networks, while Pakistan categorically denied involvement. The incident triggered cross-border shelling, troop mobilizations, airspace violations, and heightened nuclear signaling. Although the crisis did not escalate into a full-scale war, it represented one of the most dangerous episodes of Indo-Pakistani tensions in the post-2019 era.

This study aims to analyze the April 2025 crisis through a multi-dimensional lens and assess whether nuclear deterrence functioned in stabilizing or destabilizing ways. The central research questions are:

1. Did nuclear deterrence prevent full-scale war between India and Pakistan during the April 2025 crisis?
2. To what extent did organizational errors and sub-conventional actors destabilize deterrence?
3. What were the military, political, economic, and humanitarian consequences of the crisis?

4. What does the crisis reveal about long-term stability in the India–Pakistan nuclear dyad?

By combining scenario analysis, crisis mapping, and theoretical insights from Sagan and Waltz, this article contributes to the broader literature on nuclear stability, crisis behavior, and South Asian security dynamics.

The aim of this study is to evaluate the explanatory robustness of competing nuclear deterrence frameworks by conducting a multidimensional analysis of the April 2025 India–Pakistan crisis and assessing whether deterrence functioned as a stabilizing or destabilizing force under contemporary South Asian conditions.

Theoretical Framework: Nuclear Deterrence Through Sagan and Waltz

Kenneth Waltz (1995) argues that nuclear weapons create peace because they dramatically raise the costs of war. According to Waltz, rational leaders avoid escalation under the nuclear shadow; thus, proliferation—under certain conditions—may even enhance stability. Waltzian thought emphasizes the rationality of political elites, the predictability of deterrence, and the constraining effect of mutually assured destruction.

Scott Sagan (1993, 1994, 2003) and Sagan & Waltz (2002) offer a competing view, emphasizing organizational fallibility, accidental escalation, and the risks posed by military routines. For Sagan, deterrence stability is fragile because nuclear command-and-control systems are vulnerable to mistakes, miscommunication, and unauthorized actions. In particular, he highlights three danger mechanisms:

Model 1: Organizational Errors – Military bureaucracies develop routines that may escalate beyond political control.

Model 2: Accidental Escalation – False alarms, sensor failures, and misidentification of threats increase nuclear risk.

Model 3: Unauthorized Actions – Weak oversight enables local commanders or militant groups to trigger crises.

South Asia's nuclear environment—characterized by short missile flight times, overlapping military infrastructures, and the presence of non-state actors—aligns more closely with Sagan's pessimistic predictions than with Waltz's optimism (Krepon & Thompson, 2013; Kapur, 2005, 2007; Posen, 1991; Jervis, 1984, 1989; Snyder, 1965; Freedman, 2003; Tannenwald, 1999).

The April 2025 crisis thus offers an exceptional opportunity to test these theoretical frameworks against empirical evidence.

Methodology

Research Design

This study adopts a structured qualitative case-study design grounded in theory-guided process tracing. The April 2025 crisis is treated as a single in-depth case through which competing deterrence frameworks (Waltz vs. Sagan) are analytically evaluated. The objective is not predictive modeling but explanatory assessment of crisis dynamics.

Data Collection

Data were collected between April and June 2025 from six primary categories to ensure a comprehensive and triangulated analysis of the crisis. These included official government statements from institutions such as the Indian Ministry of Defence, Pakistan's ISPR, and the Ministry of External Affairs; international media reports (e.g., Reuters, BBC, Al Jazeera) that were systematically cross-verified across multiple outlets; reports from multilateral organizations, particularly UN OCHA situation updates; defense analysis platforms, including Janes Intelligence Review and publicly available satellite imagery assessments; financial market indicators derived from sources such as the State Bank of Pakistan and the Bombay Stock Exchange; and humanitarian situation reports published by organizations such as Médecins Sans Frontières. To ensure analytical rigor, inclusion criteria required that each data point directly refer to operational events, contain verifiable timestamps, and be corroborated by at least two independent sources. In total, 86 primary event references meeting these criteria were collected and systematically archived for analysis.

Crisis Reconstruction and Event Sequencing

The crisis timeline was reconstructed using structured event-sequencing methodology. Each reported incident was chronologically mapped and cross-verified. Only events confirmed by multiple independent sources were included in the analytical dataset.

Coding Procedure

Qualitative content analysis was conducted through manual thematic coding. Textual material was coded under four primary analytical categories derived from deterrence theory:

1. Escalation Indicators (troop mobilization, alert levels, airspace violations)
2. Organizational Failure Signals (intelligence misidentification, contradictory assessments)
3. Political Pressure Variables (media framing, leadership rhetoric, audience costs)
4. Stabilization Signals (de-escalatory statements, hotline activation, third-party mediation)

Coding was conducted manually using a structured analytical matrix to ensure consistency across categories. Approximately 112 textual segments were coded. Several primary documents contained multiple analytically distinct segments; therefore, the number of coded textual segments exceeds the total number of discrete event-references. Table 1 presents the coding framework.

Table 1: Thematic Coding Framework

Analytical Category	Operational Indicator	Theoretical Link
Escalation Signal	Forward troop deployment	Waltz / Sagan
Organizational Error	UAV misidentification	Sagan Model 2
Political Pressure	Nationalist media framing	Audience Cost Theory
Stabilization Move	Diplomatic hotline use	Waltz

Results: Multi-Dimensional Analysis of the April 2025 Crisis

Military Dimension

The crisis began with cross-border artillery exchanges across the Line of Control (LoC) within 48 hours of the Pahalgam attack. India moved elements of the XV Corps into forward positions and increased aerial patrol activity, while Pakistan elevated its air defense alert levels and deployed F-16 aircraft to forward bases (Reuters, April 16, 2025; BBC News, April 17, 2025). A near-miss UAV incident over Kupwara raised alarms of possible escalation through misidentification (Al Jazeera, April 18, 2025).

Despite these escalatory signals, both militaries refrained from deep incursions. Nuclear thresholds—explicitly signaled by Pakistan and implicitly acknowledged by India—served as structural constraints preventing all-out war. This finding partially aligns with Waltz's argument that nuclear weapons deter large-scale conflict.

However, intelligence failures, competing situational assessments, and rapid mobilization cycles created conditions of crisis instability consistent with Sagan's predictions.

Moreover, the operational conduct of both armed forces during the crisis highlights the extent to which tactical-level interactions can acquire strategic significance in a nuclearized environment. The accelerated tempo of deployments, forward positioning of air and ground assets, and heightened readiness postures reduced decision-making windows and increased dependence on pre-established military protocols—factors that amplify the risks of inadvertent escalation. The presence of advanced but highly automated surveillance and targeting systems, coupled with inadequate joint verification mechanisms, further intensified the possibility that a localized border incident could be misinterpreted as a prelude to a broader offensive. These dynamics underscore a central tension within the South Asian security architecture: while nuclear deterrence may suppress deliberate strategic escalation, it does little to mitigate the dangers arising from

decentralized operational behavior, imperfect situational awareness, and the compressed reaction times inherent in the region's geography. Such conditions render the military dimension of the conflict especially vulnerable to what Sagan identifies as "accidental pathways to war," reinforcing the argument that crisis stability remains highly contingent and subject to rapid deterioration. For example, a statement released by the Indian Ministry of Defence on April 17 referred to "forward defensive repositioning" while Pakistani ISPR simultaneously reported "heightened defensive alert posture," both coded as escalation signals under the mobilization category. This demonstrates how mutual defensive framing contributed to reciprocal escalation dynamics.

Political Dimension

Domestic political pressures played a critical role in shaping escalation dynamics during the crisis. In India, nationalist media narratives and electoral mobilization intensified pressure on political leadership to adopt a more assertive stance, while in Pakistan, the civilian government faced the challenge of balancing international expectations with domestic political sensitivities (Ganguly & Kapur, 2012). Diplomatic channels—including SAARC mechanisms and Track II dialogues—collapsed rapidly in the early stages of the crisis, and although third-party mediation efforts by regional actors such as the UAE and Saudi Arabia partially restored communication, they failed to achieve immediate de-escalation. The political consequences of this process included deepened mutual distrust, increasingly hardened rhetorical positions, and a significant narrowing of the space for bilateral negotiations.

Furthermore, the crisis illustrates how concerns over domestic legitimacy and audience costs can constrain leaders' strategic flexibility, thereby limiting opportunities for diplomatic resolution (Fearon, 1994). The interaction between populist political discourse and entrenched threat perceptions generated a pattern of "reciprocal securitization," in which each side interpreted the other's actions not as tactical signaling but as manifestations of existential rivalry (Buzan et al., 1998). This dynamic aligns with crisis bargaining theory, suggesting that leaders operating under intense domestic scrutiny may adopt risk-acceptant strategies to avoid appearing weak, even at the expense of broader strategic stability (Schelling, 1960). In both states, civil-military relations further complicated crisis management, as India's increasingly centralized decision-making structure and Pakistan's historically influential military establishment created parallel channels of threat assessment and policy formulation, thereby reducing coherence in de-escalatory signaling (Narang, 2014). As a result, political elites were incentivized to prioritize short-term domestic gains over long-term strategic stability, reinforcing a cycle in which diplomatic compromise becomes politically costly and adversarial posturing becomes self-reinforcing (Ganguly & Kapur, 2012).

Economic Dimension

The crisis produced asymmetric economic shocks:

India: short-term stock market volatility; limited long-term structural impact

Pakistan: severe depreciation of the rupee; bond market instability; foreign investor withdrawal

Bilateral trade: suspension of limited cross-border commercial exchanges

Regional markets: Regional markets experienced increased insurance premiums for shipping routes in the Arabian Sea during the escalation period (Lloyd's List, 2025)

Pakistan's more fragile economic structure made it disproportionately vulnerable, reinforcing earlier findings in conflict economics literature (Paul, 2005).

Beyond these immediate indicators, the crisis revealed deeper structural vulnerabilities within the South Asian political economy that amplify the strategic consequences of economic shocks. In Pakistan, external account fragility and dependence on short-term foreign financing magnified the destabilizing effects of investor withdrawal, heightening the likelihood that economic distress could translate into political pressure on decision-makers during crises. This dynamic resonates with the "economic statecraft under duress" literature, which emphasizes how states with limited fiscal autonomy face constrained strategic choices and may resort to risk-acceptant behavior to consolidate domestic legitimacy or extract international concessions. India, by contrast, leveraged its larger financial buffers and diversified economic base to contain systemic spillovers, enabling policymakers to sustain a hardened bargaining posture without incurring prohibitive economic costs. At the regional level, disruptions to trade corridors, heightened insurance premiums, and reduced investor confidence in South Asian markets demonstrate that crises between nuclear-armed neighbors carry significant externalities for broader economic integration and supply-chain reliability. These patterns suggest that recurring security tensions generate a persistent "crisis premium" embedded within regional economic transactions, thereby inhibiting long-term development initiatives and reinforcing the structural asymmetries that shape future conflict dynamics (Husain, 2020).

Humanitarian Dimension

Humanitarian impacts were concentrated in Jammu and Kashmir, where intensified shelling damaged infrastructure, displaced approximately 58,000 civilians, and disrupted access to food, water, and medical services (UN OCHA, 2025).

Humanitarian agencies reported restricted access to affected areas, further complicating relief efforts. Civilian casualties and displacement magnified psychological trauma in an already volatile region.

In addition to the immediate displacement and infrastructure damage, the humanitarian repercussions of the crisis underscore how recurring interstate tensions in South Asia produce cumulative societal harms that transcend the temporal boundaries of individual confrontations. The disruption of essential services—healthcare, education, transportation, and communication—generated cascading vulnerabilities that disproportionately affected marginalized communities in the Kashmir Valley, where pre-existing socioeconomic inequalities and protracted exposure to militarization have already eroded societal resilience. Humanitarian organizations operating in the region reported significant challenges in delivering aid due to movement restrictions, bureaucratic impediments, and intermittent communication blackouts, conditions that align with

broader scholarly findings on the securitization of humanitarian space in conflict zones. Moreover, repeated cycles of displacement contribute to long-term psychological trauma, loss of livelihoods, and intergenerational transmission of insecurity, reinforcing the structural conditions that militant organizations exploit for recruitment and propaganda. These episodes have fueled a broader scholarly debate on the stability–instability paradox and nuclear learning in South Asia (Sagan, 1993; Waltz, 1981, 1990, 1995; Krepon & Thompson, 2013; Cohen, 2004; Gartzke & Jo, 2009; Clary, 2018; Azad & Dewey, 2023), highlighting that humanitarian suffering in the 2025 crisis is not merely a collateral outcome but an integral component of the broader conflict ecosystem, shaping local perceptions of state legitimacy, fueling collective grievances, and thereby indirectly influencing the strategic landscape in which future crises unfold (de Jong et al., 2008).

Synthesis of Findings: Stability–Instability Dynamics in Nuclear Deterrence

The findings from the April 2025 crisis suggest that nuclear deterrence simultaneously produced both stabilizing and destabilizing dynamics, pointing to a hybrid model of crisis behavior. In line with Kenneth Waltz’s deterrence optimism, the absence of a full-scale war, the relative strategic restraint exercised by political leadership, and the mutual recognition of vulnerability between the two states can be considered key indicators of stability (Waltz, 1995). However, consistent with Scott Sagan’s organizational model, several factors point to significant instability, including organizational errors such as intelligence failures and false alarms, an escalatory bias in military posturing, the role of militant actors operating outside direct state control, and the heightened risk of preemptive action driven by short missile flight times (Sagan, 1993; Sagan & Waltz, 2002). Taken together, these findings indicate that, despite the presence of stabilizing elements, indicators of instability were more pronounced during the crisis, supporting the argument that deterrence stability in South Asia remains fragile and contingent rather than robust and self-sustaining (Krepon & Thompson, 2013).

Table 2. Comparative Assessment of Waltz vs. Sagan Predictions in the 2025 Crisis

Theoretical Prediction	Waltz (Optimism)	Sagan (Pessimism)	April 2025 Evidence
Nuclear weapons deter full-scale war	✓ Supported	—	No major war occurred
Organizational behavior creates escalation risk	—	✓ Supported	Intelligence errors; UAV misidentification
Leaders act rationally under nuclear shadow	✓ Partially	✓ Partially	Domestic politics constrained rationality
Mature arsenals increase stability	✓ Claimed	✗ Contradicted	Persistent instability in South Asia

Source: Adapted from Sagan (1993); Waltz (1995); Krepon & Thompson (2013).

Taken together, the military, political, economic, and humanitarian dimensions of the April 2025 crisis reveal a complex and mutually reinforcing ecosystem of instability that challenges conventional understandings of nuclear deterrence in South Asia. The crisis illustrates how actions at one level—such as tactical military maneuvers or political signaling—can generate disproportionate consequences across other domains due to the region’s dense interdependence of security, domestic politics, and societal vulnerability. This multi-layered escalation environment aligns with the theoretical conception of a “complex security system,” in which sub-conventional actors, bureaucratic routines, market sensitivities, and civilian resilience interact dynamically to shape crisis trajectories. The presence of non-state militant groups acts as an exogenous disturbance that perpetually threatens to activate this system, while rapid mobilization cycles and constrained information flows reduce opportunities for deliberate strategic calibration by political leaders. Moreover, the asymmetric economic and humanitarian burdens borne by Pakistan exacerbate long-term grievances and feed into socio-political narratives that increase the salience of securitization within both states. Consequently, the synthesis of these dimensions suggests that deterrence stability in South Asia should not be evaluated solely on the absence of large-scale war, but rather on the underlying structural fragilities that make the region susceptible to recurrent brinkmanship and miscalculation. In this sense, the crisis demonstrates that stability is neither robust nor self-sustaining, but instead must be continually managed through institutional, diplomatic, and societal mechanisms that remain underdeveloped in the India–Pakistan dyad (Krepon & Thompson, 2013).

Discussion

This study advances the central hypothesis that nuclear deterrence in South Asia produces structural stability at the strategic level while simultaneously generating operational instability at lower rungs of escalation. This duality aligns with the stability–instability paradox literature (Sagan, 1993, 1994; Waltz, 1995; Paul, 2005, 2006, 2009; Ganguly & Kapur, 2012; Narang, 2010, 2014, 2015; Kapur, 2005; Basrur, 2001, 2006; Tellis, 2001, 2008; Reiter, 2014; Lieber & Press, 2006). The April 2025 crisis provides empirical support for this hypothesis: although full-scale war was avoided, significant escalatory behaviors occurred beneath the nuclear threshold, revealing fragility in crisis management mechanisms.

Sagan’s concerns about organizational errors and accidental escalation appear far more relevant in the South Asian context. The interplay of misperception, bureaucratic rigidity, information asymmetries, and militant spoilers created a volatile environment in which crisis escalation could have occurred due to factors outside political leaders’ direct control. Intelligence failures regarding the nature and sponsorship of the initial attack, ambiguous real-time assessments of troop deployments, and pressure to respond quickly to domestic political audiences all contributed to a decision-making environment marked by uncertainty and time pressure—conditions under which organizational routines tend to dominate deliberative judgment (Sagan, 1993). The near-miss incidents involving unmanned aerial vehicles and

forward-deployed aircraft are particularly illustrative: they reveal how tactical miscalculations or technical misidentifications could have spiraled into broader confrontation even if neither leadership sought general war.

Moreover, Narang (2014) argues that regional nuclear dynamics are shaped not only by state actors but also by sub-conventional conflict environments. In contrast to the U.S.–Soviet rivalry—where escalation was largely confined to state-controlled military structures—the India–Pakistan dyad is deeply embedded in a context where non-state actors play a central role. As Fair (2017) notes, militant groups operating with varying degrees of state tolerance can deliberately provoke crises through asymmetric strategies. Similarly, Clary and Narang (2019) highlight that such actors are not constrained by classical deterrence logics and may even seek escalation to achieve ideological objectives. This introduces a structural vulnerability, as states must manage not only bilateral strategic risks but also the unpredictable behavior of third parties.

From an economic and political perspective, Cohen (2004) underscores how asymmetries between India and Pakistan shape strategic behavior. India's larger and more diversified economy enabled it to absorb short-term market volatility relatively effectively, whereas Pakistan faced acute currency pressures and increased investor risk perceptions. Husain (2020) further suggests that such asymmetries may incentivize Pakistan to rely more heavily on nuclear and sub-conventional strategies as compensatory mechanisms. Politically, the crisis reinforced hardline narratives in both countries, narrowing the space for compromise and increasing domestic audience costs associated with de-escalation (Kristensen & Johns, 2023; Dalton & Krepon, 2015; Dalton & Perkovich, 2016; Krepon, 2004; Krepon & Dalton, 2015).

Humanitarian conditions in Kashmir also play a critical role in sustaining instability. As Ganguly (2001) notes, the Kashmir conflict is not merely a territorial dispute but also a deeply embedded socio-political struggle. Displacement, infrastructure destruction, and the psychological effects of recurrent crises contribute to a societal security dilemma. Basrur (2008) further argues that such conditions reinforce long-term perceptions of existential threat, creating a feedback loop in which local grievances fuel militant recruitment and subsequent crises.

Taken together, the April 2025 crisis represents a clear manifestation of the stability–instability paradox. While nuclear deterrence prevented full-scale war, it simultaneously enabled recurrent lower-intensity conflicts and brinkmanship. However, as Ganguly and Kapur (2012) argue, this paradox appears more acute in South Asia due to structural factors such as geographic proximity, short missile flight times, and persistent territorial disputes. These conditions produce not a stable deterrence equilibrium, but rather a chronic, crisis-prone strategic environment.

From a policy perspective, Krepon and Thompson (2013) emphasize the importance of institutionalized crisis management mechanisms in reducing escalation risks. Measures such as strengthened communication hotlines, joint early-warning systems, and clearly articulated red lines could mitigate the organizational and informational vulnerabilities identified in this study. However, without

sustained political engagement—particularly regarding Kashmir and cross-border militancy—such technical measures are unlikely to produce lasting stability.

Conclusion

This study demonstrates that nuclear deterrence in South Asia remains inherently unstable despite its role in preventing major war. The April 2025 crisis exhibited both stabilizing and destabilizing dynamics; however, the overall pattern of findings lends stronger support to Sagan's pessimistic perspective than to Waltz's optimistic interpretation. The evidence indicates that deterrence stability is fragile, primarily due to organizational weaknesses and intelligence failures that undermine effective crisis management. In addition, the presence of militant actors operating outside direct state control challenges the assumptions of rational deterrence models (Jervis, 1989) by introducing unpredictable escalation risks. Furthermore, nuclear signaling practices and rapid mobilization cycles contribute to heightened instability by compressing decision-making time and increasing the likelihood of inadvertent escalation (Posen, 1991). In light of these findings, several policy recommendations emerge, including the need to strengthen high-level communication channels such as crisis hotlines, establish joint early-warning systems, enhance nuclear transparency, institutionalize formal crisis management frameworks, and improve intelligence-sharing mechanisms to mitigate the risks posed by non-state actors.

In the absence of such institutional and procedural reforms, South Asia is likely to remain structurally predisposed to future crises driven by misperception, organizational bias, and the persistent risk of inadvertent escalation.

Taken together, these findings underscore that the April 2025 crisis does more than simply reaffirm well-known weaknesses in South Asian deterrence; it reveals a deeper structural pattern in which recurring crises are becoming embedded features of the regional security environment rather than exceptional shocks. This has significant theoretical implications: the persistence of escalation triggers despite nuclearization challenges dominant assumptions in classical deterrence theory and suggests that models premised on rational, unitary actors are insufficient to explain crisis behavior in this dyad. Empirically, the crisis illustrates how organizational biases, imperfect information flows, and sub-conventional actors interact to narrow decision-making windows and amplify the risk of miscalculations. Politically, the crisis demonstrates that domestic pressures, media dynamics, and leader-audience costs can distort rational calculations assumed in Waltzian frameworks, thereby strengthening the explanatory power of Sagan's organizational failure approach. Normatively, the episode raises urgent concerns about the adequacy of existing confidence-building measures and the region's limited crisis-management infrastructure. Without institutional reforms that address both the technical and political sources of instability, nuclear deterrence in South Asia will remain a precarious arrangement—capable of preventing total war, yet simultaneously unable to avert repeated escalatory episodes that carry non-trivial risks of inadvertent nuclear use. Thus, the April 2025 crisis should be viewed not as an isolated confrontation but as a warning signal of a

broader, potentially more dangerous trajectory in South Asian strategic relations.

Declarations

Ethics Approval and Participation Approval

Not applicable.

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The author declares that there is no conflict of interest.

Authors' Contributions

HÇ prepared the discussion, conclusion, and recommendations sections of the article; HÇ also prepared the introduction and contributed to identifying studies to be included in the research.

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RESEARCH ARTICLE / ARAŞTIRMA YAZISI

Investigation of the State-Trait Anger Expression, Depression and Anxiety Level of Mothers of Adolescents Who Have Delinquent Behaviours

Kuraldışı Davranışlar Gösteren Ergenlerin Annelerinin Sürekli Öfke ve Öfke İfade Tarzı, Depresyon ve Anksiyete Düzeylerinin İncelenmesi

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Abstract:

Adolescent delinquent behaviors that become apparent during adolescence are influenced by the adolescent's family relationships and the mother's psychological well-being. The purpose of this research is to examine the relationships between adolescent mothers' trait anger and anger expression styles, depression and anxiety levels, and adolescents' delinquent behaviors and demographic variables. The study group consisted of 50 adolescents (11 females, 39 males) aged 15–18 who were attending the Education and Development Center affiliated with Kocaeli Metropolitan Municipality, along with their mothers. Data were collected using "Personal Information Form 1," the "Trait Anger and Anger Expression Scale," the "Beck Depression Scale," and the "Beck Anxiety Scale" for mothers; and "Personal Information Form 2" and the "Delinquent Behavior Scale" for adolescents. The findings revealed that mothers who were single, had daughters, and negatively evaluated the mother-child relationship had higher levels of trait anger. Additionally, a significant positive relationship was found between mothers' outward anger expression and adolescents' delinquent behavior levels. The results of the study emphasize the importance of providing social and psychological support not only to adolescents exhibiting delinquent behaviors but also to their families, in order to protect them from engaging in criminal behaviors.

Keywords: Adolescent, Delinquent Behavior, Anger, Depression, Anxiety.

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Öz:

Ergenlik döneminde görünür hale gelen kuraldışı davranışların ortaya çıkmasına ergenin aile ilişkileri ve annenin psikolojik iyi oluş hali etki etmektedir. Bu araştırmanın amacı, kuraldışı davranışlar sergileyen ergenlerin annelerinin sürekli öfke düzeyleri, öfke ifade tarzları, depresyon ve anksiyete düzeyleri ile ergenlerin kuraldışı davranışları ve bazı demografik değişkenler arasındaki ilişkileri incelemektir. Araştırmanın çalışma grubunu, Kocaeli Büyükşehir Belediyesi'ne bağlı Eğitim ve Gelişim Merkezi'ne devam eden 15–18 yaş aralığındaki 50 ergen (11 kız, 39 erkek) ve anneleri oluşturmaktadır. Veriler, anneler için “Kişisel Bilgi Formu 1”, “Sürekli Öfke ve Öfke İfade Tarzı Ölçeği”, “Beck Depresyon Ölçeği” ve “Beck Anksiyete Ölçeği”, ergenler için ise “Kişisel Bilgi Formu 2” ve “Kuraldışı Davranışlar Ölçeği” kullanılarak toplanmıştır. Elde edilen bulgular, bekar olan, kız çocuğu sahibi olan ve anne-çocuk ilişkisini olumsuz olarak değerlendiren annelerin sürekli öfke düzeylerinin daha yüksek olduğunu ortaya koymuştur. Ayrıca, annelerin dışı vurulan öfke düzeyi ile ergenlerin kuraldışı davranış düzeyleri arasında pozitif yönde anlamlı bir ilişki saptanmıştır. Araştırmanın sonuçları, kuraldışı davranış gösteren ergenlerin suç davranışlarından korunabilmeleri için hem kendilerine hem de ailelerine sosyal ve psikolojik destek sağlanmasının önemini vurgulamaktadır.

Anahtar Kelimeler: Ergen, Kuraldışı Davranış, Öfke, Depresyon, Anksiyete.

Introduction

The word adolescence is derived from the Latin verb *adolescere*, meaning "growing toward adulthood." This period is a complex developmental process characterized by simultaneous biological, psychological, and social changes (Can et al., 2010). In adolescent development, physical, cognitive, and social development should be considered as a whole. Social development encompasses the individual's process of adapting to society and is primarily grounded in relationships established within the family, particularly with parents. This process enables the individual to adopt social norms and be accepted by society (Kulaksızoğlu, 2001).

The increasing sexual and aggressive impulses during adolescence lead to the re-emergence of conflicts from earlier developmental stages. Resolving these conflicts plays a critical role in the formation of the individual's adult identity (Geçtan, 2005). The often observed delinquent behaviors in adolescence are described as behaviors that, although not yet reflected in official records, could be considered criminal if they occur (Kaner, 1991).

In the literature, adolescence is described as a critical period characterized by rapid physical and cognitive development, as well as the emergence of problematic behaviors and risky attitudes. During this period, various problematic behaviors such as aggression, violence, theft, substance use, gang activities, carrying weapons, running away from school or home, lying, and early sexual activity can be observed (Siyez, 2016).

Since abnormal and problematic behaviors in adolescents negatively affect mental health, social relationships, and the future, it is important to examine the causes of these behaviors in a multidimensional way.

Kaner (1992) suggests three main approaches to understanding delinquency and delinquent behavior in adolescents: biological, psychological, and sociological. These approaches offer a holistic perspective by considering both the individual's internal characteristics and environmental factors.

According to social learning theory, an individual's behavior is shaped through interaction with their social environment; during childhood, parents serve as models, in school, teachers serve as models, and during adolescence, peers become models (Yılmaz, 2001). Peer influence becomes more prominent during adolescence

(Kızmaz, 2025). According to the theory, criminal behavior is a learned phenomenon: individuals learn criminal behaviors through observation and interaction with their cultural environment, and when these behaviors are reinforced, they become permanent. An adolescent's interaction with a group engaged in criminal behavior increases the likelihood of turning toward crime (Cömert and Sevim, 2017).

According to social control theory, an individual's engagement in criminal or delinquent behavior is explained by a weakening of their attachment to social values and norms. The fundamental factor preventing crime is the individual's strong attachment to social structures such as family, school, friendships, and religion; as attachment increases, the likelihood of criminal behavior decreases (Kızmaz, 2005). Additionally, if the internal control mechanism does not develop healthily in childhood or loses its function in later years, it can lead to conflicts with social roles and the development of criminal behaviors (McShane et al., 1991).

In the social control model developed by Elliot, the weakness in social attachment is explained through three fundamental elements.

Tension: When adolescents encounter obstacles in achieving their academic or professional goals, they may distance themselves from institutions and associate with peers who are incompatible (Petraitis et al., 1995).

Social Disorganization: Adolescents with a negative or inadequate social environment are less adherent to social rules and more prone to risky behaviors (Petraitis et al., 1995).

Weakness of Family Bonds: When an adolescent in the family cannot socialize in a healthy manner, even if attachment occurs, it may develop negatively (Petraitis et al., 1995). The adolescent's inability to establish healthy social relationships and internalize social norms increases the likelihood of engaging in risky and delinquent behaviors (Yılmaz, 2001). Insufficient socialization and social disorganization can lead individuals to become members of risk groups.

According to Kaplan's self-derogation theory, adolescents develop a negative self-image when they fail to meet social expectations and receive negative feedback from

their environment; to compensate for this, they may engage in risky behaviors such as gang membership, substance use, or adopting negative role models (Siyez, 2016).

Anger is a universal emotion that arises from unmet expectations and desires; when expressed constructively, it can be beneficial, but if unmanaged, it can be harmful to the individual and their environment (Soykan, 2003).

Among the internal sources of anger are jealousy, sadness, resentment, guilt, and shame. (Dilekler et al., 2014). When these internal factors combine with the individual's perception of personal inadequacy, anger can manifest more intensely and uncontrollably.

The causes of anger vary by developmental stage: in childhood, it is typically associated with unmet desires or disciplinary issues, whereas in adolescence, the conflict between the desire for independence and the need for adult support can lead to anger (Baltaş and Baltaş, 1987).

Trait anger reflects an individual's overall anger level and tendency to become easily angered; these people respond quickly with anger even to minor frustrations and may have difficulty controlling their anger, often rejecting alternative solutions (Özer, 1994; Özmen, 2004; Soykan, 2003). Situational anger is a temporary emotional response to a specific event or situation; feelings of frustration, tension, and anger caused by perceived obstruction or injustice fall into this category (Özer, 1994). Anger can be expressed in various ways, and Starner and Peters (2004) identify three forms: anger-out, anger-in, and anger control. Expressed anger is the individual's way of expressing their anger verbally, such as shouting or insulting, or physically, such as hitting or breaking. This attitude negatively affects social relationships by harming both the individual and their environment (Navaro, 2003). Anger-in refers to an individual's tendency to suppress their angry feelings and thoughts; this suppression can increase feelings of helplessness and lead to depressive emotions (Bridewell & Chang, 1997). Anger control refers to an individual's ability to recognize their anger and express it in a healthy way without harming themselves or others (Mertoğlu, 2021). Interventions used to manage anger include developing awareness, evaluating the situation, weighing options, employing distancing or avoidance strategies, using relaxation techniques, restructuring thought patterns, improving communication skills, and practicing self-care (Bulut and Yüksel, 2023). Individuals who suppress their anger in unhealthy ways (e.g., overeating, smoking/alcohol use, excessive sleeping) may face more serious problems in the long term.

Adolescence is a critical period during which identity and personality develop. In this process, the family, particularly the relationship with the mother, plays an important role in shaping adolescents' behavior and social adaptation. The mother's mental stability and positive attitudes support the adolescent's development of healthy relationships with family, school, and social environments. The foundations of the mother-child relationship are based on mental images that begin before pregnancy and are decisive in the development of the child's basic sense of security. Unhealthy parental attitudes not only negatively affect the mother-child relationship but also impact other social areas of the adolescent.

This research aims to examine the relationship between delinquent behaviors in adolescents and mothers' trait anger levels, anger expression styles, depression, and anxiety levels. Additionally, it will investigate whether these psychological characteristics of mothers vary by demographic factors (e.g., age, marital status, child's gender). It is expected that the study will guide prevention and intervention programs targeting delinquent adolescents and their mothers.

Method

Study Sample

The study population comprises adolescents aged 15–18 and their mothers who attend the Kocaeli Metropolitan Municipality Education and Development Center. At the center, students who cannot continue formal education receive training on a voluntary basis. Initially, 60 adolescents and their mothers were invited, and all agreed to participate. In the preliminary assessment, 10 outlier data points were excluded, yielding a total of 50 adolescents and their mothers (11 girls and 39 boys). During data collection, participants were informed about the study and provided voluntary informed consent.

Data Collection Tools

Personal Information Form 1 has been prepared to collect demographic information of mothers.

Personal Information Form 2 has been prepared to collect demographic information of adolescents.

The State-Trait Anger Expression Inventory (STAXI), developed by Spielberger (1983), is a 34-item scale designed to assess individuals' anger levels and anger expression styles, using a four-point Likert-type response format. The Turkish adaptation of the scale was conducted by Özer (1994). The Cronbach's alpha reliability coefficients were reported as follows: Trait Anger (.79), Anger-Out (.78), Anger-In (.62), and Anger Control (.84). *The Beck Depression Inventory (BDI)*, developed by Beck (1961), is a 21-item scale that measures depressive symptoms. The Turkish adaptation was carried out by Hisli (1989), and the Cronbach's alpha reliability coefficient was reported as .80.

The Beck Anxiety Inventory (BAI) was developed by Beck, Epstein, Brown, and Steer (1988) and consists of 21 Likert-type items assessing the frequency of anxiety symptoms. The Turkish adaptation of the scale was conducted by Ulusoy, Şahin, and Erkmén (1996). The Cronbach's alpha reliability coefficient of the scale was .93, and item-total correlation coefficients ranged between .45 and .72.

Delinquent Behavior Scale (DBS), developed by Kaner (2001), is designed to identify behaviors that may constitute criminal activity but are not reflected in official records among adolescents aged 15–18. The scale comprises 38 items and covers nine sub-dimensions: status offenses and violations of school rules, theft, uncontrolled anger and fighting, petty theft, destructive behaviors, deception of others, drug- and violence-related offenses, vandalism, and cheating. The scoring ranges from 'Never' (1) to "5 or more times" (4), with higher scores indicating an increased frequency of delinquent behaviors. The scale's Cronbach's alpha reliability coefficient is 0.93.

Statistical Analyses

The data were analyzed using SPSS 21.0.

Descriptive statistics (number, percentage, mean, standard deviation) were used in data analysis; due to the limited sample size, nonparametric tests were employed. Spearman Correlation Analysis, Kruskal-Wallis H Test, and Mann-Whitney U Test analyses were conducted.

When applied to adolescents, the Delinquent Behavior Scale (DBS) yields a total score with a general reliability of $\alpha = 0.931$. The Cronbach's alpha values for its subscales are as follows: status crime and violating school rules ($\alpha=0.493$); theft ($\alpha=0.904$); inability to control anger and fighting ($\alpha=0.750$); petty theft ($\alpha=0.769$); noticeable vandalism ($\alpha=0.844$); status crime and deceiving others ($\alpha=0.664$); drug and violence crimes ($\alpha=0.515$); and damaging buildings ($\alpha=0.859$).

The overall reliability coefficients (Cronbach's alpha) of the scales administered to mothers were as follows: Depression Scale (total score) $\alpha = .918$, Anxiety Scale (total score) $\alpha = .920$, Trait Anger Scale (total score) $\alpha = .847$, Anger Control Scale (total score) $\alpha = .901$, Anger-In-

Scale (total score) $\alpha = .598$, and Anger-Out Scale (total score) $\alpha = .875$.

Data Collection Process

The research received approval from the university ethics committee on March 29, 2018 (project number YDÜ/SB/2018/138), and from the Kocaeli Metropolitan Municipality Department of Health and Social Services on April 20, 2018 (14614153-044). The study was conducted over five weeks at the Education and Development Center. Face-to-face data collection was conducted with mothers using Personal Information Form I, the State-Trait Anger Expression Inventory (STAXI), and the Beck Depression Inventory and Beck Anxiety Inventory; adolescents aged 15–18 completed Personal Information Form II and the Delinquent Behavior Scale. Each assessment session lasted approximately 20 minutes, and all questionnaires were completed without missing data.

Findings

The sociodemographic characteristics of the research group are presented in Table 1. The average age of participating mothers was 40.06 ± 3.58 , and that of adolescents was 16.66 ± 0.82 .

Table 1. Socio-demographic Characteristics of Adolescents and Their Mothers Exhibiting Delinquent Behaviors

	n	%
Mother's education level		
Elementary school graduate, and before	35	70.0
Secondary school graduate and beyond	15	30.0
Marital Status		
Married	37	74.0
Single	13	26.0
Work status		
Working	17	34.0
Housewife	33	66.0
Income level		
Low	12	24.0
Average	38	76.0
Relationship with the child		
Poor	17	34.0
Moderate	22	44.0
Good	11	22.0
Gender of the adolescent		
Female	11	22.0
Male	39	78.0
Age of adolescence		
15 years old	6	12.0
16 years old	10	20.0
17 years old	29	58.0
18 years old	5	10.0
The reason they do not continue formal education		
Class repetition	34	68.0
Family reasons	1	2.0
Financial reasons	2	4.0
Environmental reasons	13	26.0

Table 2. Relationships Between Adolescents' Delinquent Behavior Scale Subscale Scores and Mothers' STAXI Subscale Scores, BDI, and BAI Scores

	Trait Anger	Anger Control	Anger-Out	Anger-In	Depression (BDI)	Anxiety (BAI)
Status crime and violating school rules	r:0.101 p:0.485	r: -0.140 p:0.332	r:0.100 p:0.490	r: -0.084 p:0.563	r:0.137 p:0.342	r: 0.041 p:0.776
Theft	r:0.284 p:0.045*	r: -0.252 p:0.078	r:0.345 p:0.014*	r:0.262 p:0.066	r:0.106 p:0.463	r:0.118 p:0.414
Inability to control anger and fighting	r: -0.035 p:0.808	r: -0.011 p:0.937	r:0.226 p:0.115	r:0.043 p:0.766	r:0.047 p:0.747	r: -0.044 p:0.762
Petty Theft	r:0.249 p:0.081	r: -0.288 p:0.042*	r:0.458 p:0.001**	r:0.272 p:0.056	r:0.288 p:0.043*	r:0.260 p:0.069
Attention-Seeking	r:0.127	r: -0.175	r:0.350	r:0.139	r:0.098	r: -0.021
Vandalism	p:0.378	p:0.223	p:0.013*	p:0.337	p:0.499	p:0.885
Status Offenses and Deceiving Others	r:0.101 p:0.485	r: -0.140 p:0.332	r:0.100 p:0.490	r: -0.084 p:0.563	r:0.137 p:0.342	r:0.041 p:0.776
Drug-Related and Violent Offenses	r:0.061 p:0.676	r:0.007 p:0.961	r:0.228 p:0.111	r:0.126 p:0.383	r:0.060 p:0.677	r:0.010 p:0.943
Damaging Property (Vandalism)	r:0.131	r: -0.186	r:0.284	r:0.189	r:0.105	r: -0.011
Delinquent Behavior Scale, (Total Score)	r:0.169 p:0.242	r: -0.198 p:0.167	r:0.361 p:0.010*	r:0.159 p:0.269	r:0.182 p:0.206	r:0.065 p:0.655

**p<0.001; *p<0.05

R= Correlation Analysis

The relationships between the sub-dimensions of the Delinquent Behavior Scale and mothers' scores on the State-Trait Anger Expression Inventory, Beck Depression Scale, and Beck Anxiety Scale were evaluated using Spearman's rank correlation. The findings indicated that mothers' anger-out levels were positively and significantly associated with adolescents' delinquent

behaviors; specifically, increases in anger-out were related to higher levels of theft, petty theft, and vandalism. In contrast, higher levels of mothers' anger control were associated with lower levels of adolescents' petty theft behaviors (Table 2).

Table 3. Comparison of Adolescents' Delinquent Behavior Scale Scores and Mothers' STAXI Subscale Scores, BDI, and BAI Scores According to Mothers' Marital Status

Variable	Group	N	Mean Rank	Sum of Ranks	U	Z	p
Adolescents' Delinquent Behavior Scale	Married	37	24.28	898.50	195.50	-0.996	0.319
	Single	13	28.96	376.50			
Mothers' Trait Anger Scale	Married	37	23.08	854.00	151.00	-1.982	0.047*
	Single	13	32.38	421.00			
Mothers' Anger Control Scale	Married	37	27.55	1019.50	164.50	-1.685	0.092
	Single	13	19.65	255.50			
Mothers' Anger-Out Scale	Married	37	24.07	890.50	187.50	-1.175	0.240
	Single	13	29.58	384.50			
Mothers' Anger-In Scale	Married	37	25.34	937.50	234.50	-0.133	0.894
	Single	13	25.96	337.50			
Mothers' Depression Scale (BDI)	Married	37	24.47	905.50	202.50	-0.841	0.400
	Single	13	28.42	369.50			
Mothers' Anxiety Scale (BAI)	Married	37	25.24	934.00	231.00	-0.210	0.833
	Single	13	26.23	341.00			

*p<0.05

U = Mann-Whitney U value

When Table 3 was examined, no statistically significant difference in adolescents' Delinquent Behavior Scale scores was found by mothers' marital status ($U = 195.50$, $p > .05$).

Similarly, no statistically significant differences were observed in mothers' scores on the Anger Control, Anger-Out, Anger-In, Depression, and Anxiety scales based on marital status (respectively, $U = 164.50$, $U = 187.50$, $U = 234.50$, $U = 202.50$, and $U = 231.00$; $p > .05$).

However, mothers' Trait Anger scores were found to be significantly higher among single mothers compared to married mothers ($U = 151.00$, $p < .05$).

No statistically significant difference in adolescents' Delinquent Behavior Scale scores was found in mothers' employment status.

Similarly, adolescents' Delinquent Behavior Scale scores did not differ significantly according to mothers' income levels ($U = 192.50$, $p > .05$). In addition, no statistically significant differences were found in mothers' Trait Anger, Anger Control, Anger-Out, Anger-In, Depression, and Anxiety scores based on income level (respectively, $U = 212.00$, $U = 218.00$, $U = 172.00$, $U = 206.50$, $U = 168.00$, and $U = 204.50$; $p > .05$).

Table 4. Comparison of Adolescents' Delinquent Behavior Scale Scores and Mothers' STAXI Subscale Scores, BDI, and BAI Scores According to Adolescents' Gender Using the Mann–Whitney U Test

Variable	Group	N	Mean Rank	Sum of Ranks	U	Z	p																																																																				
Adolescents' Delinquent Behavior Scale	Female	11	21.59	237.50	171.50		0.314																																																																				
	Male	39	26.60	1037.50				Mothers' Trait Anger Scale	Female	11	34.95	384.50	110.50		0.015*	Male	39	22.83	890.50	Mothers' Anger Control Scale	Female	11	22.00	242.00	176.00		0.366	Male	39	26.49	1033.00	Mothers' Anger-Out Scale	Female	11	34.64	381.00	114.00		0.018*	Male	39	22.92	894.00	Mothers' Anger-In Scale	Female	11	37.09	408.00	87.00		0.003**	Male	39	22.23	867.00	Mothers' Depression Scale (BDI)	Female	11	33.64	370.00	125.00		0.036*	Male	39	23.31	905.00	Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246
Mothers' Trait Anger Scale	Female	11	34.95	384.50	110.50		0.015*																																																																				
	Male	39	22.83	890.50				Mothers' Anger Control Scale	Female	11	22.00	242.00	176.00		0.366	Male	39	26.49	1033.00	Mothers' Anger-Out Scale	Female	11	34.64	381.00	114.00		0.018*	Male	39	22.92	894.00	Mothers' Anger-In Scale	Female	11	37.09	408.00	87.00		0.003**	Male	39	22.23	867.00	Mothers' Depression Scale (BDI)	Female	11	33.64	370.00	125.00		0.036*	Male	39	23.31	905.00	Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246	Male	39	24.23	945.00								
Mothers' Anger Control Scale	Female	11	22.00	242.00	176.00		0.366																																																																				
	Male	39	26.49	1033.00				Mothers' Anger-Out Scale	Female	11	34.64	381.00	114.00		0.018*	Male	39	22.92	894.00	Mothers' Anger-In Scale	Female	11	37.09	408.00	87.00		0.003**	Male	39	22.23	867.00	Mothers' Depression Scale (BDI)	Female	11	33.64	370.00	125.00		0.036*	Male	39	23.31	905.00	Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246	Male	39	24.23	945.00																				
Mothers' Anger-Out Scale	Female	11	34.64	381.00	114.00		0.018*																																																																				
	Male	39	22.92	894.00				Mothers' Anger-In Scale	Female	11	37.09	408.00	87.00		0.003**	Male	39	22.23	867.00	Mothers' Depression Scale (BDI)	Female	11	33.64	370.00	125.00		0.036*	Male	39	23.31	905.00	Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246	Male	39	24.23	945.00																																
Mothers' Anger-In Scale	Female	11	37.09	408.00	87.00		0.003**																																																																				
	Male	39	22.23	867.00				Mothers' Depression Scale (BDI)	Female	11	33.64	370.00	125.00		0.036*	Male	39	23.31	905.00	Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246	Male	39	24.23	945.00																																												
Mothers' Depression Scale (BDI)	Female	11	33.64	370.00	125.00		0.036*																																																																				
	Male	39	23.31	905.00				Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246	Male	39	24.23	945.00																																																								
Mothers' Anxiety Scale (BAI)	Female	11	30.00	330.00	165.00		0.246																																																																				
	Male	39	24.23	945.00																																																																							

**p<0.01; *p<0.05

U = Mann–Whitney U value

When Table 4 was examined, no statistically significant difference was found in adolescents' Delinquent Behavior Scale scores according to gender ($U = 171.50$, $p > .05$). Similarly, no statistically significant differences were observed in mothers' Anger Control and Anxiety scores based on adolescents' gender (respectively, $U = 176.00$ and $U = 165.00$; $p > .05$).

Nevertheless, mothers of female adolescents had significantly higher scores on the Trait Anger, Anger-Out, Anger-In, and Depression scales compared to mothers of male adolescents (respectively, $U = 110.50$, $U = 114.00$, $U = 87.00$, and $U = 125.00$; $p < .05$).

Table 5. Comparison of Adolescents' Delinquent Behavior Scale Scores and Mothers' STAXI Subscale Scores, BDI, and BAI Scores According to Mother-Adolescent Relationship Levels (as Evaluated by Mothers) Using the Kruskal-Wallis H Test

Variable	Group	N	Mean Rank	df	χ^2	p
Adolescents' DBS	Poor	17	31.56	2	5.688	0.058
	Moderate	22	20.39			
	Good	11	26.36			
Mothers' Trait Anger Scale	Poor	17	35.88	2	13.240	0.001**
	Moderate	22	19.48			
	Good	11	21.50			
Mothers' Anger Control Scale	Poor	17	19.71	2	4.849	0.089
	Moderate	22	30.05			
	Good	11	25.36			
Mothers' Anger-Out Scale	Poor	17	32.74	2	7.080	0.029*
	Moderate	22	20.27			
	Good	11	24.77			
Mothers' Anger-In Scale	Poor	17	32.12	2	5.407	0.067
	Moderate	22	21.64			
	Good	11	23.00			
Mothers' Depression Scale (BDI)	Poor	17	31.71	2	6.393	0.041*
	Moderate	22	19.95			
	Good	11	27.00			
Mothers' Anxiety Scale (BAI)	Poor	17	30.85	2	3.513	0.173
	Moderate	22	22.41			
	Good	11	23.41			

** p < .01 * p < .05

χ^2 = Kruskal-Wallis H value

As shown in Table 5, there was no statistically significant difference in delinquency scale scores among adolescents exhibiting delinquent behavior, based on their relationships with their mothers [$\chi^2=5.688$; $p>0.05$].

It was found that mothers' scores on the Trait Anger, Anger-Out, and Depression scales differed significantly according to the quality of their relationship with adolescents who exhibited delinquent behaviors (respectively: $\chi^2 = 13.240$, $\chi^2 = 7.080$, and $\chi^2 = 6.393$; $p < .05$).

Mothers who described their relationship with their child as poor had significantly higher trait anger levels compared to mothers who reported a moderate or good relationship ($p = .001$).

In addition, mothers with a poor relationship with their child had significantly higher anger-out levels than mothers who reported a moderate relationship ($p = .029$). Furthermore, mothers who defined their relationship with their child as poor exhibited significantly higher depression levels compared to those whose relationship with their child was at a moderate level ($p = .041$).

Table 6. Predictive Effect of Mothers' Anger-Out Scores on Adolescents' Delinquent Behavior Scores

Dependent Variable	Independent Variable	B	t	P	F	Model (p)	R2
Delinquent Behavior Scale	Constant	74.993	8.023	0.001	6.604	0.013	0.348
	Anger-Out Scale	1.266	2.570	0.013			

*p<0.005

The results presented in Table 6 indicate that mothers' anger-out levels significantly predicted adolescents' delinquent behavior scores [$F = 6.604$; $p = .013$; $p < .05$]. According to the regression analysis, increases in mothers' anger-out scores were associated with significant increases in adolescents' delinquent behavior scores ($\beta = 1.266$).

Discussion

In this study, adolescents' delinquent behaviors were examined in relation to their mothers' trait anger, anger expression styles, depression and anxiety levels, as well as mothers' age, educational level, marital status, occupational status, income level, the child's gender, and the mother-child relationship.

The study found no significant differences in adolescents' delinquent behaviors or in mothers' levels of anger, depression, and anxiety according to mothers' educational level. This finding suggests that educational level does not have a determining effect on these variables. However, the literature indicates that problem behaviors are more frequently observed in children of parents with lower educational levels (Ayhan & Özkan, 2016; Basut, 2004; Özen et al., 2005). In contrast, some studies have reported that increases in mothers' educational level may be associated with higher levels of delinquent behaviors among adolescents (Balkaya & Ceyhan, 2007).

The research found no significant difference in adolescents' delinquent behaviors based on the mothers' marital status. This finding differs from studies in the literature that indicate problem behaviors are more common among adolescents in broken families (Hoffman, 2006; Öngider, 2013). However, it was found that single mothers have consistently higher levels of anger compared to married mothers. This situation, which may be influenced by sole responsibility for child-rearing, lack of social support, economic difficulties, and the intensity of parenting stress, can increase chronic stress levels and trigger anger responses.

No significant difference was found between adolescents' delinquent behaviors and mothers' levels of anger, depression, and anxiety based on the mothers' employment status. However, the literature indicates that a mother's employment may increase adolescents' risk-taking behaviors (Yılmaz, 2000).

There was no significant difference found in the delinquent behaviors of adolescents or in the levels of anger, depression, and anxiety of mothers based on their income levels. In the literature, it has been reported that low socioeconomic status is a risk factor for adolescent delinquency (Korkmaz, 2014; Kunt, 2003), while some

studies have also found a relationship between high socioeconomic status and delinquent behavior (Aras et al., 2007; Bulut, 2010; Yılmaz, 2000). However, it has been noted that economic hardships do not only lead to financial consequences but also reduce life satisfaction, leading to depression, trauma, and impairments in social functioning (Özsat, Çakıcı & Hüdaverdi, 2024).

The results of the study indicate that there were no significant differences in adolescents' delinquent behaviors or in mothers' levels of controlled anger and anxiety according to adolescents' gender. This finding is noteworthy, as the literature generally reports that male adolescents exhibit higher levels of delinquent behaviors (Aras et al., 2007; Balkaya & Ceyhan, 2007; Bulut, 2010; Delikara, 2000; Korkmaz, 2014; Yılmaz, 2000; Yılmaz, 2011). However, mothers of girls reported significantly higher levels of trait anger, anger-out, anger-in, and depression compared to mothers of boys. Research examining whether mothers' emotional states differ according to the child's gender is limited, suggesting that this issue warrants further investigation.

In the study, no significant differences were found in adolescents' delinquent behaviors based on mothers' evaluations of their relationship with their children. However, mothers who reported a poor relationship with their children exhibited significantly higher levels of trait anger, anger-out, and depression compared to mothers who reported a moderate or good relationship. This finding is consistent with the literature indicating that higher parental anger levels are associated with inadequate parent-child interactions (Reid et al., 2002). Additionally, previous studies have emphasized that depressive symptoms in parents weaken the mother-child relationship and negatively affect children's behavioral adjustment (Marchand et al., 2004).

It has been shown that as mothers' self-esteem declines, their parenting attitudes are adversely affected (Barbaroğlu, 2025). Similarly, findings indicating that intrafamilial communication problems are associated with increased delinquent behavior among adolescents (Çavuş et al., 2017) support the present results.

The results of the regression analysis demonstrate that mothers' anger-out levels significantly increase adolescents' delinquent behaviors. This finding suggests that the external expression of anger by mothers may be modeled and learned by adolescents, thereby creating a basis for violent or delinquent behaviors. Likewise, studies in the literature support a strong relationship between parents' expressions of anger and children's problem behaviors (Avcı, 2006; Ayan, 2007; Bulut, 2010; Kaymak & Özmen, 2004; Kolko, 1996).

The findings of this study should be evaluated within the limitations of this study. The research was conducted during the 2017–2018 academic year and was limited to the province of Kocaeli, involving only 50 adolescents attending the Education and Development Center affiliated with the Kocaeli Metropolitan Municipality Social Services Directorate and their mothers. The study group consisted of adolescents aged 15–18 years and their mothers; fathers were excluded.

Conclusion and Recommendations

The findings of the study revealed significant relationships between mothers' emotional states and anger levels and adolescents' delinquent behaviors. As mothers' trait anger levels increased, adolescents' theft scores also increased; conversely, higher levels of mothers' controlled anger were associated with decreases in adolescents' petty theft behaviors. Similarly, increases in mothers' anger-out levels were accompanied by increases in adolescents' scores for theft, petty theft, attention-seeking vandalism, and overall delinquent behaviors. In addition, as mothers' depression levels increased, adolescents' petty theft scores were found to increase significantly.

The analysis further indicated that single mothers had significantly higher trait anger scores than married mothers. With regard to the gender variable, mothers of girls obtained higher scores on trait anger, anger-out, anger-in, and depression compared to mothers of boys. In terms of the mother–child relationship, mothers who reported a poor relationship with their children exhibited significantly higher levels of trait anger, anger-out, and depression than those who reported a moderate or good relationship.

Finally, the regression analysis demonstrated that mothers' anger-out levels significantly predicted adolescents' overall delinquent behavior scores.

When working with adolescents who exhibit delinquent behaviors, the family—particularly maternal attitudes—should be taken into consideration. Further research and support centers should be established for adolescents who do not attend school or who are in high-risk groups. Early identification and preventive interventions should be implemented within schools, and interdisciplinary teams should develop support programs. In addition, families' psychological well-being should be assessed, and individual psychological support should be provided to mothers.

Declarations

Ethics Approval and Participation Approval

The research received approval from the university ethics committee on March 29, 2018 (project number YDÜ/SB/2018/138), and from the Kocaeli Metropolitan Municipality Department of Health and Social Services on April 20, 2018 (14614153-044).

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

Ş.Y. contributed to the study design, data collection, analysis, and writing of the manuscript. E.T. contributed to the supervision of the study, interpretation of the findings, and critical revision of the manuscript.

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REVIEW ARTICLE / DERLEME YAZISI

Risk Factors and Protective Elements in the Fight Against Addiction: A Conceptual Evaluation

Bağımlılıkla Mücadelede Risk Faktörleri ve Koruyucu Unsurlar: Kavramsal Bir Değerlendirme

Taner Erol¹ 

Abstract:

The phenomenon of addiction has manifested in different forms throughout history, producing serious consequences at the individual, familial, and societal levels. In contemporary societies, addiction is not only a problem that diminishes an individual's quality of life but also a multidimensional threat that generates destructive effects in social, economic, cultural, and political domains. By altering its content and form throughout the historical process, this phenomenon has shown continuity, creating new fields of struggle in every period; therefore, traditional methods have often remained insufficient. Despite prevention and intervention efforts carried out at international and national levels, the prevalence and diversity of addiction have not decreased; on the contrary, the ease of access to substances and addictive behaviors has persisted. This study aims to examine the biological, psychological, social, and environmental risk factors that contribute to the maintenance of the addiction cycle, based on the literature; analyze the impacts of these factors at both the individual and societal levels; and present a holistic framework for preventive and intervention strategies. The research was designed as a qualitative review study; national and international peer-reviewed articles, books, reports, and official statistics published mostly between 2015 and 2024 were evaluated through thematic content analysis. Findings obtained from the literature indicate that four main risk factors (biological, psychological, social, and environmental) are decisive in breaking the cycle of addiction. In addition, studies conducted specifically in Turkey reveal that substance use among young people shows an increasing trend, while protective factors (family ties, education, social activities) remain insufficient. Accordingly, this study suggests disseminating early intervention mechanisms, strengthening family-based approaches, enhancing access to psychosocial support services, and developing policies and legal regulations. In conclusion, the findings of this study are expected not only to make a theoretical contribution to the academic literature but also to guide social policy development processes and to provide a framework for implementing institutions.

Keywords: Addiction, Addiction Cycle, Risk Factors.

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Öz:

Bağımlılık olgusu, tarih boyunca farklı biçimlerde ortaya çıkarak bireysel, ailesel ve toplumsal düzeyde ciddi sonuçlar doğurmuştur. Günümüz toplumlarında bağımlılık, yalnızca bireyin yaşam kalitesini düşüren bir sorun olmaktan öte, sosyal, ekonomik, kültürel ve politik alanlarda da yıkıcı etkiler yaratan çok boyutlu bir tehdit niteliği taşımaktadır. Tarihsel süreç içerisinde içerik ve biçim değiştirerek süreklilik gösteren bu olgu, her dönemde yeni mücadele alanları yaratmış; bu nedenle geleneksel yöntemler çoğu zaman yetersiz kalmıştır. Uluslararası ve ulusal düzeyde yürütülen önleme ve müdahale çabalarına rağmen bağımlılığın yaygınlığı ve çeşitliliği azalmamış, aksine madde ve davranışlara erişim kolaylığı devam etmiştir. Bu araştırma, bağımlılık döngüsünün sürdürülmesine yol açan biyolojik, psikolojik, sosyal ve çevresel risk faktörlerini literatür ışığında incelemeyi, bu faktörlerin bireysel ve toplumsal düzeydeki etkilerini analiz etmeyi ve önleyici–müdahaleci stratejilere ilişkin bütüncül bir çerçeve sunmayı amaçlamaktadır. Çalışma, nitel bir derleme araştırması olarak tasarlanmış; daha çok 2015–2024 yılları arasında yayımlanmış ulusal ve uluslararası hakemli makaleler, kitaplar, raporlar ve resmi istatistikler tematik içerik analizi yöntemiyle değerlendirilmiştir. Literatürden elde edilen bulgular, bağımlılığın kırılmasında dört temel risk faktörünün (biyolojik, psikolojik, sosyal, çevresel) belirleyici olduğunu göstermektedir. Ayrıca Türkiye özelinde yapılan araştırmalar, gençler arasında madde kullanımının artış eğilimi gösterdiğini, buna karşın koruyucu faktörlerin (aile bağları, eğitim, sosyal etkinlikler) yetersiz kaldığını ortaya koymaktadır. Bu doğrultuda çalışmada; erken müdahale mekanizmalarının yaygınlaştırılması, aile temelli yaklaşımların güçlendirilmesi, psikososyal destek hizmetlerine erişimin artırılması ve politika–hukuki düzenlemelerin geliştirilmesi önerilmektedir. Sonuç olarak, bu çalışmanın bulgularının yalnızca akademik literatüre kuramsal katkı sağlaması değil, aynı zamanda sosyal politika geliştirme süreçlerine yön vermesi ve uygulayıcı kurumlar için yol gösterici bir alt yapı oluşturması beklenmektedir.

Anahtar Kelimeler: Bağımlılık, Bağımlılık Döngüsü, Risk Faktörler.

Introduction

Addiction has been addressed throughout its historical development not only as a biological problem but also as a social and cultural phenomenon. In general terms, the concept refers to an individual's strong inclination toward a particular substance, an inability to discontinue this behavior despite the desire to quit, and the continued use of the substance despite harmful consequences. Addiction is characterized by a recurrent desire to use the substance, an increasing need for higher doses over time, and impairments in both physical and psychological functioning when use is discontinued (American Psychiatric Association [APA], 2013). In this respect, addiction is not merely a temporary behavioral tendency but a chronic and relapsing condition that progressively undermines an individual's capacity for self-control.

The phenomenon of addiction is examined on two main levels: physiological and psychological. Physiological addiction refers to the body's adaptation to a substance due to continuous intake and the emergence of withdrawal symptoms when use is discontinued. Psychological addiction, on the other hand, is associated with an individual's tendency to turn to a substance or behavior as a means of escaping anxiety, restlessness, or negative emotional states; during this process, the individual experiences pleasure, relaxation, or temporary satisfaction (Koob & Le Moal, 2005). These two dimensions often interact and reinforce one another, making the addiction process more persistent and difficult to break.

Although addiction is commonly associated with chemical dependencies such as alcohol, tobacco products, cocaine, and various other drugs (Aslan, 2020), contemporary discussions emphasize that it constitutes one of the most important public health problems globally. Its negative effects are not limited to biological and psychological health problems; rather, addiction also generates serious social consequences that weaken family structures, disrupt social solidarity, and create economic burdens. Addiction

emerges from the interaction of neurobiological, psychosocial, and environmental factors, and over time it increasingly assumes the character of a chronic public health issue (Volkow et al., 2016).

According to data from the World Health Organization (WHO, 2021), more than 35 million individuals worldwide require treatment due to substance use disorders. The World Drug Report published by the United Nations Office on Drugs and Crime (UNODC, 2021) indicates that approximately 275 million people aged 15–64 have used an illicit substance at least once. Alcohol and tobacco remain among the most widely used addictive substances globally, with 2.3 billion alcohol users and 1.3 billion tobacco users worldwide (WHO, 2021). These figures demonstrate the widespread and persistent nature of addiction across societies.

In addition to global trends, addiction represents a serious public health issue in Türkiye. Reports indicate that approximately 4.5% of individuals aged 15–64 have experienced drug use, and young people constitute one of the most vulnerable groups. Rates of substance use among individuals aged 15–24 range between 10–12%, and the use of heroin and cannabis is becoming increasingly common among youth. These data highlight the urgency of addressing addiction not only through treatment-focused approaches but also through preventive strategies that consider risk and protective factors.

In this context, addiction should not be evaluated solely as an individual-level pathology but as a multidimensional phenomenon with biological, psychological, social, and environmental determinants. Breaking the addiction cycle requires early identification of risk factors, strengthening protective mechanisms, and developing comprehensive prevention policies. Accordingly, the present study aims to examine the risk factors that sustain the addiction cycle

and to evaluate protective elements within a holistic framework.

Research Method

Method

This study is a qualitative review study based on a systematic literature review. National and international peer-reviewed academic articles published between 2015 and 2024 were examined, along with official reports and statistical data from WHO, UNODC (2021), Turkish Statistical Institute (TÜİK), and the Republic of Türkiye Ministry of Health.

Inclusion criteria comprised peer-reviewed journal articles, reliable international reports, and official institutional statistics. Popular publications without academic quality, blogs, personal opinion articles, and unverifiable internet sources were excluded. Both Turkish and English studies were included.

A thematic content analysis approach was adopted. All selected studies were first read thoroughly, and recurring concepts were grouped under thematic categories.

The study assumes that biological, psychological, social, and environmental risk factors are determining elements in maintaining the addiction cycle; that addiction has multidimensional consequences at individual, family, and societal levels; that early intervention mechanisms are effective in combating addiction; and that although official statistics are reliable, unregistered substance use may not be fully reflected.

The research is limited to secondary data and literature review. No empirical field data were collected. Substance addiction was primarily addressed, while behavioral addictions were considered secondary. Sources were limited to post-2015 publications accessible online, which restricts full coverage of international literature. Therefore, generalizability is limited and findings should be supported by field research.

Findings

The literature demonstrates that addiction progresses as a cyclical process consisting of trial, regular use, tolerance development, withdrawal symptoms, relapse, and reuse (Köknel, 1998). This cycle provides short-term pleasure and relief but leads to long-term functional impairment and health problems.

Addiction is defined in various classifications as a loss of control accompanied by behavioral, psychological, and physiological impairments and withdrawal symptoms (World Health Organization, 1992; Sinclair & O'Neill, 2020). The DSM-5 diagnostic criteria include prolonged use beyond intention, unsuccessful attempts to quit, excessive time spent obtaining or using the substance, continued use despite harm, strong cravings, tolerance, and withdrawal symptoms (APA, 2013).

The findings reveal that four primary dimensions sustain the addiction cycle:

Biological factors include genetic predispositions and neurobiological sensitivities. Functional disorders in the dopamine reward system play a critical role in reinforcing addictive behaviors (Volkow & Koob, 2015). Genetic polymorphisms have been linked to alcohol and opioid addiction (Goldman et al., 2005). Neuropsychiatric studies

in Türkiye indicate dopamine transporter gene variations may increase vulnerability (Reith et al., 2022).

Psychological factors involve trauma, low self-esteem, depression, anxiety, and other psychiatric conditions. Clinical studies reveal high comorbidity between addiction and disorders such as depression and bipolar disorder (Kessler et al., 2005). Field research in Türkiye shows trauma history and domestic violence increase addiction risk (Bilaç et al., 2021), while low self-esteem predicts substance use among university students (Bekircan et al., 2022).

Social factors include family communication problems, weak parental supervision, risky peer groups, and inadequate social support. UNODC (2021) identifies peer environment as a strong predictor of substance use. Studies in Türkiye show higher addiction risk among youth from low socioeconomic families and in cases of weak family bonds (Gündüz & Çok, 2015).

Environmental factors encompass poverty, unemployment, urbanization, social inequalities, and ease of access to substances. WHO (2021) data indicate higher substance use rates in low-income regions. TÜİK (2024) reports increased prevalence in regions with high unemployment. Urban studies (Gürel et al., 2024) show easier access to substances in metropolitan areas increases risk levels.

Mortality and morbidity rates related to addiction are substantial. WHO (2021) estimates approximately 11 million deaths annually related directly or indirectly to substance use. Addiction is associated with liver cirrhosis, HIV/AIDS, cardiovascular diseases, suicide attempts, and violent behaviors (Degenhardt, 2018).

In Türkiye, approximately 4.5% of individuals aged 15–64 have experienced drug use, and rates among youth range between 10–12%. Nearly 10 million individuals are reported to confront substance or behavioral addiction (IHH Humanitarian Relief Foundation, 2020).

Protective factors identified in the literature include strong family bonds, school-based prevention programs (Tinner et al., 2022), social support networks (EMCDDA, 2022), and participation in sports and cultural activities (Ministry of Health of the Republic of Türkiye, 2025).

Overall, the interaction of these factors sustains the addiction cycle and makes breaking free increasingly difficult.

Discussion

The findings demonstrate that addiction emerges through the complex interaction of biological, psychological, social, and environmental dimensions. The literature consistently indicates that genetic predisposition and neurobiological sensitivities increase individual susceptibility to addiction. Functional disruptions in the dopamine system play a central role in reinforcing addictive behaviors (Volkow and Koob, 2015), while genetic polymorphisms are particularly influential in alcohol and opioid dependence (Goldman et al., 2005). Neuropsychiatric research conducted in Türkiye further suggests that variations in the dopamine transporter gene may heighten vulnerability to substance addiction (Reith et al., 2022). These findings confirm that biological

vulnerability constitutes a foundational predisposition in the addiction process.

However, biological sensitivity alone does not sufficiently explain the development and persistence of addiction. Psychological factors significantly shape this process. Traumatic life experiences, low self-esteem, depression, and anxiety disorders increase individuals' tendency toward addictive behaviors. Empirical studies indicate that individuals experiencing mental health difficulties face a markedly higher risk of substance use. Research conducted among young populations shows that trauma history and exposure to domestic violence are important predictors of addiction risk (Bilaç et al., 2021), while findings from university samples in Türkiye demonstrate that low self-esteem significantly predicts alcohol and substance use (Bekircan et al., 2022). These findings highlight the reinforcing role of psychological distress in sustaining the addiction cycle.

Beyond individual-level vulnerabilities, social context plays a decisive role in the emergence and maintenance of addiction. Family communication problems, weak parental supervision, association with high-risk peer groups, and insufficient social support mechanisms increase susceptibility to substance use. Reports from the United Nations Office on Drugs and Crime (UNODC, 2021) identify risky peer environments as one of the strongest predictors of substance initiation. Field studies conducted in Türkiye (Ministry of Health of the Republic of Türkiye, 2025; Bilaç et al., 2019) reveal that addiction risk is particularly elevated among youth from low socioeconomic families. Additionally, weak family bonds and inadequate parental monitoring directly increase substance use (Gündüz and Çök, 2015). These findings underline the importance of social relationships and family structures in either mitigating or reinforcing addiction risk.

Environmental conditions further shape the addiction process at the macro level. Social inequalities, economic hardship, unemployment, urbanization pressures, and ease of access to substances undermine psychosocial balance and create fertile ground for addiction. World Health Organization data (WHO, 2021) show higher substance use rates in low-income regions, while TÜİK statistics (2024) indicate that addiction prevalence increases in regions with elevated unemployment rates in Türkiye. Research conducted in rapidly urbanizing metropolitan areas (Gürel et al., 2024) demonstrates that easier access to substances contributes to rising risk levels among young people. These structural determinants illustrate that addiction cannot be separated from broader socioeconomic conditions.

Taken together, the findings confirm that addiction cannot be reduced to a single explanatory framework. Biological vulnerability may create predisposition; however, psychological distress, social context, and environmental inequalities determine whether addiction develops and persists. The addiction cycle is reinforced through reciprocal interaction among these dimensions, making it a dynamic and self-sustaining process. Studies in the literature (Volkow and Koob, 2015; UNODC, 2021) further indicate that the interaction of these factors not only increases the risk of addiction but also makes disengagement from the cycle significantly more difficult. At the same time, the literature emphasizes that protective factors play a critical role in counterbalancing risk

mechanisms. Strong family bonds (Nawi et al., 2021), school-based prevention programs (Tinner et al., 2022), and social support networks (EMCDDA, 2022) significantly reduce vulnerability. Research conducted in Türkiye (Ministry of Health of the Republic of Türkiye, 2025) demonstrates that encouraging youth participation in sports, arts, and cultural activities provides important protective effects. Strengthening family ties, expanding educational initiatives, and increasing opportunities for social participation therefore emerge as essential components in sustainable addiction prevention.

In the context of Türkiye, rising substance use rates among youth suggest fragmentation in prevention policies and insufficient institutional integration. Although treatment services are available, treatment-oriented approaches alone are inadequate to break the addiction cycle. Sustainable prevention requires interdisciplinary cooperation among psychology, sociology, health sciences, education, and legal systems in order to establish coordinated and long-term mechanisms.

Moreover, addiction generates significant social costs, including workforce loss, weakened family structures, increased crime rates, and long-term economic burdens. These consequences highlight the necessity of comprehensive and policy-integrated approaches that address addiction not only as an individual health issue but also as a structural societal challenge. Only through coordinated, multidimensional, and preventive policy frameworks can the cyclical nature of addiction be effectively disrupted at both individual and societal levels.

Conclusion and Recommendations

Addiction is a multifaceted public health issue that lowers individuals' quality of life, weakens family bonds, erodes social solidarity, and imposes a significant economic burden on public finances. The findings of the research indicate that the addiction cycle is sustained through the interaction of biological, psychological, social, and environmental factors. Genetic predispositions and neurobiological sensitivities increase individual susceptibility to addiction; meanwhile, psychological vulnerabilities (trauma, depression, anxiety), social factors (family communication problems, negative peer relationships), and environmental conditions (poverty, unemployment, urbanization) reinforce the addiction cycle. Therefore, treatment-focused approaches alone are insufficient; it is essential to implement preventive, protective, and supportive strategies simultaneously.

The results also reveal that in Türkiye, especially among young people, they constitute one of the most vulnerable groups in terms of addiction. Data from TÜİK and the Ministry of Health show an increase in drug use rates among the youth; field studies indicate that weak family ties, lack of education, and social support deficiencies heighten these risks. Therefore, comprehensive policy approaches are needed both at the individual and societal levels to combat addiction.

In this regard, the following suggestions stand out:

Regarding biological factors, early screening programs should be developed for individuals with genetic and biological predispositions, and neuropsychiatric assessments should be expanded for children and adolescents.

Regarding psychological factors, access to mental health services should be facilitated for individuals with a history of trauma, depression, or anxiety; programs that reduce stigma and strengthen psychosocial support mechanisms should be implemented. Regarding social factors, family-based projects that strengthen family communication and increase parental awareness should be supported; anti-drug education, peer support programs, and social activities should be expanded in schools. Regarding environmental factors, social policies aimed at combating poverty and unemployment should be integrated into addiction prevention; local governments should provide safe social spaces (sports facilities, cultural centers) for young people.

In terms of social participation, local governments, civil society organizations, educational institutions, and the media should share responsibility in the fight against addiction; especially, awareness campaigns targeting young people should be carried out on social media and digital platforms.

Finally, considering Türkiye's regional differences, policies that make substance access more difficult should

be implemented in metropolitan areas; in rural areas, models that strengthen family and community solidarity should be applied.

Declarations

Ethics Approval and Participation Approval
Not applicable.

Publication Permission
Not applicable.

Availability of Data and Materials
Not applicable.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

The determination of the topic, the review of the English and Turkish literature, and the writing of the entire manuscript were carried out by the author. The author has read and approved the final version of the manuscript.

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REVIEW ARTICLE / DERLEME YAZISI

The Effect of Social Media Addiction on Obesity in Young Adults

Genç Yetişkinlerde Sosyal Medya Bağımlılığının Obezite Üzerine Etkisi

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Abstract:

This narrative review aims to examine the relationship between social media addiction and obesity in young adults aged 18–30, within the framework of behavioral, psychosocial, and biological mechanisms. The literature search was conducted in March 2025 using the National Thesis Center of Turkey (YÖK) and Google Scholar databases. Studies published between 2000 and 2025 that included young adult samples were considered. Search terms— young adults, social media addiction, obesity, screen time, emotional eating, sedentary lifestyle, and sleep—were combined using appropriate logical relationships. Studies including participants aged 18–30 with full text available were included, while adolescent samples were excluded, except for limited discussion to illustrate mechanisms. A total of 412 records were screened, and after title–abstract review, 67 full-text articles were assessed, of which 29 studies were included in the synthesis. The findings indicate that increased screen time is associated with reduced physical activity, impaired sleep, and heightened emotional eating behaviors. The evidence is primarily correlational, and causal inferences are limited. The results suggest a potential protective role for digital awareness programs and healthy lifestyle interventions. Current literature indicates that increased social media use is associated with reduced physical activity, poorer sleep quality, and higher energy intake. Based on these findings, the study emphasizes the importance of promoting digital literacy programs, encouraging healthy lifestyle habits, and developing interventions for effective online time management.

Keywords: Social media addiction, Obesity, Screen time, Emotional eating.

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Öz:

Bu anlatı derleme çalışmasının amacı, 18–30 yaş arası genç yetişkinlerde sosyal medya bağımlılığı ile obezite arasındaki ilişkiyi davranışsal, psikososyal ve biyolojik mekanizmalar çerçevesinde incelemektir. Literatür taraması Mart 2025 tarihinde YÖK Ulusal Tez Merkezi ve Google Akademik veritabanlarında gerçekleştirilmiştir. 2000–2025 yılları arasında yayımlanan ve genç yetişkin örnekleme içeren çalışmalar dahil edilmiştir. Arama terimleri genç yetişkin, sosyal medya bağımlılığı, obezite, ekran süresi, duygusal yeme, sedanter yaşam ve uyku, birbirleriyle uygun mantıksal ilişkilerle birleştirilmiştir. 18–30 yaş örneklem içeren, tam metnine erişilebilen çalışmalar dahil edilmiştir. Ergen örneklem dışlanmış; yalnızca mekanizmayı açıklamak amacıyla sınırlı biçimde tartışmaya dahil edilmiştir. Toplam 412 kayıt taranmış, başlık-özet elemesi sonrası 67 makale değerlendirilmiş ve 29 çalışma senteze alınmıştır. Bulgular, artan ekran süresinin fiziksel aktivite azalması, uyku bozukluğu ve duygusal yeme davranışlarıyla ilişkili olduğunu göstermektedir. Bulgular nedensel değil, korelasyonel düzeyde değerlendirilmiştir. Sonuçlar, dijital farkındalık programları ve sağlıklı yaşam müdahalelerinin potansiyel koruyucu rolüne işaret etmektedir. Literatürdeki güncel bulgular, sosyal medya kullanım süresinin artışının fiziksel aktivitelerde azalma, uyku kalitesinin bozulması ve enerji alımında artış gibi sonuçlar ortaya çıkardığını belirtmektedir. Çalışma sonucunda, dijital farkındalık programlarının yaygınlaştırılması, sağlıklı yaşam alışkanlıklarının teşvik edilmesi ve çevrim içi zaman yönetimine yönelik müdahalelerin geliştirilmesinin önemi ifade edilmektedir.

Anahtar Kelimeler: Sosyal medya bağımlılığı, Obezite, Ekran süresi, Duygusal yeme.

Introduction

In this era in which we continue our lives, technological advancements bring innovations for humanity; however, just as these innovations have positive effects, they also have negative impacts (Castells, 2010). The concept of social media, which has come to dominate many areas of our lives, makes life easier on one hand, but on the other hand, it affects our lives in many ways. Social media holds a central position in the daily lives of young adults (Taşkıran, 2025). Uncontrolled use is associated with a sedentary lifestyle, sleep disorders, and unhealthy eating habits (Kuss & Griffiths, 2017).

The rapid spread and development of communication tools have made social media indispensable in our lives. However, alongside those who use social media and communication tools in a controlled manner, there are also individuals who do not use them, and this situation has led to the emergence of the concept of social media addiction (Andreassen, 2015). Addiction and communication studies are generally associated with the uses and gratifications theory. The "Uses and Gratifications" theory is associated with the work of Elihu Katz. According to Katz, individuals have certain psychological and social needs. Based on these needs, individuals develop certain expectations about how to fulfill them through social media. Psychologist Elihu Katz, who studied individuals' actions on social media, states that people satisfy their needs and expectations through media use. In this context, social media is considered an important tool for meeting individuals' needs. However, some unforeseen or undesirable consequences can arise when social media is used uncontrollably (Yaylagül, 2016).

Due to social media addiction, individuals experience psychological problems as well as physical issues such as eating disorders (Mohaç, 2015; Muslu & Gökçay, 2019). Excessive use of social media significantly affects the health and practicality of our daily lives. Multiple studies have linked social media addiction to psychological problems such as narcissism, self-esteem issues, and depression (Andreassen et al., 2017; Kuss & Griffiths, 2017; Twenge & Campbell, 2018; Kayıkçı et al., 2025). As a result of social media addiction, side effects such as stress, sleep problems, anxiety, difficulties and failures in

time management, and excessive social media use can also reduce the academic performance of students (Durak, 2019; Gezgin et al., 2018).

Another significant effect of the rapid advancement of technology in our lives is the lack of physical activity. People now mostly perform their tasks online while sitting. Although minimizing the boundaries of time and space brings many benefits—such as easier communication, remote education, working from home, and online shopping—these conveniences often limit our physical activity.

The use of social media and the internet leads to a number of physical problems. These include visual impairments, back pain, and most importantly, obesity (Tremblay et al., 2011; WHO, 2020).

Obesity is a health-related condition characterized by excessive fat accumulation that causes adverse physiological effects, resulting from an imbalance between energy expenditure and excessive food intake in the human body (Hruby & Hu, 2015). Obesity is a health problem arising from various factors, including lifestyle, genetic inheritance, and external influences (Swinburn et al., 2011). Genetic inheritance plays a significant role in obesity. Scientific studies have shown that individuals with a family history of obesity are more likely to experience this condition (Loos & Bouchard, 2003). The interactions between family genetic makeup and environmental or individual factors play an important role in understanding differences in body composition within populations. Given that body mass index is highly heritable and obesity tends to run in families, genetic factors are expected to contribute to its development. Differences in obesity rates among races and ethnic groups also support the influence of this genetic predisposition (Ogden et al., 2017).

External factors such as easy access to unhealthy foods, limited opportunities for physical activity during the day, environments conducive to obesity, and an unbalanced lifestyle characterized by poor nutrition and physical inactivity increase susceptibility to obesity (Karaçil & Şanlıer, 2014). In both our country and globally, the

prevalence of obesity is steadily increasing. Food advertisements frequently encountered on social networks further trigger emotional hunger. This emotional hunger increases the tendency to consume unhealthy foods (Şanlıer & Yabancı, 2017).

The use of social networks disrupts sleep patterns, which negatively affects metabolism. Exposure to images and videos on social media that portray individuals with healthy, idealized bodies can lead to distorted body perception, thereby increasing susceptibility to obesity. According to Michael Macht (2008), obesity can reduce an individual's self-esteem, and overweight individuals may misinterpret their own body image as well as others' attitudes toward them in a negative way. As a result, decreased self-esteem can lead to depression. Emotional states such as fear, joy, anger, and sadness can influence not only food choices but also the amount of food consumed, the duration of chewing, and digestion (Macht, 2008).

Obesity leads to a number of health problems, such as cardiovascular diseases, diabetes, various types of cancer, and low self-esteem. Therefore, in the prevention and treatment of obesity, adopting a healthy lifestyle, developing balanced eating habits, providing education on exercise and sports, and bringing patients together to support and motivate each other can all be helpful (Leibbrand & Fichter, 2002). The fundamental step in preventing and treating obesity is to ensure that individuals consistently adopt balanced eating habits.

Among the technological advancements that have contributed to obesity becoming a societal problem, mass media tools such as computers, phones, and televisions are the first to come to mind. For this reason, social media addiction observed in individuals leads to irregular lifestyles and both psychological and physical decline. Excessive engagement with social media platforms, a persistent desire to stay connected to these platforms, and spending so much time on them that it harms other social activities, work life, studies, mental health, and interpersonal relationships are all considered indicators of social media addiction (Andreassen, 2014).

The increase in social media use leads to a sedentary lifestyle and, consequently, to obesity. Within this context, the objectives of this study are as follows. Another study on social media addiction, as discussed by Griffiths (2005), suggests that in order for excessive social media use to be considered an addiction, six specific criteria must be present in the individual simultaneously. In this regard, behaviors strongly associated with internet and social media addiction—such as the cycle of social media use, gaming, and watching series/movies—have become a priority among young individuals (Rumpf et al., 2011; Van Rooij et al., 2010).

The concept of addiction is defined as an individual's inability to control an object or behavior and being unable to live without it (TBM, 2015). Although social media addiction is not classified as a disorder in the DSM-V, a review of the literature shows that it is considered a behavioural addiction (Griffiths & Szabo, 2014; Kuss & Griffiths, 2011). In this sense, maintaining balance and making an effort to avoid becoming addicted to social media are of great importance.

Social media usage is increasing rapidly in our current era, and this rise is especially notable among young adults. Today, social media use, which has become addictive among adults, not only meets the social needs of different social groups and large masses but also adds a new dimension to the concept of socialization (Vural & Bat, 2010; Solmaz et al., 2013; Sağbaş et al., 2016). The emergence of social media addiction among young adults has led to certain problems. Studies have shown that social media addiction leads to the waste of free time, which in turn results in academic failure (Menayes, 2015; Kırık et al., 2015; Hawi & Samaha, 2017).

The purpose of this study is to examine all possible effects of social media addiction, physical activity limitations, nutritional habits, and obesity among young adults. It is also known that extended time spent online increases stress levels, which in turn triggers emotional eating (Vannucci et al., 2020). With the increase in social media use in today's society, the prevalence of sedentary lifestyles is rising, and this trend is reported to increase the risk of obesity (Loh et al., 2023). In this context, the study aims to evaluate the effects of social media addiction on individuals' health behaviors from a holistic perspective, in line with the current literature review (Sun & Zhang, 2022).

Method

This study is a narrative review. The literature search was conducted using Google Scholar and the National Thesis Center of the Council of Higher Education (YÖK). The studies included in this review were selected based on specific criteria. The inclusion criteria were: (i) the sample consisted of young adults aged 18–30, (ii) the study addressed the relationship between social media use and body weight, obesity, or levels of physical activity, (iii) it was published in a peer-reviewed scientific journal or was an accessible academic thesis, (iv) it was published in 2010 or later, and (v) it was written in either Turkish or English. Records obtained from the systematic search were first screened at the title and abstract level, and then assessed for eligibility through full-text review. Studies that met the inclusion criteria were included in the final analysis; they were coded according to their content, and a thematic synthesis was conducted under the headings of behavioral, psychosocial, and biological mechanisms.

Studies that do not cover the young adult population, focus solely on technology use without including any health-related outcome variables, are publications without accessible full texts, or are opinion pieces and commentary articles, were evaluated as exclusion criteria.

A qualitative research method was used in this study. The data in our research were collected using the "document analysis technique," which is one of the qualitative research data collection methods. The data were gathered from studies obtained through the National Thesis Center, affiliated with higher education institutions, and from Google Scholar. The aim was to identify studies investigating the relationship between social media addiction and obesity among young adults, and to present the summary findings of these studies regarding social media addiction and obesity. This study is limited to postgraduate theses registered and accessible electronically in the Higher Education Council Thesis Documentation Center between 2000 and 2025, as well as to publications found in Google Scholar.

Findings

According to Bayrak and Cihan (2021), the World Internet, social media, and Mobile Usage Statistics indicate that 4.38 billion people are internet users, representing 56% of the world's population. In their studies on young adults, Kaya and Demir (2021) and Arslan (2023) found that intensive social media use increases levels of depression, anxiety, and loneliness. Additionally, some studies indicate that social media addiction leads to decreased self-esteem and reduced life satisfaction (Yılmaz, 2022).

In their 2022 study, Turan and Ersoy reported that feedback on social media affects individuals' reward systems by increasing dopamine release, which in turn triggers addictive behavior. Research by Kılınc and Kartal (2022) found that overweight or obese young people have longer screen times, are less likely to participate in physically active pursuits such as sports, and tend to consume more snacks while in front of screens. In a study by Ballard and colleagues (2009) involving 116 university students, it was found that individuals who spent more time playing video games had higher body mass indices than others. In a 2023 study by Özkan et al., consistent with the literature, the authors found that a large proportion of participants (62.8%) engaged in less physical activity as their time spent on social media increased. Another survey among young adults showed that the overall obesity rate was 20.3% and the rate of being overweight was 13.6%; it also demonstrated that individuals with obesity had a significantly higher tendency to be drawn to unhealthy foods and beverages after seeing advertisements on social media (Aljefree & Alhothali, 2022). In a national longitudinal study, each additional hour of screen time was associated with an increase of approximately 0.06 kg/m² in BMI. The same study also observed a significant relationship, indicating that each additional hour of screen time raised the likelihood of obesity by about 9% (Nagata et al., 2023). The reviewed studies show that social media use among young adults is significantly associated with behavioral and psychosocial risk factors related to obesity.

Review studies report that as the level of social media addiction increases, sedentary lifestyles become more prevalent, sleep patterns are disrupted, and energy balance is negatively affected (Kuss & Griffiths, 2017). Studies examining the relationship between screen time and body mass index (BMI) emphasize that each additional hour of screen time is statistically significantly associated with an increase in BMI, and prolonged screen exposure raises the likelihood of obesity (Nagata et al., 2023). In a cross-sectional study of young adults, individuals who used electronic screens for more than 6 hours a day had a significantly higher risk of obesity (Rafique et al., 2022).

Meta-analytic findings focusing on psychosocial mechanisms show that social media use is related to stress levels and emotional eating behaviors, which can indirectly increase obesity risk by making weight control more difficult (Vannucci et al., 2020). Additionally, screen time has been found to be a stronger predictor of overweight and obesity compared to physical activity levels. However, some studies highlight methodological limitations, including heterogeneous age groups and reliance on self-report measures (Maher et al., 2012).

Recent studies suggest that social media use may be linked to dopaminergic processes that activate the brain's reward system. Constant notifications, likes, and feedback processes can create short-term pleasure effects, resulting in behavior patterns similar to addiction. These behavioral mechanisms overlap with reward-based eating behaviors that increase the tendency toward high-calorie foods, thereby indirectly raising the risk of obesity (Sun & Zhang, 2022).

One consistent finding in the literature is that excessive social media use increases sedentary behavior and reduces physical activity. In particular, increased screen time has been shown to reduce necessary daily movement, which is associated with higher BMI (Maher et al., 2012; Wang et al., 2019). Additionally, using social media late into the night negatively affects sleep quality and duration and contributes to weight gain by adversely impacting metabolism (Tremblay et al., 2011).

Alongside behavioral effects, psychosocial processes also play a significant role in the relationship between social media and obesity. Ideal body and self-perception images created on social media platforms increase the tendency to engage in social comparison, which is linked to negative psychological states such as low body satisfaction and low self-esteem (Jiménez-García, Arias & Hontanaya, 2025). Such poor body perception and psychological pressure can trigger emotional eating behavior in young adults, indirectly leading to unhealthy eating tendencies and an increased risk of obesity (Evcili & Eroğlu, 2024).

Systematic reviews demonstrate that social media use exerts indirect pressure on physical activity; leisure-time behaviors become more passive, and motivation for exercise decreases (Goodyear et al., 2021). These findings indicate that behavioral-level lifestyle changes are among the fundamental factors that increase the risk of obesity.

Discussion

Recent literature indicates that the increase in social media use in recent years has been accompanied by a decrease in physical activity and an increase in weight gain (Shiyab et al., 2023). Current findings suggest that increased social media use may be associated with lower levels of physical activity and weight gain among young adults. However, this relationship appears to be multidimensional, shaped by the interaction of behavioral, psychosocial, and biological processes, rather than being linear and unidirectional. In particular, the increase in screen time reinforces a sedentary lifestyle, facilitates irregular eating behaviors, and disrupts sleep patterns—key behavioral mechanisms that indirectly increase the risk of obesity (Maher et al., 2012; Yıldırım, 2022).

From a psychosocial perspective, young adulthood is a period marked by intense identity development and the search for social belonging, which makes individuals more sensitive to idealized content on social media (Arnett, 2019). Continuous comparison-based online interactions have been linked to decreased body satisfaction, increased tendencies toward emotional eating, and reduced self-awareness (Fardouly & Vartanian, 2016; Perloff, 2021). Additionally, prolonged online exposure has been reported to increase stress levels, impair attentional processes, and reduce sleep quality (Twenge & Campbell, 2018). A reduction in sleep duration, coupled with an increase in emotional eating

behaviors, is thought to make weight management more difficult and contribute to the development of obesity (Vargas, 2020).

However, the magnitude of the effects reported in the literature varies across studies. Much of this variability may stem from differences in the measurement tools used and the characteristics of the samples. In most of the reviewed research, physical activity, screen time, and eating habits have been assessed using self-report scales. This can limit measurement accuracy due to recall bias and social desirability bias, leading to relationships appearing weaker or stronger than they actually are (Tremblay et al., 2011; Maher et al., 2012). Additionally, considering the impact of cultural context on social media usage patterns and body image, direct comparisons between studies conducted in different countries become more challenging (Goodyear et al., 2021).

The fact that most of the current evidence is based largely on cross-sectional designs represents a significant methodological limitation. While such studies can reveal correlational patterns, they do not allow for causal inferences. The question of whether social media use increases the risk of obesity or whether existing lifestyle habits shape social media use remains largely unanswered (Shiyab et al., 2023; Wang et al., 2019). Additionally, the inclusion of adolescents or older age groups outside the young adult age range in some studies makes it difficult to distinguish results specific to the target population of this review. Furthermore, the possibility of publication bias in the literature should not be overlooked. The higher likelihood of publishing positive findings may lead to an overestimation of the overall effect size of the relationship between social media use and obesity. This warrants caution, especially when interpreting results from studies with small sample sizes (Mathur, 2024).

When all these findings are considered together, it can be said that social media addiction creates a multi-layered risk profile in young adults—not only promoting a sedentary lifestyle, but also affecting psychological well-being and eating behaviors. In this context, digital detox programs, awareness interventions targeting social media use, and holistic approaches that support healthy living habits stand out as potential protective strategies to reduce the risk of obesity (Kuss & Griffiths, 2017; Sun & Zhang, 2022). For future research, increasing studies that more clearly define young adult samples, utilize longitudinal designs, and are supported by objective measurement tools will contribute to a more robust understanding of the underlying mechanisms in the relationship between social media use and obesity.

The fact that a significant portion of the literature is based on adolescent samples limits the ability to make conclusions specific to the young adult population. Therefore, in the present review, findings from adolescents have been included only within a framework that explains the underlying mechanisms.

Conclusion and Recommendations:

Based on the literature review, this study has examined the effects of social media addiction on obesity among young adults from a comprehensive perspective. The findings show that the relationship between social media addiction and obesity is multidimensional and indirect. A review of the literature indicates that social media use not only

increases online interactions but also plays a dominant role in individuals' physical activity, mood, eating habits, and overall lifestyle (Andreassen, 2015). The review also reveals significant associations among social media use, obesity, and related health behaviors in young adults; the literature notes that increased social media engagement can influence lifestyle and behaviors, reducing healthy habits over time (Park, 2022). However, because much of the current evidence relies on cross-sectional designs and self-report measures, it is not possible to draw causal conclusions from these relationships. According to Çayır et al. (2011), excessive use of social networks reduces individuals' social activity with those around them, which in turn increases the risk of obesity. Additionally, individuals with low socioeconomic status face a greater risk for obesity due to limited access to healthy foods, medical resources, and safe environments for exercise.

Specifically, prolonged screen time is associated with minimal physical activity and leads to weight gain by creating an energy imbalance (Hruby & Hu, 2015). In addition to these findings, social media addiction is also strongly linked to psychological processes. Research shows that social media use is associated with narcissism, self-esteem, and a tendency for social comparison (Andreassen et al., 2017). This can affect individuals' self and body perception both positively and negatively, potentially triggering unhealthy eating habits and increasing the risk of obesity. Therefore, social media addiction should be considered not only a behavioral problem but also a psychosocial health risk for individuals. Furthermore, uncontrolled use of social media can hinder interpersonal relationships and lead to social isolation, causing anxiety and depression (Gezgin & Kurtça, 2024).

The findings indicate that the connections between social media addiction and obesity are multidimensional and based on reciprocal interactions. For future research, it is important to include experimental and longitudinal studies to more clearly and comprehensively reveal the causal relationship between these two variables. Additionally, there is a need for research and interventions to increase media literacy and digital awareness, and to promote and support healthy living and physical activity among young adults (Goodyear et al., 2021).

It should also be noted that studies in the literature report no significant relationship between excessive social media or technology use and obesity. Most of the studies included in this review assess screen time, eating habits, and physical activity levels using self-report measures. This approach may reduce measurement accuracy due to recall bias and social desirability bias (Maher et al., 2012; Tremblay et al., 2011). Furthermore, because the existing evidence largely relies on cross-sectional research designs, even if an association between social media use and obesity is demonstrated, it is difficult to draw causal inferences (Wang et al., 2019).

Social media addiction emerges as a behavioral factor that can increase the risk of obesity among young adults (Meral, 2018). The relationship between social media addiction and obesity is indirect and multidimensional. The findings are predominantly cross-sectional and do not allow for causal conclusions. Future studies are recommended to employ longitudinal and experimental designs.

Declarations

Ethics Approval and Participation Approval
Not applicable.

Publication Permission
Not applicable.

Availability of Data and Materials
Not applicable.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

Gİ and AB prepared the discussion, conclusion, and recommendations sections of the article, while EB and GK introduction and contributed to the identification of studies to be included in the research.

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REVIEW ARTICLE / DERLEME YAZISI

Transactional Analysis: A Fundamental Approach and Modern Applications in Psychotherapy

Transaksiyonel Analiz: Psikoterapide Temel Yaklaşım ve Modern Uygulamalar

Tahmina Chalabi Kurt¹, Hülya Şenol², Erdem Lif³

Abstract:

This study examines Eric Berne's Transactional Analysis (TA) within the context of psychotherapy, aiming to systematically explore the fundamental concepts of the theory, its historical development, and its intersections with contemporary therapeutic approaches. In this context, the study does not remain limited to a theoretical framework but also examines the role of Transactional Analysis in explaining the interaction between internal processes and interpersonal dynamics. Its connections with contemporary psychotherapy approaches are also addressed from a broader perspective. TA is defined as a humanistic psychotherapy model that explains personality through three core ego states—Parent, Adult, and Child—and analyzes interpersonal communication patterns. This article provides a comprehensive, literature-based evaluation of TA's principal components, including ego states, types of transactions, life script, racket system, time structuring, and Karpman's drama triangle. The research was conducted using a qualitative document analysis method, and primary sources published between 1950 and 2025 were examined through content analysis techniques. Within this process, the relationships between the core concepts of the theory were thematically organized, and the role of TA in therapeutic change was interpreted. This approach aims to make the model more comprehensible in both theoretical and practical terms. Findings indicate that TA significantly contributes to the development of individuals' awareness, autonomy, communication skills, and emotional maturity. In addition, TA appears to support the restructuring of self-perception, the development of relational awareness, and the establishment of more functional communication patterns. The findings also indicate that the theory can be applied across different psychological contexts. The study concludes that TA possesses a broad range of applicability across psychotherapy, education, and organizational psychology.

Keywords: Transactional Analysis, Psychotherapy, Ego States, Communication, Eric Berne.

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Öz:

Bu çalışma, Eric Berne tarafından geliştirilen Transaksiyonel Analiz (TA) kuramını psikoterapi bağlamında ele alarak kuramın temel kavramlarını, tarihsel gelişimini ve çağdaş psikoterapi yaklaşımlarıyla ilişkili yönlerini sistematik biçimde incelemeyi amaçlamaktadır. Bu kapsamda çalışma, yalnızca kuramsal bir çerçeve sunmakla sınırlı kalmayıp, Transaksiyonel Analiz'in bireyin içsel süreçleri ile kişilerarası ilişkileri arasındaki dinamik etkileşimi açıklamadaki rolünü de ele almaktadır. Ayrıca kuramın güncel psikoterapi yaklaşımlarıyla kurduğu ilişkiler, daha bütüncül bir bakış açısıyla değerlendirilmiştir. TA, bireyin kişiliğini üç temel ego durumu; Ebeveyn, Yetişkin ve Çocuk üzerinden açıklayan ve kişilerarası iletişim süreçlerini analiz eden hümanistik bir psikoterapi modeli olarak tanımlanmaktadır. Bu makalede TA'nın kuramsal çerçevesini oluşturan ego durumları, Karpman'ın drama üçgeni gibi temel bileşenler literatüre dayalı olarak bütüncül biçimde ele alınmıştır. Araştırma, nitel doküman analizi yöntemiyle yürütülmüş ve 1950–2025 yılları arasında yayımlanan temel kaynaklar içerik analizi tekniği kullanılarak çözümlenmiştir. Bu süreçte kuramın temel kavramları arasındaki ilişkiler tematik olarak sınıflandırılmış ve Transaksiyonel Analiz'in terapötik değişim sürecindeki işlevi yorumlanmıştır. Böylece çalışma, kuramın hem teorik hem de uygulamaya dönük yönlerini daha anlaşılır hale getirmeyi amaçlamaktadır. Çalışmanın bulguları, TA'nın bireylerde farkındalık, özerklik, İletişim becerileri ve duygusal olgunluk düzeylerinin gelişimine önemli ölçüde katkı sağladığını göstermektedir. Bununla birlikte, TA'nın bireyin kendini algılama biçimini yeniden düzenleme, ilişkisel farkındalığı artırma ve daha işlevsel iletişim kurma süreçlerinde etkili olduğu görülmektedir. Elde edilen bulgular, kuramın farklı psikolojik bağlamlarda uygulanabilirliğini desteklemektedir. TA'nın psikoterapi, eğitim ve örgütsel psikoloji alanlarında geniş bir uygulama potansiyeline sahip olduğu sonuçlarına ulaşılmıştır.

Anahtar Kelimeler: Transaksiyonel Analiz, Psikoterapi, Ego Durumları, iletişim, Eric Berne.

Introduction

Transactional Analysis (TA) is a holistic psychotherapy theory that explains an individual's personality structure, interpersonal communication, and psychological functioning (Zümbül, 2021). The fundamental distinctive feature of the theory is its approach to human behavior, not only through internal processes but also within interpersonal contexts (Stewart, 2011). Eric Berne's approach, rooted in psychoanalytic thought yet seeking to explain human behavior in a simpler, more understandable, and observable framework, establishes a unique theoretical position for TA by directly linking the client's inner world to interpersonal relationships (Berne, 1996).

In Transactional Analysis (TA) theory, personality is addressed through the parent, adult, and child ego states, allowing an understanding of which internal structure a person responds from in different situations, thus providing a concrete analytical basis in the psychotherapy process (Sills, 2014). Within this framework, TA analyzes complementary, crossed, and ulterior interactions that occur in communication, revealing the sources of interpersonal problems (Bugental, Shennun, and Shaver, 1984). It has been shown that conflict resolution styles in romantic relationships are closely related to family origin relationships and internal relationship models (Ünsal Gülseven & Türer, 2025). This finding is consistent with Berne's ego states and game theory, which explain the repetitive cycles of interaction during conflicts between couples.

This study approaches Transactional Analysis not by limiting it to its classical definitions and fundamental concepts, but by systematically evaluating its historical development, theoretical components, and its relationships with contemporary psychotherapy practices through a comprehensive literature review. In the existing literature, Transactional Analysis has mostly been examined within specific application areas; for example, in marriage harmony (Ömür, 2021), it has been analyzed in the context

of teacher-student interactions and learning processes in the field of education (Barrow and Newton, 2015), and in educational counseling processes (Netrawati et al., 2018).

As the research findings indicate, TA's therapeutic change occurs not only at the symptom level but also intersects with theoretical approaches that focus on communication and meaning-making processes (Rosenblatt, 2018). Studies conducted within the Turkish context also demonstrate that TA concepts provide a functional framework for analyzing cultural and artistic texts (Zengin, 2019; Çelikel, 2023). This research combines the TA literature within a thematic framework, examining the theory's internal consistency, mechanisms of change, and modern applications as a holistic therapy model.

The Fundamentals of Transactional Analysis

Transactional Analysis (TA) is a theory developed to systematically analyze human behavior and interpersonal relationships within psychotherapy. It is observation-based and structured. The founder of the theory, Eric Berne, proposed the concept of 'transaction' as the fundamental unit of observation in analyzing human behavior and placed interpersonal interaction at the core of psychological functioning (Berne, 1961).

Ego States

The transactional analysis theory conceptualizes an individual's personality through three basic ego states: parent, adult, and child (Shustov and Tuchina, 2019); it describes each ego state as a dynamic system shaped by past experiences but functioning in the present moment (Widdowson, 2010).

Parent Ego State

In the literature on TA, the Parent ego state is addressed under two substructures: the Critical Parent and the Nurturing (Supportive) Parent. The Critical Parent represents the individual's rule-making, judgmental, and disciplinary side; meanwhile, the Nurturing Parent is the

source of behaviors such as compassion, support, and care (Turhal, Kalyoncu, and Keçeci, 2018). Especially in the context of education and working life, research shows that communication environments dominated by the Critical Parent can increase conflict and psychological stress (Hall, 2019). Conversely, balanced use of the Nurturing Parent aspect supports relational trust and empathy (Stewart and Joines, 1987).

Adult Ego State

The adult ego state is based on the principle of 'here and now' and operates independently of emotional baggage from the past or internalized authority messages (Hay, 2017). When this ego state is active, the individual analyzes current data and makes healthier decisions.

Child Ego State

The Child ego state represents the psychological domain in which spontaneity, creativity, and emotional expression naturally emerge, developed through the integration of early childhood experiences, allowing for an intuitive perception of the world (Cornell, 2018).

This ego state includes the dimensions of the Natural Child and the Adapted Child. The Natural Child is the source of curiosity, enthusiasm, creativity, and sincerity; whereas the Adapted Child involves responses aimed at conforming to social expectations and maintaining relational security.

Recent studies emphasize that strengthening the healthy aspects of a child's ego state enhances emotional resilience, self-expression, and psychological durability (Comendant, 2025).

Table 1. Basic features of ego states

Ego State	Behavioral Characteristics	Typical Expression Examples	Therapeutic Goal
Parent	Displays authoritarian, protective, and rule-based behaviors.	"You should do this." "I want what's best for you."	Developing flexibility and understanding+
Adult	Makes realistic, rational, and balanced decisions.	"I'm assessing the situation." "How do I feel right now?"	Conscious awareness and maintaining balance
Child	Spontaneous, shows creative and emotional reactions.	"I want this!" "I'm scared."	Healthy emotional connection

This table is prepared based on Berne's Transactional Analysis theory.

Transaction Types

In Transactional Analysis theory, a transaction is the basic unit of communication between two individuals, involving a stimulus and the response to that stimulus (Gürgan and Bilge, 2021).

According to the TA approach, the healthy continuation of communication depends on the messages sent and the responses given, progressing on the same level. Berne emphasizes that when this harmony is disrupted, the flow of communication is hindered and relational conflicts can arise. Within this framework, transactions are categorized into three main types: complementary, crossed, and ulterior. This classification enables analysis of overt, implicit, or conflictual communication patterns that emerge in interpersonal relationships (Stuart and Joines, 2012).

Complementary Transactions

Complementary transactions are a type of communication in which the parties involved send and receive messages from their ego states that meet expectations, and their responses proceed as anticipated. In these transactions, messages and responses are mutually supportive and can be sustained without interruption (Berne, 1964).

Studies conducted in educational environments show that complementary transactions in teacher-student communication support the learning process and enhance

the quality of the relationship (Turhal, Kalyoncu, and Keçeci, 2018). Similarly, it is noted that complementary transactions strengthen an individual's cognitive clarity in decision-making and problem-solving.

Crossed Transactions

Crossed transaction refers to situations in which communication is interrupted because a response is given from an ego state different from the one expected in the original message. The mismatch between the ego states at the message's origin and destination is the fundamental factor that disrupts the flow of communication (Stewart and Joines, 2022).

For example, an emotional or defensive response from a child's ego state to a question directed at the adult ego state creates a crossed transaction. In relationships where crossed transactions are frequent, conflict cycles and emotional exhaustion have been reported to increase (Hall, 2019). Especially in work life and organizational contexts, research shows that these types of communication can increase psychosocial risks (Preda, 2013).

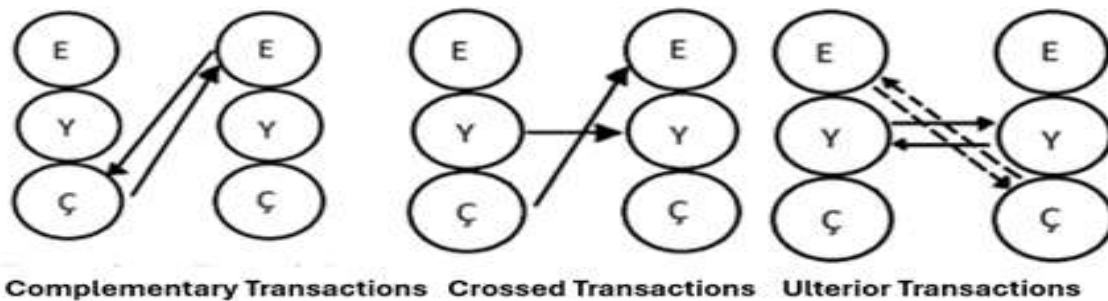
Ulterior Transactions

In this type of transaction, while a verbally and socially acceptable message is conveyed on the surface, an emotional or guiding message is transmitted at a psychological level from a different ego state (Berne, 1964). Ulterior transactions often underlie interpersonal

games and manipulative communication patterns. In this form of communication, two distinct ego states are active simultaneously: one conveys the message on a social level, while the other conveys the implicit meaning on a psychological level.

The literature emphasizes that this type of dual-layered messaging can lead to uncertainty and trust issues in relationships (Stuart and Joines, 2012).

Figure 1. Transaction Diagrams (This figure is based on Berne's Transactional Analysis theory)



This form is based on Berne's Transactional Analysis theory (Berne 1961).

Table 2. Transaction types, definitions, example cases, and therapeutic meanings

Transaction Type	Definition	Sample Case	Therapeutic Understanding
Complementary (Parallel) Transaction	The message receives the expected response from the same ego level; the communication flow continues.	A: Let's evaluate this issue together.	It is a sign of healthy communication; it increases cooperation and empathy.
Crossed Transaction	The message receives a response from an unexpected ego state; communication is cut off.	A: What are you thinking about this?	Communication is the source of conflicts and misunderstandings. Awareness is brought in therapy.
Ulterior Transaction	A verbal message is different from an emotional or behavioral message.	A: Do it if you want. (angrily)	It shows the expression of repressed feelings and analyzes the difference between surface communication and implicit feelings.

This table is prepared based on Berne's Transactional Analysis theory

Life Scenario

In Transactional Analysis, the life script is considered a fundamental psychological organization developed by the individual during childhood, often operating at an unconscious level, and guiding behaviors, relational choices, and decision-making processes throughout life. During early years, the child develops some core beliefs about themselves and the world based on explicit or implicit messages received from parental figures and close surroundings, emotional experiences, and relational feedback. These cognitive and emotional assumptions gradually become a script that shapes the individual's expectations and life orientation toward the future (Solomon, 2003). According to this perspective, the script functions as a life story constructed from early experiences

and provides a continuous structure that determines how the person interprets themselves, others, and life (Heiller and Sills, 2018).

Current transactional analysis approaches view the life script not as a fixed, passive structure determined only in early childhood, but as a dynamic organization that is recreated and maintained within relational processes (Berne, 1964). The co-creative approach emphasizes that the client and therapist actively collaborate to recognize, interpret, and transform the script (Summers and Tudor, 2018).

Studies addressing the relational aspect of the life script show that it has significant effects, particularly on close relationships, marriage, and family life. In Rahmati and

Mosavi's (2018) study, it was revealed that women's problems in marital relationships are related to early-developing life scripts and the core beliefs associated with them.

Racket System

In transactional analysis theory, the racket system is a fundamental conceptual framework that explains how individuals respond with substitute emotions learned in childhood and reinforced by their environment, rather than directly expressing authentic feelings (Erskine and Zalcman, 1979). Racket feelings are often shaped through emotional responses that are rewarded, tolerated, or help avoid punishment in early life; over time, they become persistent patterns that limit the individual's core emotional repertoire (Johnsson, 2011).

In this context, the individual interprets situations encountered in adulthood through emotional codes learned in early experiences, and, instead of authentic emotional responses, activates reactive responses that were functional in the past but are disruptive in the current context. This situation lays the groundwork for limiting and repetitive cycles in the individual's relationships with themselves and others (Zalcman, 1983).

Contemporary theoretical approaches to the racket system suggest that it is insufficient to consider this structure as a one-dimensional substitution mechanism; it should be evaluated within a broader framework that includes emotional, behavioral, and relational dimensions (Christoph-Lemke, 1999). Racket responses can lead individuals to exhibit repetitive, predictable, and often restrictive behavioral patterns in relationships.

In Transactional Analysis, the racket system is considered a central area of intervention in the therapeutic change process (Christoph-Lemke, 1999).

Time Structuring

As emphasized in Berne's early work, individuals seek psychological balance not through random interactions but by developing largely predictable, repetitive patterns of time use (Berne, 1961).

In transactional analysis literature, the structuring of time is addressed through six fundamental forms: withdrawal, rituals, leisure, activities, psychological games, and intimacy. These structuring forms demonstrate the level at which an individual engages with the social world and how they regulate their need for recognition (Çatak, 2012). Withdrawal is a state in which the individual minimizes external communication and turns inward; rituals are predictable, symbolic interactions based on social norms. Leisure offers a level of interaction that is emotionally limited yet socially acceptable; activities are defined as structured forms in which the individual establishes functional relationships with their environment through productive behaviors (Stewart, 2011).

Karpman Drama Triangle

The Karpman Drama Triangle is an important model that explains dysfunctional interaction cycles often observed in interpersonal relationships. This model reveals that individuals tend to adopt specific relationship roles, especially in situations involving conflict, stress, or emotional tension, and that these roles create a repetitive communication cycle (Gültekin and Acar, 2004). The Drama Triangle typically describes a cyclical pattern in

relationships in which the roles of 'Victim,' 'Persecutor,' and 'Rescuer' come into play (Shmelev, 2015).

The rescuer role is characterized by a tendency to take on the responsibility of solving others' problems and often conceals a hidden need for control or approval under the guise of helping (Motyl, 2016). While this role may appear supportive in the short term, it can foster dependency relationships in the long run. The persecutor role reflects a critical, accusatory, and oppressive communication style; in this role, the individual may exhibit a tendency to hold power and devalue the other party. The victim role describes a relationship pattern in which the individual perceives themselves as powerless and helpless, attributes responsibility to external factors, and remains passive (Teeter, 2023).

One of the fundamental features of the Drama Triangle is that individuals are not fixed in just one role; they can switch between roles based on relationship dynamics and emotional triggers (Stewart, 2011). These transitions can lead to an unstable, repetitive, and often exhausting cycle in relationships.

Method

Research Model

This study employed qualitative document analysis to comprehensively examine the literature on Transactional Analysis (TA) theory. The main aim of the research is to reveal the historical development of TA, its theoretical components, and its intersections with modern psychotherapy approaches.

Data Sources and Scope

In the study, a total of 45 scientific sources published in Turkish, English, and Russian between 1950 and 2025 were evaluated. Only scientific articles published in peer-reviewed journals, academic books, master's and doctoral theses, and scientific reports were included in the study. Popular magazine articles, blog texts, and forum posts were excluded. Among the main theorists in the reviewed literature are Eric Berne, Claude Steiner, Ian Stewart, Vann Joines, and Julie Hay; in the Russian literature, researchers such as Talano, Malinina, and Silkina are included.

Keywords and Scanning Process

A comprehensive set of keywords prepared in three languages was used during the literature review. In English searches, terms such as "Transactional Analysis," "Ego States," "Life Script," "Racket System," "Karpman Drama Triangle," "Transactional Analysis in Psychotherapy," and "Modern Applications of TA" were preferred. In Turkish literature, keywords like "Transaksiyonel Analiz," "Ego Durumları," "Hayat Senaryosu," "Raket Sistemi," "Drama Üçgeni," "Psikoterapide TA Uygulamaları," and "Modern TA Yaklaşımları" were used. In Russian searches, concepts such as «Транзакционный анализ», «Эго-состояния», «Жизненный сценарий», «Игры, в которые играют люди», «Сценарный анализ», and «Современные применения транзакционного анализа» were the basis.

The screening process was conducted through international databases such as Google Scholar, APA PsycINFO, ResearchGate, eLIBRARY.ru, CyberLeninka, PubMed, and Yandex Akademiya; in addition, classic

printed TA books and Russian online thesis archives were examined.

Data Analysis

The texts obtained within the scope of the research were systematically analyzed using content analysis. The documents were first coded for recurring concepts, theoretical structures, and therapeutic applications; then the codes were grouped into thematic categories based on similarities and conceptual proximity.

Findings

As a result of a content analysis of the TA literature, five main themes explaining the theory's therapeutic functioning have been identified. These themes are awareness of ego states, the quality of communication patterns, life script and emotional maturity, transformation of reactive emotions, and therapeutic change processes. The findings indicate that TA provides a strong model for understanding both individual psychological functioning and interpersonal relationships.

Awareness of Ego States

The identification of ego states enhances an individual's capacity for emotional regulation and expands their behavioral repertoire in a contextually appropriate manner (Stuart and Joines, 2012; Hay, 2017). Recognizing the transitions between ego states helps clients manage both their internal processes and their responses in interpersonal relationships more consciously.

Increase in Communication Quality

Findings on transaction types indicate that complementary transactions increase clarity in relationships, enhance mutual respect and empathy, and strengthen the quality of communication (Berne, 1964; Stewart and Joines, 2022). Recognizing crossed transactions can help clients understand the roots of their communication conflicts, identify dysfunctional communication cycles, and develop alternative response strategies. Uncovering ulterior transactions is an important aspect of therapy because it reveals implicit motivations and secondary gains within relationships.

Life Scenario and Emotional Maturity

The literature on life scripts indicates that the cognitive and emotional decisions an individual makes during childhood create a framework that shapes behavioral patterns in adulthood. The unconscious repetition of these scripts can limit a person's emotional flexibility and weaken their capacity for self-actualization (Stuart and Joines, 2012; Steiner, 1974). This approach offers an intervention model in the therapeutic process that involves recognizing the script, activating the Adult ego state, and making new, more functional life decisions to increase emotional maturity and restructure past-based behavioral patterns.

Racket feelings transformation

Research on the racket system shows that racket feelings, which replace authentic feelings and are usually learned in childhood, lead individuals to develop repetitive, dysfunctional patterns in interpersonal relationships (Zümbül, 2021). Identifying and resolving these feelings helps clients become aware of their true emotional needs and develop healthier ways of expressing themselves.

Therapeutic Change and Holistic Approach

Findings on the therapeutic aspects of TA indicate that the theory presents a holistic model of change focused on individuals' needs for awareness, autonomy, and intimacy (Berne, 1961, 1964; Stewart & Joines, 1987; Widdowson, 2010). It is observed that TA shares structural similarities with cognitive-behavioral, humanistic, and holistic therapy approaches and offers versatile intervention possibilities. The applicability of the theory in various fields such as individual psychotherapy, education, leadership, counseling, and organizational development confirms that TA is a comprehensive psychosocial model (Hay, 2017; Popovych et al., 2021; Stewart & Joines, 1987).

Discussion

Within the scope of the study, it has been observed that recognizing ego states enables the client to develop the skill of internal repositioning. The findings indicate that when the client becomes aware of communicating from the critical parent ego state and transitions to the adult ego state, this contributes to developing a more balanced, responsibility-based relationship pattern. Therefore, according to these results, ego state awareness can be considered a functional variable in the therapeutic process. Berne (1961) stated that psychological health is related to the capacity to transition flexibly between ego states. Similarly, clinical studies conducted by Hay (2017) emphasized that ego state awareness plays a regulatory role, especially in couples therapy and conflict resolution. In this regard, the findings of this study are consistent with the existing literature.

The study found that the communication-centered structure of Transactional Analysis enhances clients' metacommunication skills. Focusing not only on the emotions clients experience but also on how they express them in relationships allows for a clearer examination of relationship patterns during the session. Conversely, Stewart and Joines (2022) stated that the structure of Transactional Analysis, which makes communication visible, strengthens the therapeutic alliance and enables clients to participate more actively in the process. The study's findings also align with this research, as awareness of metacommunication supports the therapeutic process.

When examining findings related to life scripts, it is observed that Transactional Analysis makes this structure more understandable and reconfigurable for the client. Berne (1964) defined a life script as a structure shaped by fundamental decisions made in early childhood that persist throughout a person's life. Steiner (1990), on the other hand, emphasized that these decisions are automatically repeated in adulthood. The current study offers a unique contribution to the literature by demonstrating that, unlike the traditional TA literature, the life script can be approached within a more flexible, reconfigurable framework.

The findings from the attachment system revealed that emotional regulation processes can be addressed from a TA perspective. A study conducted by Johnsson (2011) also indicated that the attachment system structures emotions in ways that repeatedly influence an individual's relational patterns. In Zümbül's (2021) review, the importance of the attachment system in the expression of unexpressed emotions within a cultural context was emphasized. The results, consistent with these studies,

demonstrate that the attachment system is a functional tool in the therapeutic process.

When evaluating findings on Karpman's Drama Triangle, the model provides an effective framework for explaining cycles of relational trauma. Recognizing the victim, rescuer, and persecutor roles helps clients address their relational responsibilities more balancedly. Stewart and Joines (2022) state that clients who gain role awareness can develop healthier boundaries within relationships. The findings support this view.

Finally, the results of the study reveal that Transactional Analysis is not limited to individual psychotherapy alone. Analyzing ego states, transaction types, and psychological games in educational, parental counseling, and organizational contexts can significantly influence the nature of interpersonal communication. The findings suggest that Transactional Analysis is a versatile model applicable at both individual and institutional levels.

Application Areas of Modern Transactional Analysis

Modern Transactional Analysis (TA) has evolved beyond traditional ego state analyses to become a comprehensive theoretical framework that centers on subjective experiences, emotional contact patterns, and reciprocity within the client-therapist relationship. The structural and functional aspects of ego states are closely related to an individual's capacity for decision-making, taking responsibility, and developing autonomy. Indeed, the study by Popovych and colleagues (2021) demonstrates that the functional use of ego states among future professionals is significantly associated with indicators of independence, self-regulation, and professional competence.

The theoretical development of the ego state concept has progressed along an interdisciplinary path. Emerson's (2011) ego state personality theory provides a comprehensive explanation aimed at understanding the multilayered self-structure of the individual; meanwhile, Leutner and Piedfort-Marin (2021) outline a framework that spans from the historical origins of the concept to current applications, emphasizing that ego states will engage more intensively with trauma studies, attachment theory, and contemporary psychotherapy models in the future. Fraser's (1991) dissociative ego state technique, in particular, opens an important area of application regarding how ego states can be therapeutically structured, especially in trauma-based clinical work. These studies demonstrate that the clinical depth of TA (Transactional Analysis) has significantly increased over time.

In organizational and applied fields, TA has become a functional analysis tool that makes communication patterns visible and clarifies role expectations. Leadership styles, employee-manager interactions, and team relationships become more understandable when evaluated through the lens of ego states. Studies conducted in the context of healthcare reveal the effects of leadership styles on employee motivation and organizational harmony, and suggest that functional ego states are decisive in the background of these processes (Keklik, 2012).

The fact that TA has now expanded beyond clinical fields to include advertising, marketing, and persuasion research demonstrates that the scope of the theory's application has broadened (Bozkurt, 2025). The findings reveal that TA offers a flexible analytical tool capable of bridging individual psychology and mass communication.

Conclusion

The findings in this study indicate that individuals who can establish a functional balance among ego states achieve a higher level of emotional and cognitive awareness; however, the unique contribution of the study lies in conceptualizing this balance not merely as a personality trait but as a multi-stage therapeutic process that involves awareness of life scenarios, the nature of communication patterns, and the transformation of reactive emotions. Thus, therapeutic change is explained within a framework that focuses not only on the outcome but also on the internal logic of the process.

The research examined the capacity of TA to enhance communication quality, deepen relational awareness, and transform dysfunctional emotional patterns; by demonstrating that these elements are not independent but are interconnected and mutually reinforcing structures, this holistic perspective also provides a theoretical foundation for understanding why TA can serve as an effective intervention model not only in psychotherapy but also in pedagogical and organizational contexts.

In conclusion, TA literature provides a thematic, integration-based reading; it highlights the importance of addressing the theory's therapeutic power within a relational, developmental, and transformative framework rather than through fragmented applications. In this context, the research clarifies the theoretical harmony between TA and modern holistic therapies and offers a unique reference framework to guide future theoretical and empirical studies.

Recommendations

In future research, the applicability of TA across different cultural and socio-demographic contexts should be supported by quantitative methods, and cross-cultural comparisons should be conducted. Studies addressing the neuropsychological foundations of TA and its relationship with nervous system processes should be expanded, and its connection with emotion regulation systems should be investigated in-depth. Experimental studies examining its integration with holistic therapy models can more clearly demonstrate how TA interacts with current psychotherapy approaches. The development of TA-based psychoeducation programs in education, organizational behavior, and leadership will expand the theory's application areas and increase its impact.

Declarations

Ethics Approval and Participation Approval

Not applicable.

Publication Permission

Not applicable.

Availability of Data and Materials

Not applicable.

Conflict of Interest

The authors declare that there is no conflict of interest.

Authors' Contributions

TCK and HŞ prepared the discussion, conclusion, and recommendations sections of the article, while TCK and

EL introduction and contributed to the identification of studies to be included in the research.

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Following a formal notification, a post-publication review was initiated to assess concerns regarding citation accuracy.

A statement on page 161 was incorrectly attributed to Tseligka (2025). Upon detailed examination, the referenced content does not correspond to the cited author's work and corresponds to Hıdır (2018), not to the originally cited author.

The authors were contacted and provided an explanation, which was taken into consideration during the review process.

The error resulted from incorrect attribution and citation mismatch during manuscript preparation. There is no evidence of intentional misconduct.

Accordingly:

- The incorrect reference to Tseligka (2025) has been removed.
- The affected sentence has been revised accordingly.
- The reference list has been corrected and updated.
- This correction does not affect the overall results or conclusions of the study.

Corrected Reference:

Hıdır, Ö. (2018). Avrupa'da "Aşırı Sağ"ın Dinî-İdeolojik ve Tarihî Temelleri-Kökenleri. *Muhafazakâr Düşünce Dergisi*, 14(53), 15–46. <https://izlik.org/JA44KW64FE>

Editorial Office

European Archives of Social Sciences (EASS)

INSTRUCTION FOR AUTHORS

GENERAL INFORMATION

Aims and Scope:

The aim of the European Archives of Social Sciences, Cyprus, Turkey and in the world, mainly Psychiatry and Psychology, to provide the scientific level of theoretical knowledge and clinical experience to create and promote a forum.

In the European Archives of Social Sciences, original research articles, review articles, case reports, letters / debates, books and dissertations will be published. The Turkish Cypriot Journal of Psychiatry and Psychology, whose short name is Cyp Turk J of Psychiatry and Psychol, is published both in print (ISSN: 1302-7840) and online (E-ISSN: 2667-8225).

European Archives of Social Sciences recommends that authors follow the Recommendations for the conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals formulated by the International Committee of Medical Journal Editors (ICMJE).

Link: <http://www.icmje.org/icmje-recommendations.pdf>

Publication Frequency:

The journal is published 4 issues per year, in March, June, September and December.

Manuscripts are published after review of the editorial board and at least two reviewers, and after making necessary corrections.

Publication Language:

The language of the European Archives of Social Sciences is Turkish and English. Articles published in full text in Turkish also contain the English title, abstract and keywords. Again, Articles Published in English contain Turkish title, abstract and keywords. It is a policy that the Editorial Board attaches importance to the writing and grammar rules of the articles. It is expected that the articles should be written in an understandable, clear, and plain language in accordance with grammar, spelling rules and field writing.

Articles accepted for publication by the Editorial Board are read by language (Turkish, English) editors. During the evaluation process of the articles, the editorial board, referees, or language editors may suggest corrections regarding the writing of the article. It is the authors' responsibility to make these corrections. Authors seeking assistance with English language editing, translation, or figure and manuscript formatting to fit the journal's specifications should consider using Cyprus Mental Health Institute Language Services. Visit Cyprus Mental Health Institute Language Services on ruhsagligienstitusu.com.

Open Access Policy:

European Archives of Social Sciences is an open access, double-blind peer-reviewed journal. Each article accepted by peer review is made freely available online immediately upon publication, is published under a Creative Commons license and will be hosted online in perpetuity. There is no charge for submitting a paper to the journal.

The European Archives of Social Sciences is published with the policy of transparency, open access and sharing of information in publishing. The Journal supports the Budapest Open Access Initiative. For this purpose, the open access policies available at <http://www.budapestopenaccessinitiative.org/boai-10-translations/turkish-translation> are adopted by the Editorial Board of the European Archives of Social Sciences. In addition, articles published in the European Archives of Social Sciences within the scope of open access policies are licensed under "Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License"

Journal Content:

At the stage of submission, the application letter, title, authors and institutions, contact address, Turkish abstract and the title and summary of the manuscript should be written at the relevant stages.

Turkish abstract should be added to the works written in English. In the main text of the manuscript it will be used as follows: Introduction, Materials and Methods, Results, Discussion, Acknowledgments, References, Tables and Figures.

Manuscripts must not have been previously published or sent to another journal for publication.

Article Types:

The Journal accepts the following paper types for publication:

a)Original Articles: These should only include original findings from high-quality planned research studies such as experimental designs, outcome studies, case-control series, surveys with high response rates, randomized controlled trials, intervention studies, studies of screening and diagnostic tests, and cost-effectiveness analyses.

b)Review articles: These are systematic and critical assessments of the literature.

c)Viewpoints: These should be experience-based views and opinions on debatable or controversial issues that affect the profession. The author should have sufficient, credible experience on the subject.

d)Practical Psychotherapy: Manuscripts describing the use of psychotherapy in a single case or a series of cases can be submitted to this section. We are mainly looking for articles that describe the practicalities in conducting psychotherapy, the hurdles faced, how they were overcome, etc.

e)Case Series: More than one new, interesting, and rare cases belonging to a particular diagnosis/clinical feature/treatment can be reported in this section.

f)Commentaries: These should address important topics and may be linked to multiple or a specific article recently published in European Archives of Social Sciences.

g) Letter to the Editor: In this section, the authors publish their short observations on the mental health field.

Authorship:

The European Archives of Social Sciences follows the requirements for authorship recommended by the International Medical Journal Editors Committee. Articles should be submitted for evaluation only after approval by all contributing authors. During the article submission phase, the Author Form must be sent together. Submitters should carefully check that all contributors to the article are considered contributing authors.

The list of authors should include anyone who can legally claim authorship. Accordingly, each author must meet all the following criteria:

Substantial contributions to the conception or design of the work; or the acquisition, analysis, or interpretation of data for the work; AND

Drafting the work or revising it critically for important intellectual content; AND

Final approval of the version to be published; AND

Agreement to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and

Those who do not meet the above 4 criteria should be named in the Acknowledgements.

The terms set forth herein have been arranged in accordance with the guidelines of the Journal Editors (ICMJE). For further details please see:

<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/defining-the-role-of-authors-and-contributors.html>

Copyright Transfer Form:

Authors have to transfer the copyrights of their articles to the European Archives of Social Sciences at the time of article application. For this, the "Copyright Transfer Form" is filled and the publication rights of the articles are transferred to the journal. The Editorial Board of the European Archives of Social Sciences is authorized to publish the article.

In addition, the authors reserve the right to use the article free of charge in their lectures, presentations and book works other than copyright, the right to reproduce the article for their own purposes provided that they do not sell, and the right to distribute by mail or electronically. In addition, the author can use any part of the article in another publication, if it is sent to the Journal (citation). The articles of the authors who do not upload the Copyright Transfer Form to the system with article application are not processed. Copyright transfer applies only to articles published in the European Archives of Social Sciences.

Please ensure that a 'Declaration of Conflicting Interests' statement is included at the end of your manuscript, after any acknowledgements and prior to the references. If no conflict exists, please state that 'The Author(s) declare(s) that there is no conflict of interest'.

For guidance on conflict of interest statements, please see the ICMJE recommendations.

<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/author-responsibilities-conflicts-of-interest.html#two>

Please make sure that this statement is not included in the main manuscript but in the Title page.

For accepted manuscripts, the authors are deemed to have accepted the correctness by the editor-in-chief.

In case of studies presented previously in a congress / symposium, this should be stated as a footnote.

Financing:

The European Archives of Social Sciences requires all authors to state their funds consistently under a separate heading. In the absence of funding, the acknowledgment should include the following statements after and before the resources section: "This research has not received a private grant from any funding institution in the public, commercial or non-profit sectors."

Statement of Conflict of Interests:

The policy of the Cyprus Turkish Journal of Psychiatry and Psychology is that all authors indicate conflict of interests in their articles. If there is no conflict, please use the phrase 'Author (s) declares no conflict of interest'. Please refer to the ICMJE recommendations for guidance on conflict of interest statements.

<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/author-responsibilities-conflicts-of-interest.html#two>

All applications must be accompanied by the ICMJE Conflict of Interest Forms.

Ethics Committee:

Local ethics committee approval should be obtained for researchers. In the manuscripts that report the results of the experimental studies, there should be a sentence indicating that the informed consent of the volunteer or the patients were taken after all the procedure(s) is fully described. In the case of such a study, the authors must accept internationally recognized guidelines and Turkish provisions of the regulations and also send the approval of the Ethics Committee from the institution. Studies on animals should be made clear of what has been done to prevent pain and discomfort.

Medical research involving human subjects must be conducted according to the World Medical Association Declaration of Helsinki.

<https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/>

Submitted manuscripts should conform to the ICMJE Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals.

<http://www.icmje.org/icmje-recommendations.pdf>

All papers reporting animal and/or human studies must state in the methods section that the relevant Ethics Committee or Institutional Review Board provided (or waived) approval.

All submissions must be accompanied by a title page.

Write the manuscript title.

Provide the full name and institution of the review committee, in addition to the approval number.

Include a statement to the editor that the paper being submitted has not been published, simultaneously submitted, or already accepted for publication elsewhere.

Include a statement that the manuscript has been read and approved by all the authors, that the requirements for authorship as stated earlier in this document have been met, and that each author believes that the manuscript represents honest work.

The author must declare that the manuscript, to the best of the author's knowledge, does not infringe upon any copyright or property right of any third party.

Information on informed consent to report individual cases or case series should be included in the manuscript text. A statement is required regarding whether written informed consent for patient information and images to be published was provided by the patient(s) or a legally authorized representative. Please do not

submit the patient's actual written informed consent with your article, as this in itself breaches the patient's confidentiality. The Journal requests that you confirm to us, in writing, that you have obtained written informed consent, but the written consent itself should be held by the authors/investigators themselves, for example, in a patient's hospital record. The confirmatory letter may be uploaded with your submission as a separate file.

Please also refer to the ICMJE Recommendations for the Protection of Research Participants.

<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/protection-of-research-participants.html>

All research involving animals submitted for publication must be approved by an ethics committee with oversight of the facility in which the studies were conducted. The journal has adopted the Consensus Author Guidelines on Animal Ethics and Welfare for Veterinary Journals published by the International Association of Veterinary Editors.

<http://www.veteditors.org/consensus-author-guidelines-on-animal-ethics-and-welfare-for-editors/>

Clinical Studies:

The European Archives of Social Sciences complies with the requirement of the ICMJE that clinical trials are recorded in a WHO approved public trials registry as an evaluation condition for publication at or before the initial patient registration. At the end of the abstract, the trial registration name and URL and registration number should be included.

Reporting Guidelines:

Relevant EQUATOR Network reporting guidelines should be followed depending on the type of study. For example, all randomized controlled trials submitted for publication must include a complete CONSORT flowchart as figure. Systematic reviews and meta-analyses should be arranged according to the completed PRISMA flowchart. The EQUATOR wizard can help you determine the appropriate grid.

Other resources can be found in NLM's Research Reporting Guidelines and Initiatives.

Research Data:

As the European Archives of Social Sciences, we believe that the clarity, transparency and reproducibility of the research should be facilitated. Regarding the subject, we encourage authors to share their research data in an appropriate public repository subject to ethical considerations and to include a data accessibility statement in their article files.

ARTICLE WRITING RULES AND FEATURES

General Information:

The language of the European Archives of Social Sciences is Turkish and English. Manuscripts should be written in a clear, fluent, simple language and long narratives should be avoided. Turkish equivalents of foreign words and abbreviations must be fully written in parenthesis where they crossed. Generic names of drugs should be used. Footnotes should not be used.

The names of the authors should be placed at the bottom right of one line of the article title and the title, institution, address, telephone, e-mail address should be given with the asterisk (*). Authors / text-specific terminology and / or abbreviations should be explained in footnotes. The author (s) must be the person (s) who makes the work and writes directly.

If the research has received financial support from an organization or has been presented in a congress, it should be placed on the last word of the title of the manuscript (*) and should be indicated as a bottom note.

Articles are on one side of A4 paper size, 2.5 cm on all sides. It should be written with "Times New Roman" font with 12 pt and one and a half line spacing. The Turkish title should not exceed 19 words. Subheadings must be preceded by line spacing, no space between paragraphs and no paragraph indented.

Footnotes should be used to provide additional information, not for source representation, should be numbered on the page, written in 10 pt and 1 line spacing and justified. The page numbers must also be placed at the bottom with 11 pt.

Accepted articles are published in order.

Preparation of articles:

Title page:

The Turkish and English title of the article should not exceed 19 words. Abbreviations should not be used in the title. In the article,

only the names and surnames of the authors who directly contributed to the study, their titles, and the institutions they work for should be written clearly. Funds and organizations supporting the study should be specified on the title page.

Contact information of the author to be contacted should be written at the bottom of the title page (Author's name, surname, full address, postal code, telephone number, fax number and e-mail address should be written).

Abstracts:

Abstracts should be written in Turkish and English and should contain a maximum of 250 words. The abstract should be organized according to purpose-method-results-discussion sections. Turkish and English key words (3-8) for the article should be given right after the abstracts. English keywords should be given in accordance with "Medical Subject Headings (MESH)" (<http://www.nlm.nih.gov/mesh/MBrowser.html>). Turkish keywords should be in accordance with Turkey Science Terms (TBT) (<http://www.bilinterimleri.com>). Using abbreviations in abstracts should be avoided as much as possible. When abbreviations must be used, they should be used after they are defined in parentheses at the first mention.

Article Text Body:

Research articles: After the abstract, the subtitles of introduction-method and materials-results-discussion-resources should be included, the latest information on the subject should be included, the method should be written clearly, the validity and reliability studies of the measurement tools used and the tests used for evaluation, standard deviation, test values must be specified. In the discussion, the clinical and theoretical benefits of the results, application areas, and innovations should be emphasized. Articles should not exceed 3500 words. The article should contain a maximum of 6 tables or figures. Care should be taken that the number of references does not exceed 50 resources.

Review articles: The purpose, the method used, the sources used, the results obtained should be stated. Articles should not exceed 3500 words. The article should contain a maximum of 6 tables or figures. Care should be taken that the number of references does not exceed 50 resources.

Case reports: Case reports should include introduction, description of the cases, discussion and references sections. The article should not exceed 3000 words. It should be noted that the number of references for typical or rare cases that are found useful in terms of clinical or theoretical education should not exceed 30 references. The number of tables or figures should not exceed 2.

Perspectives: In these articles, experience-based opinions on controversial or controversial issues affecting the profession should be discussed with the introduction of the literature. The article should not exceed 2500 words. Number of Resources should not exceed 20. The number of tables or figures should not be more than 2.

Practical Psychotherapy: In these articles, the introduction and information about psychotherapy application should be discussed in the light of the literature. The article should not exceed 2500 words. Number of Resources should not exceed 20. The number of tables or figures should not be more than 2.

Comments: The features of the article discussed with the introduction should be discussed in the light of the literature. The article should not exceed 2500 words. Number of Resources should not exceed 20. The number of tables or figures should not be more than 2.

Letter: Opinions in which a discussion forum can be formed on various issues in the journal are included in the letter section. The article should not exceed 500 words.

Translation, book and thesis presentation: Translation, book and thesis introductions should be short, an original copy of the translation texts and thesis should be sent. The article should not exceed 500 words.

Thank letter: The letter of acknowledgment can be added to the individuals who contributed or to the funds and organizations supporting the study, if any.

Resources: In-article citations and bibliography in the journal should be shown according to the international APA format. For detailed information, see the Resources section on the website.

Reference in Text:

References should be written in parentheses in the text by including the surnames and publication date of the manuscripts. If more than one source is to be shown, the (;) sign must be used between the references. References should be sorted alphabetically.

Single author References;

(Akyolcu, 2007)

References with two authors;

(Sayiner and Demirci, 2007, p. 72)

References with three, four and five authors;

For the first use in the text: (Ailen, Ciambriune and Welch 2000, pp. 12-13) In repeated use within the text: (Ailen et al., 2000).

References with six and more authors;

(Çavdar et al., 2003)

References in References Section

All references should be given in a separate section at the end of the text in alphabetical order.

Examples of literature writing are given below.

Book

a) Book Example

Onur, B. (1997). *Developmental Psychology*, Ankara: İmge Kitapevi.

b) Translation of Books

Schuckit MA. (1993). *Alcohol and Substance Abuse*. K Kamberoglu (trans.), Izmir: Kanyilmaz Matbaasi.

c) Multi Writer Turkish Book

Tonta, Y., Bitirim, Y. and Sever, H. (2002). *Performance evaluation in Turkish search engines*. Ankara: Total Informatics.

d) English Book

Kamien R., & Kamien, A. (2014). *Music: An appreciation*. New York, NY: McGraw-Hill Education.

e) Section in English Book

Bassett, C. (2006). *Cultural studies*. In G. Hall & C. Birchall (Eds.), *New cultural studies: Adventures in theory* (pp. 220-237). Edinburgh, UK: Edinburgh University Press.

f) Section in Turkish Book

Erkmen, T. (2012). *Organizational culture: Functions, elements, the importance of business management and leadership*. M. Zencirkiran (Ed.), In the book of *Organizational Sociology* (pp. 233-263). Bursa: Dora Edition Publication.

Article

a) Article

Mutlu, B. and Savaşer, S. (2007). *Causes of stress in parents in the intensive care unit after surgery and attempts to reduce*. *Istanbul University Florence Nightingale Nursing Journal*, 15 (60), 179-182.

b) More Than Seven Writers in Article

Lal, H., Cunningham, A. L., Godeaux, O., Chlibek, R., Diez-Domingo, J., Hwang, S.-J. ... Heineman, T. C. (2015). *Efficacy of an adjuvanted herpes zoster subunit vaccine in older adults*. *New England Journal of Medicine*, 372, 2087-2096. <http://dx.doi.org/10.1056/nejmoa1501184>

Thesis, Presentation, Paper

a) Thesis

Yellow, E. (2008). *Cultural identity and policy: Interculturalism in Mardin*. (Unpublished PhD Thesis). Ankara University Institute of Social Sciences, Ankara.

b) Congress Presentation

Çepni, S., Bacanak, A. and Özsevgeç, T. (2001, June). *The relation of science teacher candidates attitudes towards science branches and their success in science branches*. Paper presented at the X. National Educational Sciences Congress, Abant İzzet Baysal University, Bolu

Tables and Figures:

Tables should be written on a separate page with single spacing. Each table should have a number and descriptive information on top. If abbreviations are included in the table, the expansions of these abbreviations should be placed under the table in the form of subtitles and in alphabetical order.

When using previously printed or electronically published tables, written permission must be obtained from both the author and the publisher, and this must be sent to the editor of the journal by fax or mail.

Transverse and longitudinal lines should not be used in the table, only straight lines should be drawn at the top and bottom.

The visuals and note examples in the articles should be numbered as Figure / Table 1.... with their short explanations centered. All images should be sent separately in JPG format with a minimum resolution of 300 dpi in order to avoid resolution problems in printing. Placements in the text can be changed according to the page layout when necessary.

Tables, graphics, figures and photographs should not be more than six, they should be placed on a separate page and their place in the text should be specified. Periods should not be used in arabic numbers and decimals.

Article Submission:

Article submissions are through the magazine park system and are given below;

Link: <https://dergipark.org.tr/tr/>

THE BLIND REVIEW AND EVALUATION PROCESS

Blind refereeing is a method applied for publishing scientific publications with the highest quality. This method forms the basis of the objective evaluation process of scientific studies and is preferred by many scientific journals. All studies submitted to the European Archives of Social Sciences are evaluated by blinding according to the following stages.

Blind Arbitration Type:

The European Archives of Social Sciences uses the double blind method in the evaluation process of all studies. In the double blind method, the identities of the authors and referees of the studies are hidden.

Initial Evaluation Process:

Studies submitted to the European Archives of Social Sciences are first evaluated by the editors. At this stage, studies that do not comply with the purpose and scope of the journal, are weak in terms of language and expression rules in Turkish and English, contain scientific critical errors, have no original value and do not meet the publication policies are rejected. Authors of rejected studies are informed within one month at the latest from the date of submission. Studies that are deemed appropriate are sent to a field editor for the field of interest for pre-evaluation.

Pre-Evaluation Process:

In the pre-evaluation process, field editors examine the introduction and literature, method, findings, conclusion, evaluation and discussion sections of the studies in detail in terms of journal publishing policies and scope and originality. Studies deemed unsuitable as a result of this review are returned within four weeks at the latest with the field editor's evaluation report. Studies found appropriate are taken into the refereeing process.

Refereeing Process:

Studies are refereed according to their content and expertise of the referees. The editor of the field who examines the study suggests at least two referees from the referee pool of the European Archives of Social Sciences, or may suggest new referees suitable for the field of study. The referee suggestions from the field editor are evaluated by the editors and the studies are forwarded to the referees by the editors. Referees must guarantee that they will not share any process and document about the work they evaluate.

Referee Reports:

Referee evaluations are generally; It is based on originality, method used, compliance with ethical rules, consistent presentation of findings and results, and review of the literature. This review is based on the following factors: Introduction and literature: the evaluation report includes the presentation and aims of the problem in the study, the importance of the subject, the scope of the literature on the subject, its currency and the originality of the study.

Method: The evaluation report includes information on the suitability of the method used, the selection and characteristics of the research group, validity and reliability, as well as an opinion on the data collection and analysis process

Findings: The evaluation report includes opinions on the presentation of the findings obtained within the framework of the method, the accuracy of the analysis methods, the consistency of the findings reached with the aims of the research, the presentation of the tables, figures and visuals needed, and the conceptual evaluation of the tests used.

Evaluation and discussion: the evaluation report includes discussion of the topic based on the findings, compliance with the research question (s) and hypothesis (s), generalizability and applicability.

Conclusion and suggestions: the evaluation report includes a contribution to the literature, an opinion on suggestions for future studies and applications in the field.

Style and expression: the evaluation report includes the opinion about the content of the study title, the use of Turkish in accordance with the rules, the submission and references to the language of the full text in accordance with the examples under the journal publication principles.

General evaluation: the evaluation report includes an opinion about the originality of the study as a whole, and its contribution to the literature and practices in the field.

During the evaluation process, the referees are not expected to make adjustments according to the typographical features of the study.

Referee Evaluation Process:

The time given to the referees for the referee evaluation process is 3 weeks. Correction suggestions from referees or expert editorial board members must be completed by the authors within 3 weeks. Referees can examine the revisions of a work and decide whether it is appropriate or, if necessary, request corrections more than once.

Evaluation Result:

Comments from referees are reviewed by the field editor within two (2) weeks at the latest. As a result of this review, the editor of the field transmits its final decision regarding the study to the editors.

Editorial Board Decision:

Editors prepare editorial board opinions on the study based on the opinions of the field editor and referees. The opinions prepared are forwarded to the author (s) by the editor together with the field editor and referee recommendations within 1 week at the latest. In this process, the works that are given negative opinions are returned without requesting a plagiarism check. The final decision is made according to the results of the plagiarism audit reports for the studies with positive opinions.

Publication Evaluation Process:

It is envisaged that the publication evaluation process of the studies submitted to the European Archives of Social Sciences will be completed within approximately 3 months. However, the period between the date when the referees or editors request a correction from the author (s) and the date when the author (s) complete the corrections are not included in this 3-month period.

Citation and Reference Control:

According to the publication ethics of the European Archives of Social Sciences, it is mandatory to cite the articles accurately and completely. Authors must ensure that they have written entirely original works and that if authors have used the works and / or words of others, it is properly quoted or quoted. This audit is done first by the referees during the evaluation and then by the editors according to the result of the similarity-plagiarism (iThenticate) program. All works plagiarism report is also checked over intihal.net.

Early View and Publishing of the Article:

The articles that are edited in the European Archives of Social Sciences are published in electronic media under the title of "Early View" by giving a Digital Object Identifier (DOI). Minor adjustments can be made, if necessary, while early view articles are published in the journal. Articles in early view are published in volumes and numbers determined by the Editorial Board, by removing the "EARLY VIEW" watermark on it. After the electronic journal is published, the printed version of the European Archives of Social Sciences, which includes the same articles, is also published in the same month.

EASE Statement on Quality Standards

The European Association of Science Editors encourages all editors to ensure that reports of research on COVID-19 meet required standards and comply with agreed guidelines, and that any limitations are clearly stated. Members of EASE have noted poor standards of reporting in many studies related to the COVID-19 pandemic. Medical and public health measures to treat infected patients and to limit the spread of the coronavirus have to be based on high quality evidence if they are to succeed. EASE urges all involved in collecting and publishing data related to the pandemic to adhere to ethical guidelines, and to follow standard reporting guidelines (see www.equator-network.org), for example CONSORT for clinical trials and STROBE for epidemiological studies. Demographic data should include age and sex of all individuals and follow the SAGER guidelines to ensure

that data on sex and gender are fully and correctly reported. We encourage full and open sharing of data where possible.

We recognise that in times of crisis it may not always be possible to obtain all required data, and that reporting may – of necessity – be curtailed. To avoid misinterpretation, but also to facilitate the rapid sharing of information, we encourage editors to ensure that authors include a statement of limitations on their research. This will inform readers and strengthen the usefulness of any published research.

In addition, whilst always advocating high language standards, we acknowledge that to facilitate rapid dissemination of important research it may be necessary to limit editorial involvement to ensuring that the published research is understandable, and not to enforce stringent language requirements on authors.

The relevant statement can be found at the website <https://ease.org.uk/publications/ease-statements-resources/ease-statement-on-quality-standards/>.

YAZARLARA BİLGİLER

GENEL BİLGİLER

Amaçlar ve Kapsam:

Avrupa Sosyal Bilimler Arşivleri Dergisi'nin amacı, Kıbrıs Türkiye ve Dünya'da Psikiyatri ve Psikoloji başta olmak üzere kuramsal bilgileri ve klinik deneyimleri bilimsel düzeyde sunmak, yaygınlaştırmak bir forum oluşturmaktır. Avrupa Sosyal Bilimler Arşivleri Dergisi'nde Psikiyatri ve Psikoloji ile ilgili alanlardaki araştırma, gözden geçirme/ derleme, olgu sunumu, eğitimde/ uygulamada ve psikiyatride yeni ufuklar açacak özgün yazılar/görüşler, çeviri yazılar, mektup/tartışma, kitap ve tez tanıtımı yayımlanır. Kısa Adı EASS Dergisi olan Avrupa Sosyal Bilimler Arşivleri Dergisi hem basılı (ISSN: 1302-7840) hem de online (E-ISSN: 2667-8225) olarak yayımlanmaktadır. Avrupa Sosyal Bilimler Arşivleri Dergisi, yazarların International Committee of Medical Journal Editors (ICMJE) tarafından formüle edilen Tıbbi Dergilerde Bilimsel Çalışmanın Yürütülmesi, Raporlanması, Düzenlenmesi ve Yayınlanması için Önerilere uymalarını önermektedir. Link: <http://www.icmje.org/icmje-recommendations.pdf>

Yayın Sıklığı:

Dergi Mart, Haziran, Eylül ve Aralık olmak üzere üç ayda bir, dört sayı olarak yayımlanır. Dergiye gönderilen yazılar yayın kurulu ve en az iki danışmanın incelemesinden ve gerekli düzeltmeler yapıldıktan sonra yayımlanır.

Yayın Dili:

Avrupa Sosyal Bilimler Arşivleri Dergisi'nin yayın dili Türkçe ve İngilizce'dir. Türkçe tam metin yayımlanan makalelerde İngilizce başlık, öz ve anahtar sözcükler de yer alır. Yine İngilizce Yayınlanan Makalelerde Türkçe başlık, öz ve anahtar sözcükler yer alır.. Makalelerin yazımı ve dil bilgisi kurallarına uygun olması, Editörleri Kurulunun önem verdiği bir politikadır. Makalelerin dil bilgisi, yazım kuralları ve alan yazına uygun, anlaşılır, açık ve yalın bir dil ile yazılması beklenir.

Editörler Kurulu'nca yayına kabul edilen makaleler, dil (Türkçe, İngilizce) editörlerince okunur. Yazarlara, makalelerin değerlendirme sürecinde editörler kurulu, hakemler ya da dil editörlerince makalenin yazımına ilişkin düzeltmeler önerilebilir. Bu düzeltmelerin yapılması, yazarların sorumluluğundadır.

Avrupa Sosyal Bilimler Arşivleri Dergisi herhangi bir çeviri hizmeti vermemektedir. Derginin beklentilerine uyması için İngilizce düzenleme, çeviri veya şekil ve makale biçimlendirme konusunda yardım arayan yazarlar, Kıbrıs Ruh Sağlığı Enstitüsü Dil Hizmetlerini kullanmayı düşünebilirler. Kıbrıs Ruh Sağlığı Enstitüsü'ndeki dil hizmetleri için enstitünün web sitesi <http://ruhsagligienstitusu.com>'u ziyaret edebilirler.

Açık Erişim Politikası:

Avrupa Sosyal Bilimler Arşivleri Dergisi, açık erişimli, çift kör hakemli bir dergidir. Hakem değerlendirmesi sonrasında kabul edilen her makale, yayımlandıktan hemen sonra çevrimiçi olarak ücretsiz olarak bir Creative Commons lisansı altında yayımlanır ve sürekli olarak çevrimiçi olarak barındırılır. Dergiye makale göndermenin herhangi bir bedeli yoktur.

Avrupa Sosyal Bilimler Arşivleri Dergisi, yayıncılıkta saydamlık, açık erişim sağlama ve bilginin paylaşılması politikasıyla yayımlanmaktadır. Dergimiz, Budapeşte Açık Erişim Girişimi'ni desteklemektedir. Bu amaçla

<http://www.budapestopenaccessinitiative.org/boai-10-translations/turkish-translation> web adresinde bulunan açık erişim politikaları, Avrupa Sosyal Bilimler Arşivleri Dergisi Editörler Kurulu'nca benimsenmektedir. Ayrıca, açık erişim sağlama politikaları kapsamında Avrupa Sosyal Bilimler Arşivleri Dergisi'nde yayımlanan makaleler "Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License" ile lisanslanmıştır.

(<https://dergipark.org.tr/en/pub/EASSdergisi/archive>)

Dergi yazım içeriği:

Gönderim aşamasında, başvuru mektubu, başlık, yazarlar ve kurumları, iletişim adresi, Türkçe özet ve yazının İngilizce başlığı ve özeti ilgili aşamalarda yazılmalıdır. İngilizce yazılan çalışmalara da Türkçe özet eklenmesi gerekmektedir. Yazının ana metnindeyse şu sıra kullanılacaktır: Giriş, Gereç ve Yöntem, Bulgular, Tartışma, Teşekkür, Kaynaklar. Yazıların daha önce

yayımlanmamış ya da yayımlanmak üzere başka dergiye gönderilmemiş olması gerekir.

Yazı Cesitleri:

Dergi aşağıdaki yazı türlerini yayın için kabul eder:a)Özgün Makaleler: Bunlar sadece deneysel tasarımlar gibi yüksek kaliteli planlanmış araştırma çalışmalarından orijinal bulgular içeren sonuç çalışmaları, vaka-kontrol serileri, yüksek yanıt oranlarına sahip anketler, randomize kontrollü çalışmalar, müdahale çalışmaları, tarama ve teşhis testleri çalışmaları ile maliyet-etkinlik analizleri.

b)Derleme makaleleri: Bunlar, literatürün sistematik ve eleştirel değerlendirmeleridir.

c)Vaka Serileri: Bu bölümde belirli bir tanıya / klinik özelliğe / tedaviye ait birden fazla yeni, ilginç ve nadir vaka rapor edilebilir.

d)Bakış Açılırları: Bu yazılar, mesleği etkileyen tartışmalı veya tartışmalı konulara ilişkin deneyime dayalı görüş ve görüşler olmalıdır. Yazar konu hakkında yeterli ve güvenilir deneyime sahip olmalıdır.

e)Pratik Psikoterapi: Tek vakada veya bir dizi vakada psikoterapinin kullanımını anlatan yazılar bu bölüme gönderilebilir. Esas olarak psikoterapi uygulamasındaki pratiklikleri, karşılaşılan engelleri, nasıl aşıldıklarını vb. Açıklayan makaleler arıyoruz.

f)Yorumlar: Bunlar önemli konuları ele almalıdır ve Avrupa Sosyal Bilimler Arşivleri Dergisi'nde yakın zamanda yayımlanan birden fazla veya belirli bir makaleye bağlanabilir.

g)Editöre Mektup: Bu bölümde yazarlar ruh sağlığı alanı ile ilgili kısa gözlemlerini bu bölümde yayımlarlar.

Yazarlık:

Avrupa Sosyal Bilimler Arşivleri Dergisi, Uluslararası Tıp Dergisi Editörleri Komitesi tarafından yazarlık için önerilen gereksinimlerini takip etmektedir. Makaleler, yalnızca katkıda bulunan tüm yazarlar tarafından onaylandıktan sonra değerlendirilmek üzere sunulmalıdır. Makale gönderim aşamasında Yazar Formu da birlikte gönderilmelidir. Makaleyi gönderenler, makaleye katkıda bulunan herkesin katkıda bulunan yazarlar olarak kabul edildiğini dikkatlice kontrol etmelidir.

Yazar listesi, yasal olarak yazarlık iddia edebilecek herkesi içermelidir. Buna göre, her yazar aşağıdaki kriterlerin tümünü karşılamalıdır:

Çalışmanın ana fikir veya tasarımına önemli katkılar veya çalışma için verilerin toplanması, analizi veya yorumlanması; VE Çalışmanın taslağını hazırlamak veya önemli entelektüel içerik için eleştirel olarak yeniden gözden geçirmek; VE Yayınlanacak versiyonun son onayı; VE

İşin herhangi bir kısmının doğruluğu veya bütünlüğü ile ilgili soruların uygun şekilde araştırılıp çözülmesini sağlamada çalışmanın tüm yönlerinden sorumlu olmayı kabul etmek

Yazarlık kriterlerini karşılamayan tüm katkıda bulunanların Teşekkür bölümünde belirtilmelidir. Yazarlık hakkında daha fazla bilgi için lütfen International Committee of Medical Journal Editors (ICMJE) yazarlık kılavuzuna bakın.

Telif Hakkı Devir Formu:

Yazarlar makalelerinin telif haklarını, makale başvurusu sırasında Avrupa Sosyal Bilimler Arşivleri Dergisi'ne devretmek zorundadır. Bunun için "Telif Hakları Devir Formu" doldurularak yazıların yayın hakları dergiye devredilir. Formu tüm yazarlar imzalar, tarayıcıda tarar ve elektronik olarak makaleyle birlikte sisteme (<https://www.eassjournal.com> yükler. Avrupa Sosyal Bilimler Arşivleri Dergisi Editörler Kurulu, makalenin yayımlanmasında yetkilidir.

Ayrıca yazarların telif hakkı dışında kalan patent hakları, dersleri, sunumları ve kitap çalışmalarında makaleyi ücret ödemeksizin kullanabilme hakkı, satmamak koşuluyla kendi amaçları için makaleyi çoğaltma hakkı, postayla veya elektronik yolla dağıtma hakkı saklıdır. Ayrıca makalenin herhangi bir bölümünün başka bir yayında kullanılmasına Dergiye yollamada (atıfta) bulunulması koşuluyla yazarına izin verilir. Telif Hakları Devir Formu'nu makale başvurusu ile sisteme yüklemeyen yazarların makalelerine işlem yapılmaz. Telif hakkı devri yalnız Avrupa Sosyal Bilimler Arşivleri Dergisi'nde yayımlanan makaleler için geçerlidir.

Finansman:

Avrupa Sosyal Bilimler Arşivleri Dergisi, tüm yazarların fonlarını tutarlı bir şekilde ayrı bir başlık altında belirtmelerini talep etmektedir. Finansman bulunmaması durumunda teşekkür metninde sonra ve kaynaklar bölümünden önce şu ifadelerin bulunması gerekir: "Bu araştırma, kamu, ticari veya kar amacı gütmeyen sektörlerdeki herhangi bir finansman kuruluşundan özel bir hibe almadı."

Çatışan Çıkarların Beyanı:

Avrupa Sosyal Bilimler Arşivleri Dergisi'nin politikası, tüm yazarlardan çatışan çıkar beyanını yazılarında belirtmeleridir. Çatışma yoksa lütfen 'Yazar (lar) çıkar çatışması olmadığını beyan eder' ifadesinin kullanılması gerekir. Çıkar çatışması bildirimleri hakkında rehberlik için lütfen ICMJE önerilerine bakın.

<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/author-responsibilities-conflicts-of-interest.html#two>

Tüm başvurulara ICMJE Çıkar Çatışması Formları eşlik etmelidir.

Etik Kurul:

Araştırmalar için yerel etik kurul onayı alınmalıdır. Deneysel çalışmaların sonuçlarını bildiren yazılarda, çalışmanın yapıldığı gönüllü ya da hastalara uygulanacak prosedür(lerin) özelliği tümüyle anlatıldıktan sonra, onaylarının alındığını gösterir bir cümle bulunmalıdır. Yazarlar, bu tür bir çalışma söz konusu olduğunda, uluslararası alanda kabul edilen kılavuzlara ve T.C ve/veya K.K.T.C. Sağlık Bakanlığı tarafından getirilen yönetmelik ve yazılarda belirtilen hükümlere uyulduğunu belirtmeli ve kurumdan aldıkları Etik Komitesi onayını göndermelidir.

İnsan denekleri içeren tıbbi araştırmalar Dünya Tıp Birliği Helsinki Deklarasyonu'na göre yapılmalıdır.

<https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/>

Gönderilen makaleler, Tıbbi Dergilerde Bilimsel Çalışmanın Yürütülmesi, Raporlanması, Düzenlenmesi ve Yayınlanması için ICMJE Tavsiyelerine uygun olmalıdır.

<http://www.icmje.org/icmje-recommendations.pdf>

Hayvan ve / veya insan çalışmalarını bildiren tüm makaleler ile ilgili Etik Kurul veya Kurumsal İnceleme Kurulunun verdiği onay yöntemler bölümünde belirtilmelidir.

Tüm başvurulara bir başlık sayfası eşlik etmelidir.

Makalenin başlığı olmalı.

Onay numarasına ek olarak inceleme komitesinin tam adı ve kurumu belirtilmeli.

Editöre, gönderilen makalenin basılmadığına, eşzamanlı olarak gönderilmediğine veya başka bir yerde yayınlanmak üzere kabul edilmediğine dair bir açıklama eklenmeli.

Yazının tüm yazarlar tarafından okunduğuna ve onaylandığına, bu belgede daha önce belirtildiği gibi yazarlık gereksinimlerinin karşılandığına ve her yazarın yazının dürüst çalışmayı temsil ettiğine inandığına dair bir açıklama eklenmeli.

Yazar, yazının bilgisi dahilinde, herhangi bir üçüncü şahsın telif hakkını veya mülkiyet hakkını ihlal etmediğini beyan etmeli

Bireysel vakaları veya vaka serilerini bildirmek için bilgilendirilmiş onam hakkındaki bilgiler makale metnine dahil edilmelidir. Yayınlanacak hasta bilgileri ve görüntüleri için yazılı bilgilendirilmiş onamın hasta (lar) tarafından mı yoksa yasal olarak yetkili bir temsilci tarafından mı sağlandığına dair bir açıklama gereklidir. Kendi başına hastanın gizliliğini ihlal ettiği için, lütfen makale ile hastanın gerçek yazılı bilgilendirilmiş onayı gönderilmemelidir. Dergi, yazılı bilgilendirilmiş onay aldığını yazılı olarak onaylamanızı talep etmektedir. Ancak yazılı izin kendisi, örneğin bir hastanın hastane kaydında yazarlar / araştırmacılar tarafından tutulması gerekmektedir. Onay mektubu ayrı bir dosya olarak yüklenebilir. Lütfen ayrıca Araştırma Katılımcılarının Korunması için ICMJE Önerilerine bakın.

<http://www.icmje.org/recommendations/browse/roles-and-responsibilities/protection-of-research-participants.html>

Yayınlanmak üzere gönderilen hayvanları içeren tüm araştırmalar, çalışmaların yürütüldüğü tesisin gözetiminde bir etik komite tarafından onaylanmalıdır. Hayvanlar üzerinde yapılan çalışmalarda ağrı, acı ve rahatsızlık verilmesi için neler yapıldığı açık bir şekilde belirtilmelidir.

Avrupa Sosyal Bilimler Arşivleri Dergisi, International Association of Veterinary Editors tarafından yayınlanan Veterinerlik Dergileri için Hayvan Etiği ve Refahına İlişkin Mutabakat Yazım Kılavuzunu benimsemiştir.

<http://www.veteditors.org/consensus-author-guidelines-on-animal-ethics-and-welfare-for-editors/>

Klinik Araştırmalar:

Avrupa Sosyal Bilimler Arşivleri Dergisi, ICMJE'nin , klinik araştırmaların DSÖ onaylı bir kamu araştırmaları kayıt defterine ilk hasta kaydı sırasında veya öncesinde, yayın için bir değerlendirme koşulu olarak kaydedilmesi şartına uyar. Özetin sonunda deneme kayıt adı ve URL'si ve kayıt numarası yer almalıdır.

Raporlama Yönergeleri:

İlgili EQUATOR Ağ raporu kılavuzları, çalışmanın türüne bağlı olarak takip edilmelidir. Örneğin, yayınlanmak üzere gönderilen tüm randomize kontrollü çalışmalar , şekil olarak tamamlanmış bir CONSORT akış şemasını içermelidir. Sistematik incelemeler ve meta-analizler, tamamlanmış PRISMA akış şemasına göre düzenlenmelidir. EQUATOR sihirbazı uygun kılavuz belirlemenize yardımcı olabilir.

Diğer kaynaklar, NLM'nin Araştırma Raporlama Yönergeleri ve Girişimlerinde bulunabilir.

Araştırma Verileri:

Avrupa Sosyal Bilimler Arşivleri Dergisi olarak, araştırmaların açıklığının, şeffaflığının ve tekrarlanabilirliğinin kolaylaştırılması gerektiği düşüncesindeyiz. Konuyla ilgili olarak yazarları, araştırma verilerini etik değerlendirmelere tabi olarak uygun bir kamuya açık depoda paylaşmaya ve makale dosyalarına bir veri erişilebilirliği beyanı eklemeye teşvik ederiz.

MAKALE YAZIM KURALLARI VE ÖZELLİKLERİ

Genel Bilgileri:

Avrupa Sosyal Bilimler Arşivleri Dergisi'nin dili Türkçe ve İngilizcedir. Yazılar anlaşılır, akıcı, yalın bir dille yazılmalı ve uzun anlatımlardan kaçınılmalıdır. Yabancı sözcüklerin ve kısaltmaların Türkçe karşılıkları ilk geçtikleri yerde parantez içinde tam olarak yazılmalıdır. İlaçların jenerik adları kullanılmalıdır. Yazılarda dipnot kullanılmamalıdır.

Yazarların adları makale başlığının bir satır sağ altında yer almalı ve yıldız (*) dipnotla unvanı, kurumu, adresi, telefonu, e-posta adresi verilmelidir. Yazara/metne özgü terimoloji ve/veya kısaltmalar ilk kullanımlarında dipnotla açıklanmalıdır. Yazar(lar) doğrudan çalışmayı yapan ve yazan kişi(ler) olmalıdır. Araştırma herhangi bir kuruluş tarafından maddi bir destek görmüşse veya bir kongrede tebliğ edilmişse makalenin başlığının son kelimesi üzerine (*) konularak dip not olarak belirtilmelidir. Makaleler A4 kağıt boyutunun bir yüzüne, tüm kenarlardan 2,5 cm. boşluk bırakılarak, Times New Roman yazı karakteriyle, 12 punto ve 1,5 satır aralığıyla iki yana yaslı olarak yazılmalıdır. Alt başlıklar ve başlık sonrası paragraflar arasında boşluk olmamalı ve hiçbir paragraf girintili yazılmamalıdır. Dipnotlar kaynak gösterimi için değil ek bilgi vermek için kullanılmalı, sayfa altında numaralandırılmalı, 10 punto ve 1 satır aralığı ile iki yana yaslı olarak yazılmalıdır. Sayfa numaraları da 11 puntoyla, sağ altta yer almalıdır. Kabul edilen yazılar sıraya alınarak yayımlanır.

Makalelerin hazırlanması:

Başlık sayfası

Yazının Türkçe ve İngilizce başlığı 19 kelimeyi geçmemelidir. Başlıkta kısaltma kullanılmamalıdır. Yazıda sadece çalışmaya doğrudan katkısı bulunan yazarların ad ve soyadları, unvanları, çalıştıkları kurumlar açık olarak yazılmalıdır. Çalışmayı destekleyen fon ve kuruluşlar başlık sayfasında belirtilmelidir. Başlık sayfasının en altına iletişim kurulacak yazarın iletişim bilgileri yazılmalıdır (Yazarın adı, soyadı, açık adresi, posta kodu, telefon numarası, faks numarası ve e-posta adresi yazılmalıdır).

Özetler:

Özetler Türkçe ve İngilizce olarak yazılmalı ve en fazla 250 kelime içermelidir. Özet, amaç-yöntem-sonuçlar-tartışma bölümlerine göre düzenlenmelidir. Makale için verilecek Türkçe ve İngilizce anahtar sözcükler (3-8 adet) özetlerden hemen sonra verilmelidir. İngilizce anahtar kelimeler "Medical Subject Headings (MESH)"e uygun olarak verilmelidir (<http://www.nlm.nih.gov/mesh/MBrowser.html>). Türkçe anahtar kelimeler Türkiye Bilim Terimleri (TBT)'ne uygun olarak verilmelidir (<http://www.bilimterimleri.com>). Özetlerde kısaltma kullanılmasından mümkün olduğunca kaçınılmalıdır. Kısaltma

kullanılması mutlaka gerektiğinde, ilk geçtiği yerde parantez içinde tanımlandıktan sonra kullanılmalıdır.

Makale Metni Gövdesi:

Araştırma yazıları: Özetten sonra giriş-yöntem ve gereç-sonuçlar tartışma-kaynaklar alt başlıklarını taşımalı, konuyla ilgili en son bilgiler yer almalı, yöntem açık olarak yazılmalı, kullanılan ölçüm araçlarının geçerlilik ve güvenilirlik çalışmaları ile değerlendirme için kullanılan testler, standart sapma, test değerleri belirtilmelidir. Tartışmada sonuçların klinik ve kuramsal yönlerden yararları, uygulanma alanları, getirdiği yenilikler vurgulanmalıdır. Yazılar 3500 kelimeyi geçmemelidir. Yazıda en çok 6 tablo veya figür olmalıdır. Kaynak sayısının 50 kaynağı aşmamasına dikkat edilmelidir.

Derleme yazıları: Amacı, kullanılan yöntem, yararlanılan kaynaklar, çıkarılan sonuçlar belirtilmelidir. Yazılar 3500 kelimeyi geçmemelidir. Yazıda en çok 6 tablo veya figür olmalıdır. Kaynak sayısının 50 kaynağı aşmamasına dikkat edilmelidir.

Olgu sunumu: Olgu sunumlarında giriş bölümü, olguların tanımı, tartışma ve kaynaklar bölümü yer almalıdır. Yazı 3000 kelimeyi geçmemelidir. Klinik veya kuramsal eğitim yönünden yararlı görülen tipik veya az görülen olguların kaynak sayısının 30 kaynağı aşmamasına dikkat edilmelidir. Tablo veya figür sayısı en fazla 2 olmalıdır.

Bakış Açıları: Bu yazılarda giriş bölümü ile mesleği etkileyen tartışmalı veya tartışılmalı konulara ilişkin deneyime dayalı görüşler literatür eşliğinde tartışılmalıdır. Yazı 2500 kelimeyi geçmemelidir. Kaynak Sayısı 20'yi geçmemelidir. Tablo veya figür sayısı 2'den fazla olmamalıdır.

Pratik Psikoterapi: Bu yazılarda giriş bölümü ile psikoterapi uygulaması ile ilgili bilgiler literatür eşliğinde tartışılmalıdır. Yazı 2500 kelimeyi geçmemelidir. Kaynak Sayısı 20'yi geçmemelidir. Tablo veya figür sayısı 2'den fazla olmamalıdır.

Yorumlar: Giriş bölümü ile tartışılan makalenin özellikleri literatür eşliğinde tartışılmalıdır. Yazı 2500 kelimeyi geçmemelidir. Kaynak Sayısı 20'yi geçmemelidir. Tablo veya figür sayısı 2'den fazla olmamalıdır.

Mektup: Dergide yer alan değişik konularda tartışma forumu oluşturulabilecek görüşler mektup bölümünde yer almaktadır. Yazı 500 kelimeyi geçmemelidir.

Çeviri, kitap ve tez tanıtımı: Çeviri, kitap ve tez tanıtımları kısa olmalı, çeviri yazılarının ve tezin bir özgün kopyası gönderilmelidir. Yazı 500 kelimeyi geçmemelidir.

Teşekkür: Teşekkür yazısı katkı koyan bireylere veya çalışmayı destekleyen fon ve kuruluşlara varsa eklenebilir.

Kaynaklar: Dergide makale içi atıflar ve kaynakça uluslararası APA formatına göre gösterilmelidir. Ayrıntılı bilgi için web sayfasında Kaynaklar bölümüne bakınız.

Metin İçinde Kaynak Gösterme

Kaynaklar metinde parantez içinde yazarların soyadı ve yayın tarihi yazılarak belirtilmelidir. Birden fazla kaynak gösterilecekse kaynaklar arasında (;) işareti kullanılmalıdır. Kaynaklar alfabetik olarak sıralanmalıdır.

Tek yazarlı kaynak;

(Akyolcu, 2007)

İki yazarlı kaynak;

(Sayiner ve Demirci, 2007, s. 72)

Üç, dört ve beş yazarlı kaynak;

Metin içinde ilk kullanımda: (Ailen, Ciambri ve Welch 2000, s. 12-13) Metin içinde tekrarlayan kullanımlarda: (Ailen ve ark., 2000)

Altı ve daha çok yazarlı kaynak;

(Çavdar ve ark., 2003)

Kaynaklar Bölümünde Kaynak Gösterme

Kullanılan tüm kaynaklar metnin sonunda ayrı bir bölüm halinde yazar soyadlarına göre alfabetik olarak numaralandırılmadan verilmelidir.

Kaynak yazımı ile ilgili örnekler aşağıda verilmiştir.

Kitap

a) Kitap Örneği

Karasar, N. (1995). Araştırmalarda rapor hazırlama (8.bs). Ankara: 3A Eğitim Danışmanlık Ltd.

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a) Tezler

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b) Kongre Bildirisi

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Tablolar ve Şekiller:

Tablolar tek satır aralıklı olarak ayrı bir sayfaya yazılmalıdır. Her tablonun üstünde numarası ve açıklayıcı bilgi olmalıdır. Tabloda kısaltmalara yer verilmişse bu kısaltmaların açılımı alt yazı şeklinde tablonun altında ve alfabetik sıraya göre yer almalıdır. Daha önce basılmış veya elektronik olarak yayımlanmış tablolardan yararlanıldığında hem yazarı hem de basım evinden yazılı izin alınmalıdır ve bu, dergi editörlüğüne faks veya posta ile gönderilmelidir.

Tablo içerisinde enlemesine ve boylamasına çizgiler kullanılmamalı, sadece üst ve altına düz çizgi çizilmelidir.

Makalelerde yer alan görseller ve nota örnekleri kısa açıklamalarıyla birlikte ortalananmış olarak Şekil/Tablo 1. ... şeklinde numaralandırılmalıdır. Tüm görseller, baskıda çözünürlük problemi olmaması için minimum 300 dpi çözünürlükte ve JPG formatında ayrıca gönderilmelidir. Metin içerisindeki yerleştirmeler, gerektiğinde sayfa düzenine göre değiştirilebilirler.

Tablo, grafik, şekil ve fotoğraflar altıdan çok olmamalı, ayrı bir sayfaya konmalı, yazıdaki yeri belirtilmelidir. Arabik rakamlar ve ondalıklarda nokta kullanılmamalıdır.

Makale Gönderme:

Makale gönderimleri dergi park sistemi üzerinden olup aşağıda verilmiştir;

Link: <https://dergipark.org.tr/tr/>

KÖR HAKEMLİK VE DEĞERLENDİRME SÜRECİ

Kör hakemlik, bilimsel yayınların en yüksek kalite ile yayınlanması için uygulanan bir yöntemdir. Bu yöntem, bilimsel çalışmaların nesnel (objektif) bir şekilde değerlendirilme sürecinin temelini oluşturmaktadır ve birçok bilimsel dergi tarafından tercih edilmektedir. Avrupa Sosyal Bilimler Dergisi Dergisi gönderilen tüm çalışmalar aşağıda belirtilen aşamalara göre körleme yoluyla değerlendirilmektedir.

Körleme Hakemlik Türü:

Avrupa Sosyal Bilimler Arşivleri Dergisi, tüm çalışmalarında değerlendirme sürecinde çifte körleme yöntemini kullanmaktadır.

Çift körleme yönteminde çalışmaların yazar ve hakem kimlikleri gizlenmektedir.

İlk Değerlendirme Süreci:

Avrupa Sosyal Bilimler Arşivleri Dergisi gönderilen çalışmalar ilk olarak editörler tarafından değerlendirilir. Bu aşamada, derginin amaç ve kapsamına uymayan, Türkçe ve İngilizce olarak dil ve anlatım kuralları açısından zayıf, bilimsel açıdan kritik hatalar içeren, özgün değeri olmayan ve yayın politikalarını karşılamayan çalışmalar reddedilir. Reddedilen çalışmaların yazarları, gönderim tarihinden itibaren en geç bir ay içinde bilgilendirilir. Uygun bulunan çalışmalar ise ön değerlendirme için çalışmanın ilgili olduğu alana yönelik bir alan editörüne gönderilir.

Ön Değerlendirme Süreci:

Ön değerlendirme sürecinde alan editörleri çalışmaların, giriş ve alan yazın, yöntem, bulgular, sonuç, değerlendirme ve tartışma bölümlerini dergi yayın politikaları ve kapsamı ile özgünlük açısından ayrıntılı bir şekilde inceler. Bu inceleme sonucunda uygun bulunmayan çalışmalar en geç dört hafta içerisinde alan editörü değerlendirme raporu ile iade edilir. Uygun bulunan çalışmalar ise hakemlendirme sürecine alınır.

Hakemlendirme Süreci:

Çalışmalar içeriğine ve hakemlerin uzmanlık alanlarına göre hakemlendirilir. Çalışmayı inceleyen alan editörü, Avrupa Sosyal Bilimler Arşivleri Dergisi hakem havuzundan uzmanlık alanlarına göre en az iki hakem önerisinde bulunur veya çalışmanın alanına uygun yeni hakem önerilebilir. Alan editöründen gelen hakem önerileri editörler tarafından değerlendirilir ve çalışmalar editörler tarafından hakemlere iletilir. Hakemler değerlendirdikleri çalışmalar hakkındaki hiçbir süreci ve belgeyi paylaşmayacakları hakkında garanti vermek zorundadır.

Hakem Raporları:

Hakem değerlendirmeleri genel olarak çalışmaların; özgünlük, kullanılan yöntem, etik kurallara uygunluk, bulguların ve sonuçların tutarlı bir şekilde sunumu ve literatür açısından incelenmesine dayanmaktadır. Bu inceleme aşağıdaki unsurlara göre yapılır:

Giriş ve literatür: değerlendirme raporu çalışmada ele alınan problemin sunumu ve amaçları, konunun önemi, konuyla ilgili literatür kapsamı, güncelliği ve çalışmanın özgünlüğü hakkında görüş içerir.

Yöntem: değerlendirme raporu, kullanılan yöntemin uygunluğu, araştırma grubunun seçimi ve özellikleri, geçerlik ve güvenilirlik ile ilgili bilgilerin yanı sıra veri toplama ve analiz süreci hakkında görüş içerir.

Bulgular: değerlendirme raporu, yöntem çerçevesinde elde edilen bulguların sunumu, analiz yöntemlerinin doğruluğu, araştırmanın amaçları ile erişilen bulguların tutarlılığı, ihtiyaç duyulan tablo, şekil ve görsellerin verilmesi, kullanılan testlerin kavramsal açıdan değerlendirilmesine yönelik görüşler içerir.

Değerlendirme ve tartışma: değerlendirme raporu, bulgulara dayalı olarak konunun tartışılması, araştırma sorusuna/larına ve hipoteze/lere uygunluk, genellenebilirlik ve uygulanabilirlik ile ilgili görüş içerir.

Sonuç ve öneriler: değerlendirme raporu literatüre katkı, gelecekte yapılabilecek çalışmalara ve alandaki uygulamalara yönelik öneriler hakkında görüş içerir.

Stil ve anlatım: değerlendirme raporu, çalışma başlığının içeriği kapsamı, Türkçe'nin kurallara uygun kullanımı, gönderme ve referansların Dergi yayın ilkeleri başlığı altındaki örneklerle doğrultusunda tam metnin diline uygun verilmesi ile ilgili görüş içerir.

Genel değerlendirme: değerlendirme raporu çalışmanın bir bütün olarak özgünlüğü, literatüre ve alandaki uygulamalara sağladığı katkı hakkında görüş içerir.

Değerlendirme sürecinde hakemlerin çalışmanın tipografik özelliklerine göre düzeltme yapmaları beklenmemektedir.

Hakem Değerlendirme Süreci:

Hakem değerlendirme süreci için hakemlere verilen süre 3 haftadır. Hakemlerden veya uzman yayın kurulu üyesinden gelen düzeltme önerilerinin yazarlar tarafından 3 hafta içerisinde tamamlanması zorunludur. Hakemler bir çalışmanın düzeltmelerini inceleyerek uygunluğuna karar verebilecekleri gibi gerekliyse birden çok defa düzeltme talep edebilir.

Değerlendirme Sonucu:

Hakemlerden gelen görüşler, alan editörü tarafından en geç iki (2) hafta içerisinde incelenir. Bu inceleme sonucunda alan editörü çalışmaya ilişkin nihai kararını editörlere iletir.

Yayın Kurulu Kararı:

Editörler, alan editörü ve hakem görüşlerine dayanarak çalışma ile ilgili yayın kurulu görüşlerini hazırlar. Hazırlanan görüşler editör tarafından alan editörü ve hakem önerileri ile birlikte en geç 1 hafta içerisinde yazar(lar)a iletilir. Bu süreçte olumsuz görüş verilen çalışmalar intihal denetimi talep edilmeksizin iade edilir. Olumlu görüş verilen çalışmalar için son karar, intihal denetim raporları sonuçlarına göre verilir.

Yayın Değerlendirme Süreci:

Avrupa Sosyal Bilimler Arşivleri Dergisi'ne gönderilen çalışmaların yayın değerlendirme sürecinin yaklaşık 3 ay içerisinde sonuçlandırılması öngörülmektedir. Ancak, hakem ya da editörlerin yazar(lar)dan düzeltme istedikleri tarih ile yazar (lar)ın düzeltmeleri tamamladıkları tarih arasındaki süre, bu 3 aylık süreye dahil edilmemektedir.

Değerlendirme Sonucuna İtiraz Etme:

Avrupa Sosyal Bilimler Arşivleri Dergisi'nde değerlendirme sonucuna, yazar (lar)ın itiraz etme hakkı saklıdır. Yazar(lar), çalışmalarını için yapılan değerlendirme sonucu görüş ve yorumlara ilişkin itiraz gerekçelerini bilimsel bir dille ve dayanaklarını referans göstererek "mehmet.cakici@neu.edu.tr" adresine e-postayla iletmelidir. Yapılan itirazlar editörler tarafından en geç bir ay içerisinde incelenerek (Çalışmanın hakemlerine yapılan itirazlar hakkında görüş talep edilebilir) yazar (lar)a olumlu veya olumsuz dönüş sağlanır. Yazar (lar)ın değerlendirme sonucuna itirazları olumlu bulunması durumunda, yayın kurulu çalışmanın konu alanına uygun yeni hakemlendirme yaparak değerlendirme sürecini yeniden başlatır.

Atıf ve Kaynakça Denetimi:

Avrupa Sosyal Bilimler Arşivleri Dergisi yayın etiğine göre, makalelere atıfların doğru ve eksiksiz verilmesi zorunludur. Yazarlar tamamen orijinal eserler yazdıklarından ve yazarlar başkalarının eserlerini ve / veya sözlerini kullanmışlarsa, bunun uygun şekilde alıntılanmış ve alıntı yapıldığından emin olmalıdırlar. Bu denetim, önce değerlendirme sırasında hakemlerce, sonra benzerlik-intihal (iThenticate) programı sonucuna göre editörlerce yapılır. Tüm çalışmalar intihal raporu intihal.net üzerinden de kontrol edilmektedir.

Makalenin Erken Görünümü ve Yayınlanması:

Avrupa Sosyal Bilimler Arşivleri Dergisi'nde sayfa düzenlemesi yapılan makaleler elektronik ortamda "Erken Görünüm" başlığı altında Dijital Nesne Kimlik Numarası (Digital Object Identifier, DOI) verilerek yayınlanır. Erken görünümdeki makaleler dergide yayımlanırken gerekli olduğunda küçük düzenlemeler yapılabilir. Erken görünümdeki makaleler sırası geldiğinde Editörler Kurulu'nun belirlediği cilt ve sayıda, üzerindeki "ERKEN GÖRÜNÜM" filigranı kaldırılarak yayımlanır. Elektronik dergi yayımlandıktan sonra, aynı ay içerisinde aynı makalelerin yer aldığı Avrupa Sosyal Bilimler Arşivleri Dergisi'nin basılı hali de yayımlanır.

Kalite Standartları Hakkında EASE Açıklaması

Avrupa Bilim Editörleri Birliği, tüm editörleri COVID-19 hakkındaki araştırma raporlarının gerekli standartları karşılamasını ve üzerinde anlaşılacak yönergelere uymasını ve tüm sınırlılıkların açıkça belirtilmesini sağlamaya teşvik eder.

EASE üyeleri COVID-19 pandemisi ile ilgili birçok çalışmada kötü raporlama standartlarına dikkat çekmiştir. Enfekte hastaları tedavi etmek ve koronavirüsün yayılmasını sınırlamak için tıbbi ve halk sağlığı önlemlerinin başarılı olması, yüksek kaliteli kanıtlara bağlıdır. EASE, pandemi ile ilgili verilerin toplanmasına ve yayınlanmasına dahil olan herkesi etik yönergelere uymaya ve standart raporlama yönergelerine (bkz. www.equator-network.org), örneğin klinik araştırmalar için CONSORT'a ve epidemiyolojik çalışmalar için STROBE'ye bağlı kalmaya davet etmektedir.

Demografik veriler tüm bireylerin yaş ve cinsiyetini içermeli ve cinsiyet ve toplumsal cinsiyet hakkındaki verilerin tam ve doğru bir şekilde raporlanmasını sağlamak için SAGER yönergelerini takip etmelidir. Mümkün olduğunda verilerin tam ve açık olarak paylaşılmasını teşvik ediyoruz.

Kriz zamanlarında, gerekli tüm verilerin elde edilmesinin her zaman mümkün olmayabileceğini ve zorunlu olarak raporlamanın kısıtlanabileceğini kabul ediyoruz. Yanlış yorumlardan kaçınmak ve aynı zamanda bilgilerin hızlı bir şekilde paylaşılmasını kolaylaştırmak için, editörleri yazarların arařtırmalarına bir sınırlama bildirimini eklemeye teřvik ediyoruz. Bu, okuyucuları bilgilendirecek ve yayınlanan herhangi arařtırmaların kullanılabilirliđini güçlendirecektir.

Buna ek olarak, her zaman yüksek dil standartlarını savunurken, önemli arařtırmaların hızlı bir şekilde yayılmasını kolaylařtırmak amacıyla, yayınlanmış arařtırmanın anlaşılabilir olmasını sağlamak ve yazarlar üzerinde katı dil gereklilikleri uygulamamak için, editöryal katılımı sınırlamanın gerekli olabileceğini kabul ediyoruz.

İlgili bildiriye <https://ease.org.uk/publications/ease-statements-resources/ease-statement-on-quality-standards/web> adresinden ulaşılabilir.



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