

The Relationships between Borderline Personality Traits, Offence-Related Feelings of Shame and Guilt and Attitudes towards Violence

Haydeh FARAJI^(*), Tilbe ÖZARABACI^(**)

Abstract

This study aims to examine the borderline personality traits and offence-related feelings of shame and guilt and the attitudes towards violence by considering them together in a relational way. The study consisted of the voluntary participation of 400 young adults, 218 women (54.5%) and 182 men (45.5%). The age range is between 18-35 years old. Socio-demographic Information Form prepared by the researcher, Borderline Personality Scale, Offence-Related Shame and Guilt Scale, and Attitude towards Violence Scale were used in the study. The data collected online were transferred to the SPSS 25 program. According to the research findings, as self-image and emptiness increase, guilt increases, and as impulsivity, suicide and self-mutilation increase, guilt decreases. Also, as affective instability, abandonment, relationships, self-image, emptiness and intense fear increase, shame increases, and as impulsivity increases, shame decreases. As all borderline personality traits except emptiness increase, attitudes towards violence increase, and as attitudes towards violence increase, guilt and shame decrease. In addition to these findings, while affective instability is more common in women, impulsivity is more common in men. Besides, borderline personality traits are associated with low education level and low-income level. In the light of these findings, it is seen that borderline personality traits are associated with offence-related feelings of shame and guilt and attitudes towards violence.

Keywords: Borderline Personality Disorder, Shame, Guilt, Violence.

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Borderline Kişilik Özellikleri ile Hatayla İlişkili Utanç ve Suçluluk Duygusu ve Şiddete Yönelik Tutum Arasındaki İlişkiler

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Öz

Bu çalışma, borderline kişilik özellikleri ile hatayla ilgili utanç ve suçluluk duygusu ve şiddete yönelik tutumun ilişkisel olarak birlikte ele alarak incelemeyi amaçlamaktadır. Araştırma, 18-35 yaş arası 218 kadın (54.5%) ve 182 erkek (45.5%) olmak üzere toplam 400 genç yetişkinin gönüllü olarak katılımından oluşmaktadır. Çalışmada araştırmacı tarafından hazırlanan Sosyo-demografik Bilgi Formu, Borderline Kişilik Ölçeği, Hatayla İlişkili Utanç ve Suçluluk Duygusu Ölçeği, Şiddete Yönelik Tutum Ölçeği kullanılmıştır. Çevrim içi olarak toplanan veriler SPSS 25 programına aktarılıp analizine başlanmıştır. Araştırmadan elde edilen sonuçlara göre, benlik imajı ve boşluk arttıkça suçluluk artmakta, dürtüsellik ve intihar ve kendini yaralama arttıkça suçluluk azalmaktadır. Ayrıca duygusal dengesizlik, terk edilme korkusu, ilişkiler, benlik algısı, boşluk ve yoğun korku arttıkça utanç artmaktadır ve dürtüsellik arttıkça utanç azalmaktadır. Boşluk duygusu dışındaki tüm borderline kişilik özellikleri arttıkça şiddete yönelik tutumlar artmakta, şiddete yönelik tutumlar arttıkça suçluluk ve utanç azalmaktadır. Bu bulgulara ek olarak, kadınlarda duygulanımda kararsızlığın ve erkeklerde dürtüsellik daha yaygın görüldüğü; borderline kişilik özelliklerinin düşük eğitim düzeyi ve düşük gelir seviyesi ile bağlantılı olduğu saptanmıştır. Bu bulgular ışığında, borderline kişilik özelliklerinin hatayla ilişkili utanç ve suçluluk duygusu ve şiddete yönelik tutum ile ilişkili olduğu görülmektedir.

Anahtar Kelimeler: Borderline Kişilik Bozukluğu, Utanç, Suçluluk, Şiddet.

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Introduction

Borderline Personality Disorder

Borderline personality disorder is characterized by persistent and pervasive instability in affect regulation, impulse control, interpersonal relationships, and self-image. Clinical manifestations of the disorder include emotional dysregulation, impulsive aggression, repetitive self-handicapping, and chronic suicidal tendencies.¹ Individuals with borderline personality traits are not always diagnosed with borderline personality disorder. The most important aspects that provide this distinction are the severity of the features and their effect on functionality.²

It is known that borderline personality disorder makes the individual more prone to violent behaviors due to features such as unstable personality attitude, deterioration in interpersonal relationships, impulsivity and intense anger. This tendency to violence can be directed towards others as well as one's self (eg, attempted suicide).³ Therefore, these people pose a risk both to themselves and to their environment. It is stated that individuals with borderline personality disorder show their violent behaviors mostly to their partners and it is explained that the major determinant of this situation is their tendency to act impulsively.⁴

Borderline personality disorder is associated with feelings of shame and guilt that are defined as distressing feelings felt as a result of personal mistakes, failures or behaviors contrary to social values.⁵ Shame and guilt, which are seen as moral emotions that prevent negative consequences, may lead to negative consequences such as aggressive behaviors and violence when they are not regulated in a healthy way.⁶ There are studies to indicate both individuals with borderline personality disorder had more reported shame and guilt than healthy controls and those with borderline personality disorders had less reported shame and guilt than healthy controls.⁷

¹ Haydeh Faraji, "Borderline Kişilik Bozukluğunun Ergenlik Döneminde Belirlenmesine Dair Bir Değerlendirme," *OPUS-Uluslararası Toplum Araştırmaları Dergisi* 18, (November 2021): 7139-7166.

² Haydeh Faraji and Kahraman Güler, "Borderline Personality Features and Jealousy Traits in University Students," *Aydın İnsan ve Toplum Dergisi* 7, (2021): 137-153.

³ Faraji, "Borderline Kişilik Bozukluğunun Ergenlik Döneminde Belirlenmesine Dair Bir Değerlendirme," 7139-7166.

⁴ Michelle A. Jackson et al., "Borderline Personality Disorder and Related Constructs as Risk Factors for Intimate Partner Violence Perpetration," *Aggression and Violent Behavior* 24, (Sep-Oct 2015): 95-106, <https://doi.org/10.1016/j.avb.2015.04.015>.

⁵ Ashıhan Ö. Gevrekçi and Okan C. Çırakoğlu, "Suçluluk ve Utanç Duyguları Üzerine Kavramsal, Nöropsikolojik ve Psikopatolojik Bir Derleme," *Türk Psikoloji Yazıları* 20, (2017): 89-105.

⁶ Julie A. Levine and Alison Levine, "The Psychodynamics of Shame and Guilt in Great Expectations," *International Journal of Applied Psychoanalytic Studies* 9, (2012): 62-66.

⁷ Bunchman-Wildbaum et al., "Shame in Borderline Personality Disorder: Meta-Analysis," *Journal of Personality Disorder* 35, (2021): 149-161.

Offence-Related Feelings of Shame and Guilt

Shame and guilt arise as a result of the individual making a mistake or thinking that individual has made a mistake. Therefore, the person must have the knowledge of right and wrong⁸ and the super-ego concept should be developed.⁹ The superego develops in the pregenital period and is formed as a result of internalization of parental and social value judgments. At the point where these value judgments are violated, the most intense feeling is the guilt. In borderline personality disorder, there is no settled and completed superego arising from the problems experienced in the pregenital period, and internalized judgments are prevented from becoming integrated with intense division. Therefore, the feeling of guilt is occasionally reached. However, the feeling of shame, which is a more primitive emotion, is felt more prominently.¹⁰

Offence-related feelings of shame and guilt lead to different results. It has been observed that while offence-related feeling of shame causes difficulty in controlling anger, offence-related guilt increases the ability to control anger. It is pointed out that shame is mostly associated with aggression, antisocial personality traits and psychopathy.¹¹ Antisocial personality traits, physical aggression and criminal behaviors are also important determinants of borderline personality disorder.¹² For this reason, research on borderline personality disorder also focuses on the role of offence-related shame and guilt. Being hypersensitive to rejection and low self-esteem, which are among the symptoms of borderline personality disorder, cause shame to be triggered and aggressive behaviors to be seen. In the light of this information, it is concluded that regulation of shame is a useful intervention for borderline personality disorder.¹³

Attitudes Towards Violence

The World Health Organization (WHO) defines violence as “threats against oneself, another person, a group or community, or the actual or likelihood of resulting in physical force, the deliberate use of force, injury, death, psychological harm, indifference, or deprivation”.¹⁴ Borderline personality disorder is among the high-risk groups in terms of violence because it

⁸ Libing Shen, “The Evolution of Shame and Guilt,” *PLOS ONE* 13, (2018): 1-11.

⁹ Ahmet Ertan Tezcan, *Kendini Gizleyen İnsan* (İstanbul: Nemesis Kitap, 2021), 67.

¹⁰ Otto F. Kernberg, “Borderline Personality Organization,” *J Am Psychoanal Assoc.* 15, (1967): 641-685.

¹¹ June P. Tangney, Jeff Stuewig and Logaina Hafez, “Shame, Guilt, and Remorse: Implications for Offender Populations,” *Journal of Forensic Psychiatry & Psychology* 22, (2011): 706-723, <https://doi.org/10.1080/14789949.2011.617541>.

¹² Dan Wetterborg et al., “Dialectical Behavior Therapy for Men With Borderline Personality Disorder and Antisocial Behavior: A Clinical Trial,” *Journal of Personality Disorders* 34, (2020): 22-39.

¹³ Patrizia Velotti, Carlo Garofalo and Jeff Elison, “Shame and Aggression: Different Trajectories and Implications,” *Aggression and Violent Behavior* 19, (2014): 454-461, <https://doi.org/10.1016/j.avb.2014.04.011>.

¹⁴ Factsheet - Sustainable Development Goals: Health targets,” World Health Organization, accessed March 20, 2022, https://www.euro.who.int/__data/assets/pdf_file/0006/430854/InterpersonalViolenceAcrossTheLife-Course-eng.pdf.

is a personality disorder characterized by difficulties in regulating behavioral and emotional processes.¹⁵

Borderline personality traits cause serious problems for both the person and his/her environment due to difficulties in regulating negative emotions and high risk of violence. It is crucial to find out which borderline personality traits are more associated with feelings of shame and guilt and lead to violence more in order to understand the cause of the negative situations that the person experiences with himself and his surroundings and to come up with solutions for this situation. Aim of the research is to illuminate the above-mentioned points and to examine borderline personality traits, offence-related feelings of shame and guilt and attitudes towards violence by taking them together relationally.

Method

The population of this study consists of young adults between the ages of 18-35. The sample of the study consists of a total of 400 participants, 218 women (54.5%) and 182 men (45.5%) between the ages of 18-35. The ratio of the number of men and women in the sample is very close to each other and all participants voluntarily participated in the study. 54.5% of the participants were female, 45.5% male, 5.8% secondary education (high school), 73.8% undergraduate, 20.5% graduate education level, 21.8% low-income level, 67% moderate income level, 11.3% high income level, 16.5% previous psychiatric diagnosis and 83.5% the state of not having a previous psychiatric diagnosis. The average age of the participants is 24 (SD=74).

The data collection tools used in the study are “Socio-Demographic Information Form”, “Offence-Related Shame and Guilt Scale”, “Attitude towards Violence Scale” and “Borderline Personality Questionnaire”.

Procedure

After the approval of the Social Sciences Ethics Commission of Istanbul Aydın University, numbered 2021/12, numbered E-45379966-050.06.04-32130, the scales were sent to the participants online. In the study, which reached a total of 400 participants, 218 women (54.4%) and 182 (45.5%) men from different cities of Turkey, all of the participants voluntarily participated and filled out survey online. Identity information was not collected in order to protect the privacy rights of the participants. Analysis was started with the data collected from the participants. Pearson Correlation Test was used to investigate the relationship between Borderline Personality Questionnaire, Offence-Related Feelings of Shame and Guilt Scale and Attitudes Towards Violence Scale. One-Way Analysis of Variance (ANOVA) and t-test were used to found out the distinctions between demographic variables. Multiple Regression Analysis was used to observe the mediator role.

¹⁵ Christina E. Newhill, Shaun M. Eack and Edward P. Mulvey, “Violent Behavior in Borderline Personality,” *Journal of Personality Disorders* 23, (2009): 541–554, <https://dx.doi.org/10.1186%2Fs40479-017-0057-5>

Scales Used

Socio-Demographic Information Form (SDIF)

It is the form used to find out the age, gender, education level and income level. The form was prepared by the researcher and the necessary questions were added as a result of the literature review.

Borderline Personality Questionnaire (BPQ)

The validity and reliability study of the scale, which was adapted into Turkish by Samet Köse and M. Hakan Türkçapar (2015), was conducted by Vedat Ceylan in 2016. The scale, which consists of 80 questions in total, consists of two answers as 'True' and 'False' for the participants to answer. The scale consists of a total of 9 dimensions: Impulsivity, Affective Instability, Abandonment, Relationships, Self-image, Suicidal/Self-Mutilating Behavior, Emptiness, Intense Anger, and Quasi Psychotic States. The correlation numbers of these dimensions were found to be 0.50, 0.77, 0.40, 0.68, 0.72, 0.48, 0.73, 0.74, and 0.62, respectively. In the light of the results obtained, it was determined that the Borderline Personality Scale is a valid and reliable measurement tool for determining borderline personality disorder according to the DSM-IV diagnostic criteria.¹⁶

Offence-Related Feelings of Shame and Guilt Scale (ORFSGS)

The scale was developed by Ahmet Akın, Hakan Sarıçam and Mehmet Çardak in 2012. The scale has two sub-dimensions: guilt and shame. The scale includes 10 items in total and there is no reverse coded item. Points are given in the scale according to the sub-dimensions, and an increase in the score indicates that the related emotion also increases in the related dimension. The scale is ranked as "1- Not at all appropriate" and "Totally appropriate" in a 7-point Likert type, and the participants answer the questions according to their situation after they made a mistake or committed a crime. The Cronbach alpha internal consistency reliability coefficient for the whole scale was determined as .80, for the shame subscale .78 and for the guilt subscale as .70. In line with these results, the scale was found to be sufficiently valid and reliable.¹⁷

Attitudes Towards Violence Scale (ATVS)

The scale was developed by Ahmet Akın, Banu Yıldız and Ertan Basha in 2016. The scale has three sub-dimensions: crime and wars, corporal punishment and partner violence. The scale consists of 17 items and is a 7-point Likert type scale, with options ranging from 1 (I strongly disagree) to 7 (I strongly agree). Participants are asked to answer the questions

¹⁶ Vedat Ceylan, "Borderline Kişilik Ölçeği (Türkçe BPQ): Geçerlik, Güvenirliği, Faktör Yapısı" (Master thesis, Hasan Kalyoncu Üniversitesi, 2016), 57-62.

¹⁷ Hakan Sarıçam, Ahmet Akın and Mehmet Çardak, "Hatayla İlişkili Utanç ve Suçluluk Duygusu Ölçeği Türkçe Formunun Geçerlik ve Güvenirlik Çalışması," *Civilacademy Journal of Social Sciences* 10, (2012): 235-247, <https://doi.org/doi:10.13140/RG.2.2.36716.00643>.

by considering the most appropriate option for them. The internal consistency and reliability coefficient for the whole scale was .83, .73 for the crime and punishment subscale, .75 for the corporal punishment subscale, and .81 for the dating violence subscale. All these findings show that the scale is valid and reliable.¹⁸

Analysis and Interpretation of Data

Before starting the analysis, the data collected in the Google Survey was transferred to the SPSS 25 program, and after this process, the analyzes were started. The assumption of normal distribution, which is the first step before starting the analysis, was checked. In this process, the kurtosis and skewness values of the scale and subscales were checked for the normal distribution. These values being in the reference range of -2 +2 provides a normal distribution.

Results

Additional Table 1. Skewness and Kurtosis Values of Offence-Related Feeling of Shame and Guilt Scale, Borderline Personality Questionnaire, and Attitudes Towards Violence Scale

	Skewness	Kurtosis
Guilt	-0.271	-0.705
Shame	0.002	-0.874
Attitudes Towards Violence Scale	1.042	0.175
Crime and Wars	0.392	-0.960
Corporal Punishment	1.353	0.608
Partner Violence	1.350	0.647
Borderline Personality Questionnaire	0.582	-0.487
Impulsivity	1.002	0.444
Affective Instability	0.156	-1.110
Abandonment	0.929	-0.023
Relationships	0.522	-0.765
Self-Image	0.832	-0.460
Suicide and Self-Mutilation	1.357	0.940
Emptiness	0.463	-0.998
Intense Anger	0.595	-0.897
Quasi Psychotic States	0.594	-0.673

When the the values examined, the kurtosis and skewness values of the scale and its sub-dimensions are within the reference range. Offence-Related Feelings of Shame and Guilt Scale, Borderline Personality Questionnaire, and Attitudes Towards Violence Scale were correlated

¹⁸ Ahmet Akın, Banu Yıldız and Ertan Basha, "Şiddete Yönelik Tutum Ölçeğinin Türkçe Versiyonunun Geçerlik ve Güvenirliği." *Route Educational and Social Science Journal* 3, (2016): 53-61.

with each other by using Pearson Correlation analysis. Whether the Attitudes Towards Scale Scale differs significantly according to demographic variables, predictiveness using Multiple Regression Analysis and mediator role analysis with PROCESS 3.5 are examined. The p value to be referenced is 0.05 and the confidence interval value is 95%.

Additional Table 2. Descriptive Values of Offence-Related Feelings of Shame and Guilt Scale, Borderline Personality Questionnaire, and Attitudes Towards Violence Scale

	<i>n</i>	<i>Min</i>	<i>Max</i>	\bar{X}	<i>Sd.</i>
Guilt	400	5	35	21,99	7,05
Shame	400	5	35	19,78	7,95
Attitudes Towards Violence Scale	400	17	104	46,33	23,90
Crime and Wars	400	7	49	23,90	10,65
Corporal Punishment	400	6	40	13,40	9,64
Partner Violence	400	3	28	9,04	6,42
Borderline Personality Questionnaire	400	1	69	26,11	16,18
Impulsivity	400	0	9	2,04	2,02
Affective Instability	400	0	10	4,37	2,74
Abandonment	400	0	10	2,89	2,43
Relationships	400	0	8	3,05	2,37
Self- Image	400	0	9	2,67	2,61
Suicide and Self-Mutilation	400	0	7	1,25	1,75
Emptiness	400	0	10	4,00	2,96
Intense Anger	400	0	10	3,45	2,95
Quasi Psychotic States	400	0	7	2,40	1,96

Guilt mean ($\bar{X}=21.99$, $SD=7.05$), *Shame mean* ($\bar{X}=19.78$, $SD=7.95$), *Attitudes Towards Violence Scale mean* ($\bar{X}=46.33$, $SD=23.90$), *Crime and Wars mean* ($\bar{X}=23.90$, $SD=10.65$), *Corporal Punishment mean* ($\bar{X}=13.40$, $SD=9.64$), *Partner Violence mean* ($\bar{X}=9.04$, $SD=6.42$), *Borderline Personality Questionnaire mean* ($\bar{X}=26.11$, $SD=16.18$), *Impulsivity mean* ($\bar{X}=2.04$, $SD=2.02$), *Affect Instability mean* ($\bar{X}=4.37$, $SD=2.74$), *Abandonment mean* ($\bar{X}=2.89$, $SD=2.43$), *Relationships mean* ($\bar{X}=3.05$, $S=2.37$), *Self-Image mean* ($\bar{X}=2.67$, $SD= 2.61$), *Suicide and Self-Mutilation mean* ($\bar{X}=1.25$, $SD=1.75$), *Emptiness mean* ($\bar{X}=4.00$, $SD=2.96$), *Intense Anger mean* ($\bar{X}=3.45$, $SD=2.95$), *Quasi Psychotic States mean* ($\bar{X}=2.40$, $SD=1.96$).

Additional Table 3. The Relationship Between Offence-Related Feelings of Shame and Guilt Scale, Borderline Personality Questionnaire, and Attitudes Towards Violence Scale

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1-Guilt	1															
2-Shame	.696**	1														
3-Attitudes Towards Violence Scale	-.192**	-.220**	1													
4-Crime and Wars	-.166**	-.175**	.874**	1												
5-Corporal Punishment	-.169**	-.199**	.919**	.642**	1											
6-Partner Violence	-.184**	-.228**	.893**	.629**	.852**	1										
7-Borderline Personality Questionnaire	-0.016	.191**	.203**	.131**	.213**	.218**	1									
8-Impulsivity	-.245**	-.123*	.253**	.214**	.222**	.252**	.580**	1								
9-Affective Instability	0.056	.225**	.098*	0.037	.135**	.101*	.821**	.391**	1							
10-Abandonment	0.009	.162**	.180**	.130**	.179**	.186**	.841**	.418**	.623**	1						
11-Relationships	-0.038	.107*	.154**	.110*	.145**	.173**	.748**	.320**	.563**	.680**	1					
12-Self-Image	.126*	.327**	.117*	0.059	.138**	.131**	.778**	.285**	.605**	.651**	.516**	1				
13-Suicide and Self-Mutilation	-.132**	-0.002	.210**	.161**	.200**	.216**	.670**	.467**	.452**	.542**	.431**	.414**	1			
14-Emptiness	.134**	.325**	0.027	-0.015	0.050	0.051	.818**	.321**	.672**	.687**	.529**	.787**	.402**	1		
15-Intense Fear	-0.055	.106*	.208**	.124*	.237**	.212**	.749**	.465**	.593**	.498**	.486**	.453**	.514**	.500**	1	
16-Quasi Psychotic States	-0.093	-0.023	.169**	.126*	.147**	.198**	.571**	.333**	.406**	.444**	.406**	.282**	.412**	.326**	.355**	1

***p*<0.01 **p*<0.05 Test used: Pearson Correlation Test

There are weak and negative relationship between Attitudes Towards Violence and Shame ($r=-.220, p<0.01$), weak and negative relationship between Partner Violence and Shame ($r=-.228, p<0.01$). There are weak and positive relationship between Impulsivity and Shame ($r=-.123, p<0.01$). There are weak and positive relationship between Impulsivity and Partner Violence ($r=.252, p<0.01$).

Additional Table 4. Predicting Attitudes Towards Violence by Borderline Personality Traits

	B	SE	β	t	p
(Constant)	39.53	1.67		23.65	0.000*
Impulsivity	2.34	0.65	0.20	3.62	0.000*
Suicide and Self-Mutilation	1.62	0.75	0.12	2.17	0.031*
R=.27 R ² =.07					
F=16.04 p=0.000					

* $p<0.05$ Test used: Multiple Linear Regression Analysis; Stepwise Method

Impulsivity and suicidal/self-harming behavior were found to predict attitudes towards violence ($R=.27, R^2=.07, p<0.05$). It was determined that the independent variables in the established regression model explained 7% of the change in attitudes towards violence. Ranking according to beta value; impulsivity ($\beta=.20$), suicide/self-mutilation behavior ($\beta=.12$). It has been determined that impulsivity and suicidal/self-harming behavior have a positive effect. According to the findings, it was determined that the variable that most explains the attitudes towards violence is impulsivity.

Additional Table 5. Mediator Role of Shame in Predicting Partner Violence of Impulsivity

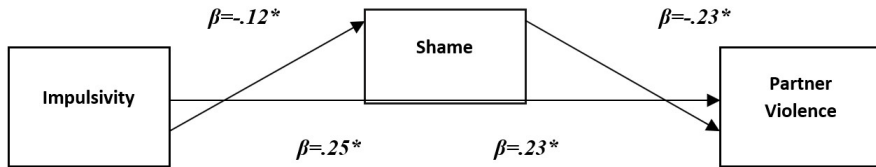
Model	R	R²	B	SE	β	t	p	Lower Bound	Upper Bound	
1	(Constant)	.25	.06	7.40	0.44		16.71	0.000*	6.53	8.27
	Impulsivity			0.80	0.15	0.25	5.19	0.000*	0.50	1.10
2	(Constant)	.32	.10	10.75	0.91		11.77	0.000*	8.95	12.54
	Impulsivity			0.72	0.15	0.23	4.75	0.000*	0.42	1.02
	Shame			-0.16	0.04	-0.20	-4.17	0.000*	-0.24	-0.09
Undirect Total Effect (Mediator)			0.11	0.04				0.04	0.18	

* $p<0.05$ Test used: PROCESS Macro 3.5

When the findings were checked, it was seen that the Impulsivity score explained 6% of the variance in the Partner Violence score in the first stage of the model. Shame was added to the model in the second step. Impulsivity and Shame independent variables were observed to explain 10% of the variance in the Partner Violence score. With the addition of the second Shame variable, the beta value of the Impulsivity variable decreased from .25 to .23. The lower and upper limit values of the indirect total effect of this difference in Beta value with

the Bootstrapping method were found to be significant because they did not contain zero. According to this result, it was determined that there was partial mediation.

Additional Figure 1. Beta Values of the Mediator Role of Shame in Predicting Partner Violence of Impulsivity



* $p < 0.05$

Comparison of Offence-Related Feelings of Shame and Guilt Scale, Attitudes Towards Violence Scale, and Borderline Personality Questionnaire by Gender with Independent Samples T-Test

Guilt subscale ($t(398)=2.07, Sd.=398, p<0.05$), Shame subscale ($t(398)=2.39, Sd.=398, p<0.05$), Affective Instability subscale ($t(398)=2.80, Sd.=398, p<0.05$), a significant difference was found between the averages when the scores obtained were compared in terms of gender. When the results were evaluated, it is seen that women score higher than men.

The scores obtained from the Crime and Wars subscale ($t(398)=-2.52, Sd.=398, p<0.05$) and the Impulsivity subscale ($t(398)=-4.60, Sd.=398, p<0.05$) were obtained. When the scores were compared according to gender, a significant difference was found between the averages. When the results were evaluated, it is seen that men score higher than women.

When the scores obtained from the Attitudes Towards Violence Scale, Corporal Punishment, Partner Violence, Borderline Personality Questionnaire, Abandonment, Relationships, Self-Image, Suicidal and Self-Mutilation Behavior, Emptiness, Intense Anger, and Quasi Psychotic States sub-scale were compared, there is no significant difference between the averages according to gender ($p>0.05$).

Comparison of Offence-Related Feelings of Shame and Guilt Scale, Attitudes Towards Violence Scale and Borderline Personality Questionnaire by Education and Income Level with One-Way Analysis of Variance (ANOVA)

When the scores obtained from the Borderline Personality Questionnaire were compared ($F(2.473)=16.92, p<0.05$) by One-Way Analysis of Variance (ANOVA) according to education level, a significant difference was found between the averages. It was determined by Levene's test that group variances were not homogeneously distributed ($p>0.05$). When the Games-Howell test findings were analyzed, it was determined that those who graduated from secondary education (high school) had a higher average than those with a graduate level.

When the scores obtained from the Borderline Personality Questionnaire were compared ($F(2,397)=6.01, p<0.05$) by One-Way Analysis of Variance (ANOVA) according to income level, a significant difference was found between the averages. It was determined by Levene's test that group variances were homogeneously distributed ($p>0.05$). When Tukey analyzed the findings, it was found that those with low income had a higher mean than those with high and medium income.

Discussion

According to the study, as affective instability, fear of abandonment, deterioration in relationships, sense of emptiness, self-image and intense anger increase, shame increase, on the other hand, as impulsivity increase, shame decrease. In addition, as self-image and emptiness increase, guilt increase; as impulsivity and suicide and self-mutilation increase, guilt decrease. These findings confirm Scott et al's¹⁹ assertions about borderline personality disorder and feelings of shame and guilt. According to Scott et al²⁰, there are relationships between borderline personality disorder symptoms (efforts to avoid abandonment, unstable relationships, identity disturbance, impulsivity, suicide/self-harm behaviour, affective instability, chronic emptiness, intense anger and paranoid/dissociative) and proneness to both shame and guilt. Recent studies also indicate that maladaptive shame and guilt are related to borderline personality traits.^{21, 22, 23}

Another result shows that as all sub-dimensions of borderline personality traits except emptiness increase, the attitude towards violence increase. Importantly, as impulsivity and suicide/self-mutilation increase, the attitude towards violence increase the most. In the literature, it has been stated that traits such as impulsivity, intense anger, self-harming behavior and deterioration in self-image greatly increase the attitude towards violence.^{24, 25, 26} According to the findings of the study, it is notable that the relationship between impulsivity and attitude

¹⁹ Lori N. Scott et al., "Daily Shame and Hostile Irritability in Adolescent Girls With Borderline Personality Disorder Symptoms." *Personality Disorders: Theory, Research and Treatment* 6, (2015): 53-63, <http://doi.org/10.1037/per0000107>

²⁰ Scott et al., "Daily Shame," 53.

²¹ Jacob Goffnett, Janet M. Liechty and Emma Kidder, "Interventions to Reduce Shame: A Systematic Review," *Journal of Behavioral and Cognitive Therapy* 30, (2020): 141-160, <https://doi.org/10.1016/j.jbct.2020.03.001>.

²² Tzipi Buchman-Wildbaum et al., "Shame in Borderline Personality Disorder: Meta-analysis," *Journal of Personality Disorders* 35, (2021): 149-16, https://doi.org/10.1521/pedi_2021_35_515.

²³ Erin A. Kaufman and Brianna Meddaoui, "Identity Pathology and Borderline Personality Disorder: An Empirical Overview," *Current Opinion in Psychology* 37, (2021): 82-88.

²⁴ Rafael A. Gonzalez et al., "Borderline Personality Disorder and Violence in the UK Population: Categorical and Dimensional Trait Assessment," *BMC Psychiatry* 16, (2016): 180-190.

²⁵ Thomas C. Harford et al., "Borderline Personality Disorder and Violence Toward Self and Others: A National Study," *Journal of Personality Disorders* 33, (2019): 653-670.

²⁶ Jaydip Sarkar, "Borderline Personality Disorder and Violence," *Australasian Psychiatry* 27, (2019): 578-580.

towards violence is higher than the other sub-titles. The literature explains this situation as aggression increases as the tendency to impulsivity increases.^{27, 28, 29}

Negative relationship was found between shame and all dimensions of attitude towards violence. While some studies in the literature support this,^{30, 31, 32} others argue that there is an inverse relationship.^{33, 34} Literature has not been able to build consensus. Scheff (2018) explains this differentiation like that shame does not directly result in violence. Shame from sensitivity to abandonment increases violence.³⁵ In this direction, the study also determined that the sensitivity of abandonment can lead to violence.

In the current study, impulsivity was found to have a negative relationship with shame. This means that as impulsivity increase, shame decrease. In the literature, on the contrary, it has been found that shame plays a role in motivating impulsivity and this situation increases the possibility of risky behavior such as partner violence.^{36, 37} The important point to consider here is that shame is an adaptive and beneficial emotion when it can be regulated. However, it cannot be regulated in a healthy way, it can increase impulsivity and lead to negative consequences.

The study showed that there is a negative relationship between offence-related feeling of guilt and all subscales of attitude towards violence. This means that as attitudes towards violence increase, guilt decrease. In the literature, offence-related feeling of guilt is explained by reducing violence, preventing people from displaying physical or verbal aggressive behaviors due to its ability to encourage taking responsibility for one's mistakes and avoiding blaming others.^{38, 39, 40}

²⁷Jaydip Sarkar, "Borderline Personality Disorder and Violence," 578–580.

²⁸ Jan Volavka, "Comorbid Personality Disorders and Violent Behavior in Psychotic Patients," *Psychiatric Quarterly* 85, (2014): 65–78

²⁹ Marialuisa Cavelti et al., "Borderline Personality Disorder Diagnosis and Symptoms in Outpatient Youth as Risk Factors for Criminal Offenses and Interpersonal Violence," *Journal of Personality Disorders* 35, (2021): 23–37.

³⁰ Dennis Balcom, "Shame and Violence," *Journal of Independent Social Work* 5, (1991): 165–18.

³¹ Michael Lewis, *The Exposed Self* (New York: NY: Simon and Schuster, 1995), 2–39.

³² Gina Troisi, "Measuring Intimate Partner Violence and Traumatic Affect: Development of Vita, an Italian Scale," *Frontiers in Psychology* 9, (2018): 1282–1295.

³³ Leanne M. Tigert, "The Power of Shame," *Women & Therapy* 23, (2001): 73–85.

³⁴ Krista K. Thomason, "Shame, Violence, and Morality," *Philosophy and Phenomenological Research* 9, (2014): 1–24.

³⁵ Thomas J. Scheff, Reginald Daniel and Joseph Sterphone, "Shame and a Theory of War and Violence," *Aggression and Violent Behavior* 39, (2018): 109–115.

³⁶ Patrizia Velotti, Carlo Garofalo and Jeff Elison, "Shame and Aggression," 454–461.

³⁷ Helen Sanchez, D Angus Clark and Sherece A Fields, "The Relationship between Impulsivity and Shame and Guilt Proneness on the Prediction of Internalizing and Externalizing Behaviors," *Heliyon* 5, (2019): e02746-, <https://doi.org/10.1016/j.heliyon.2019.e02746>.

³⁸ Ilona de Hooge, "The Exemplary Social Emotion Guilt: Not so Relationship-Oriented When Another Person Repairs for You," *Cognition & Emotion* 26, (2012): 1189–1207.

³⁹ June P. Tangney, Jeffrey Stuewig and Andres G. Martinez, "Two Faces of Shame," *Psychological Science* 25, (2014): 799–805, <https://doi.org/10.1177%2F0956797613508790>.

⁴⁰ Sinem Söylemez, Mehmet Koyuncu and Sonia Amado, "Utanç ve Suçluluk Duygularının Bilişsel Psikoloji

Considering the differences between the genders of borderline characteristics, it was concluded that affective Instability is more common in women, and impulsivity is more common in men. The literature also confirms this study. In the study of Faraji⁴¹ with female participants, it was determined that the participants had high difficulty in affective instability. At the same time, Paris⁴² determined in his study that affective instability is more common in women and impulsivity in men. Silberschmidt et al. found that women show more deterioration in interpersonal relations due to affective instability, while men show antisocial tendencies such as suicide attempts and self-harming behaviors.⁴³ The literature explained the reasons for this difference as cultural differences, the differentiation of parenting style according to gender, and the use of alcohol/substances by men more than women.⁴⁴

In line with the data obtained, it was determined that borderline personality traits vary according to education level and are higher at secondary education (high school) level. While some studies in the literature support this,^{45, 46} some studies^{47, 48, 49} suggest that there is no relationship between borderline personality traits and education level. Considering that education is closely related to the moral development process and that moral development has aspects on personality characteristics, it is thought that education level will have differentiation on borderline personality traits.

Low-income level is a risk factor for many mental disorders as well as borderline personality disorder. Low-income problems such as exposure to stressful life events, problematic parental behaviors, poor access to school, and having problematic peers are closely associated with borderline personality disorder.⁵⁰ In this context, analyses have determined that there is a

Kapsamında Değerlendirilmesi,” *Psikoloji Çalışmaları* 38, (2018): 259–288, <https://doi.org/10.26650/SP2018-0021>

⁴¹ Haydeh Faraji, “Borderline Kişilik Bozukluğunda Duygu Düzenleme ve İlk Nesne İlişkileri ile Ruhsal İşleyişin Rorschach Testindeki Görünümü,” (Thesis, Doğuş Üniversitesi, 2020), 80-114.

⁴² Joel Paris, “Is Hospitalization Useful for Suicidal Patients with Borderline Personality Disorder?” *Journal of Personality Disorders* 18, (2004): 240–247.

⁴³ Amy Silberschmidt et al., “Gender Differences in Borderline Personality Disorder: Results from a Multinational, Clinical Trial Sample,” *Journal of Personality Disorders* 29, (2015): 828–838.

⁴⁴ Randy A. Sansone and Lori A. Sansone, “Gender Patterns in Borderline Personality Disorder,” *Innovations in Clinical Neuroscience* 8, (2011): 16–20.

⁴⁵ Sheila A. Miller and Nancy C. Davenport, “Increasing Staff Knowledge of and Improving Attitudes toward Patients with Borderline Personality Disorder,” *Psychiatric Services* 47, (1996): 533-535.

⁴⁶ Joel Paris, “Borderline Personality Disorder,” *Canadian Medical Association Journal* 172, (2005): 1579–1583.

⁴⁷ Scott Snyder et al., “Demography of Psychiatric Patients with Borderline Personality Traits,” *Psychopathology* 18, (1985): 38–49.

⁴⁸ Sabine Wolff et al., “Emotion Identification and Tension in Female Patients with Borderline Personality Disorder,” *British Journal of Clinical Psychology* 46, (2007): 347–360.

⁴⁹ Eric A. Fertuck, Esen Karan and Barbara Stanley, “The Specificity of Mental Pain in Borderline Personality Disorder Compared to Depressive Disorders and Healthy Controls,” *Borderline Personality Disorder and Emotion Dysregulation* 3, (2016): 2-10.

⁵⁰ Patricia Cohen et al., “Socioeconomic Background and the Developmental Course of Schizotypal and Borderline Personality Disorder Symptoms,” *Development and Psychopathology* 20, (2008): 633–650.

significant relationship between borderline personality traits and low economic level. The literature also supports the findings.⁵¹ The contribution of current research to the literature is that abandonment, deterioration in interpersonal relationships, suicide/self-mutilation, and feelings of emptiness are more related to low economic income.

Conclusion

The current study indicates that as borderline personality traits such as affective instability, abandonment, deterioration in relationships, self-image, emptiness and intense fear increase, shame increases as impulsivity increase shame decrease. While self-image and emptiness of borderline personality traits increase, guilt increase, impulsivity and suicide and self-mutilation increase, guilt decrease. In addition, as all of the borderline personality traits except emptiness, with the highest rate of impulsivity and suicidal/self-harming behaviors increase, attitude towards violence increase. Another finding shows that as attitudes towards violence increase, both shame and guilt decrease. When the relationship between demographic characteristics and borderline personality traits are examined, affective instability in women and impulsivity in men were more common. Concurrently, borderline personality traits were found to be associated with low education level and low-income level.

Main limitation of the study is the problem in the structure of the sample. First of all, it is seen that individuals with secondary education, undergraduate and graduate degrees are not equally distributed in the sample of the research. It was determined that the same problem was valid for the demographic characteristics of income level and previous psychiatric diagnosis. The majority of the participants have middle-income and not been diagnosed with a psychiatric disorder before.

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⁵¹ Robert H. Bradley and Robert F. Corwyn, “Socioeconomic Status and Child Development,” *Annual Review of Psychology* 53, (2002): 371–399.

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