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PSYCHOLOGY**

**AN INVESTIGATION INTO THE INTERGENERATIONAL TRANSMISSION
OF PSYCHOLOGICAL INTIMATE PARTNER VIOLENCE**

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

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ABSTRACT

AN INVESTIGATION INTO THE INTERGENERATIONAL TRANSMISSION OF PSYCHOLOGICAL INTIMATE PARTNER VIOLENCE

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The main aim of the current thesis was to investigate psychosocial factors surrounding psychological intimate partner violence and its intergenerational transmission among young women. Accordingly, the experiences of young women exposed to psychological violence from their intimate partners and whose mothers were also subjected to psychological violence were examined from a clinical psychology perspective. A qualitative study was conducted to achieve this aim. Semi-structured interviews were conducted with seven young women, and obtained data were analyzed through Interpretative Phenomenological Analysis (IPA). Results suggested six super-ordinate themes across seven cases. These superordinate themes were (1) Simultaneous presence of physical and psychological abuse, (2) “Feeling trapped”: Gradual depletion of psychosocial resources as a consequence of psychological violence, (3) Self-harming as a self-defense, (4) “Better than my father”: Preference for love and commitment over safety, (5) Possible routes of intergenerational transmission of violence, (6) Need for empowering

mental health services. Findings were discussed in relation to literature with particular suggestions for psychosocial prevention and intervention programs.

Keywords: Psychological Intimate Partner Violence, Intergenerational Transmission of Psychological Intimate Partner Violence, Witnessing Psychological Domestic Violence, Interpretive Phenomenological Analysis



ÖZET

PSİKOLOJİK YAKIN PARTNER ŞİDDETİNİN KUŞAKLARARASI AKTARIMININ İNCELENMESİ

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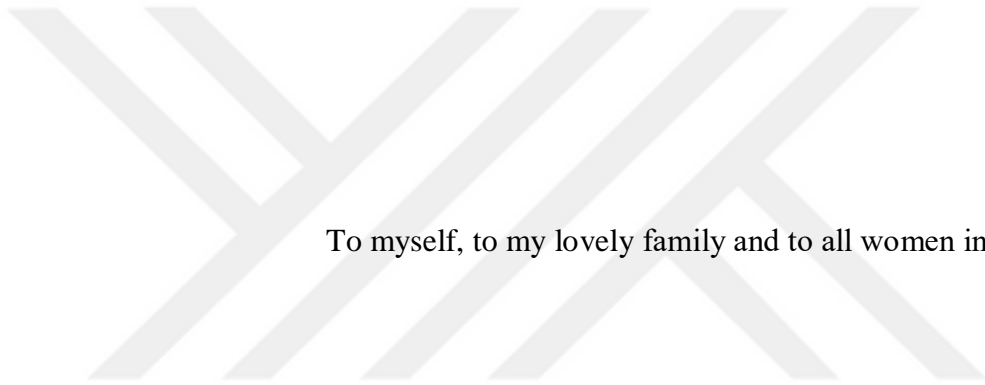
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Mevcut tezin temel amacı, psikolojik yakın partner şiddetini ve bu şiddet tipinin nesiller arası aktarımını çevreleyen psikososyal faktörleri derinlemesine incelemektir. Bu bağlamda, hem kendileri hem de anneleri yakın ilişkide oldukları partnerleri tarafından psikolojik şiddete maruz kalan genç kadınların deneyimleri klinik psikoloji perspektifi açısından derinlemesine incelenmiştir. Bu amaca ulaşmak için nitel bir araştırma yapılmıştır. Yakın partneri tarafından psikolojik şiddete maruz kalmış yedi genç kadınla yarı yapılandırılmış görüşmeler gerçekleştirilmiştir ve elde edilen veriler Yorumlayıcı Fenomenolojik Analiz (IPA) ile analiz edilmiştir. Bu analizler sonucunda altı üst düzey tema ortaya çıkmıştır. Bu üst temalar (1) Psikolojik ve fiziksel şiddetin eş zamanlı deneyimlenmesi (2) “Kapana sıkışmış hissetmek”: Psikolojik şiddet sonucunda psikososyal kaynakların giderek tükenmesi, (3) Bir kendini savunma biçimi olarak kendine zarar verme, (4) “Babamdan daha iyi”: Güvenlik yerine aşk ve bağlılığı tercih etme, (5) “Benim gibisin”: Şiddete maruz kalan ve şiddeti uygulayan kişiler ile aynı anda

özdeşleşme, ve (6) Ruh sağlığı hizmetlerini güçlendirme ihtiyacı'dır. Elde edilen sonuçlar ilgili literatür, ve önleme ile müdahale programlarına ilişkin öneriler çerçevesinde tartışılmıştır.

Anahtar Kelimeler: Psikolojik Partner Şiddeti, Psikolojik Yakın Partner Şiddetinin Kuşaklararası Aktarımı, Psikolojik Aile İçi Şiddete Tanıklık, Yorumlayıcı Fenomenolojik Analiz





To myself, to my lovely family and to all women in the world...

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CHAPTER 1

INTRODUCTION

Violence is defined as “the intentional use of physical force or power, threatened or actual, against oneself, another person, or against a group or community, that either results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation.” (Cinal, 2018; World Health Organization, 2002, p. 4). Any individual can be either directly or indirectly exposed to different forms of violence regardless of language, religion, ethnicity, culture, gender, age, SES, education level, and occupation (İbiloğlu, 2012; Cinal, 2018; Shakoor et al., 2020). According to the World Health Organization (WHO) interpersonal violence mainly refers to the perpetration of violence in the relational contexts (Bal, 2014; Cinal, 2018). Unfortunately, amongst others, the most common type of interpersonal violence is the male violence performed against women and children (Altınay & Arat, 2008; Sánchez-Prada et al., 2020; Page & İnce, 2008). Although the male perpetrator can be anyone (Jansen et al. 2009), most of the time he is someone with whom the woman or child has an intimate relation (e.g., father, brother, spouse, or romantic partner). Perpetrators are known to use violence to control, force, pressurize, and punish women. In that sense, violence against women is completely contrary to human rights grounded on gender-based discriminatory attitudes and behaviors (Abramsky et al., 2011; Altınay & Arat, 2008; Laskey et al., 2019; Lövestad et al., 2017; Özdemir, 2013; Trabold et al., 2020; Yıldırım et al., 2013).

There are various subtypes of violence against women including physical, sexual, psychological, social, digital, and economic violence. Being the most common type of violence across the world (Rogers & Follingstad, 2014) and in Turkey (Şahin, 2018), psychological violence refers to the several implicit and explicit acts such as ignoring, threatening, humiliating, ridiculing, dismissing, acting insensitive, limiting social relations, criticizing, and envying that would cause women to feel worthless and inadequate (Follingstad, 2011; Levendosky et al., 2006; Orpinas et al., 2012; Duman, 2019; Ersanlı et al., 2013; Foshee, 1996; Renner, 2009). Nevertheless, despite its prevalence and negative impacts on mental health, it is still not as visible as physical and/or sexual violence due to its complex and more implicit nature (Bal, 2014; Duman, 2019; Foshee, 1996; Kelly, 2004; Rogers & Follingstad, 2014; Shepherd-McMullen et al., 2015; Zorrilla et al., 2009).

Previous research has consistently highlighted that violence runs in families across generations (Laporte et al., 2009; Smith et al., 2011). Although theoretical frameworks differ, these findings agreed upon that intergenerational transmission of perpetration and/or victimization due to maltreatment is quite common (Antle et al., 2019; Shakoor et al., 2020; Valgardson & Schwartz, 2019). Nevertheless, existing research usually examined the familial dynamics in the context of physical and sexual violence (Malathesh, et al., 2020; Widom, & Wilson, 2014), while very little attention has been paid to delineate factors maintaining psychological violence cycle among family members. Moreover, the issue of psychological violence has been mostly studied from feminist and gender role perspectives focusing on the societal factors maintaining and strengthening gender role discrepancies (Capezza et al., 2021; Citarella, & Mueller, 2015; DeHart et al., 2010). Nevertheless, personal and familial factors that might be shaping the process of intergenerational transmission of psychological abuse need to be addressed in the clinical psychology literature to develop psychosocial strategies aiming to break the cycle of violence victimization across generations. Although there are several intervention and prevention programs fighting with the gender-based discrimination at societal level (Bott et al., 2005; Nabukeera, 2021), complimentary clinical components are also necessary to empower women psychologically at the individual level. Accordingly, the main aim of the current research was to explore psychological violence experiences of young women in romantic relations, whose mothers were also subjected to psychological abuse by their fathers. We purposefully endorsed a clinical psychology perspective to investigate individual and familial dynamics surrounding familial transmission of psychological violence victimization to provide a preliminary ground for future studies.

1.1. Psychological Intimate Partner Violence

The most common type of violence against women is known as intimate partner violence (Dugal, et al., 2018; Lövestad et al., 2017; Sánchez-Prada et al., 2020). Intimate partner violence (IPV) is defined as “Behaviors that cause physical, sexual or mental harm, including acts of physical assault in intimate relationships, sexual coercion, mental abuse, and control behaviors” (WHO, 2010). IPV is a type of interpersonal violence, and often addressed within the context of domestic relations. However, violence occurs not only in marriage but also during the premarital process, or in any kind of romantic relation

(Cinal, 2018; Moreno-Manso et al., 2014). Therefore, the term IPV is considered more inclusive than domestic violence as it includes acts of violence during dating, engagement, break up, marriage, divorce, and post-divorce periods (Corvo, 2019; Esquivel-Santoveña et al., 2013; Kılıç, 2020; Shakoor et al., 2020). In fact, IPV is known to be experienced by both women and men (Giordano et al., 2010; Orpinas et al., 2012). Still, men are the main perpetrators leading to disproportionate victimization among women (Ismail et al., 2007; Simmons et al., 2015; Şahin, 2018). IPV causes the restriction of women's individual rights resulting in harmful impacts on psychological well-being (Abramsky et al., 2011; Lövestad et al., 2017; Trabold et al., 2020). Women from all over the world are exposed to IPV at a frequent and recurrent base (Laskey et al., 2019). As stated, it is systematically and repeatedly exerted by men with whom women have an intimate relationship. In addition, the frequency and severity of violence usually escalates over time. Even when the relationship ends, male actors can continue to engage in IPV against women for several reasons (e.g., reversing the breakup process, revenge etc.) Consequently, termination of the relationship is not always sufficient to stop partner violence in intimate contexts (Cochran et al., 2011).

Amongst others, psychological violence is the most common type of intimate partner violence posing a serious psychosocial problem both in Turkey and around the world (Carney & Barner, 2012; Ersoy et al., 2017). It has been well-established that almost one out of two women is exposed to psychological violence at some stages of their life (Boyacıoğlu et al., 2019; Ersoy et al., 2017; Rogers & Follingstad, 2014; UN Women, 2009; Yüksel-Kaptanoğlu & Çavlin, 2015). Psychological violence is defined as over-controlling or devaluing acts, the strategies of which are not as explicit as the ones used in the perpetration of physical violence (Jordan, Campbell, & Follingstad, 2010; Shepherd-McMullen et al., 2014). Accordingly, men exerting psychological violence exhibit certain attitudes and behaviors that cause women to feel inadequate, powerless, and dependent upon their male partners (Abowitz et al., 2010; Loke et al., 2012). Some examples of this violence include but not limited to intimidation, restriction of freedom and social relations, and prevention of access to help and support networks (Carney & Barner, 2012; Ersoy et al., 2017; Laskey et al., 2019; Shepherd-McMullen et al., 2015). Men also exhibit suspicious, jealous, oppressive, critical, threatening, sarcastic, negligent,

and humiliating behaviors towards their intimate partners. They insult women's personality, intelligence, physical appearance, professions, families, and friends (Carney & Barner, 2012; Ersoy et al., 2017; Loke et al., 2012). Psychological violence may also be manifested in the form of symbolic violence. That is, it can occur through inflicting indirect pain upon women by hurting their loved ones, pets, and properties (Carney & Barner, 2012; Duman, 2019; Faver, & Strand, 2007; Karakurt, & Silver, 2013; Moreno-Manso et al., 2014). Unfortunately, all these acts lead women to feel that they have lost their value, reputation, and position in the society (Carney & Barner, 2012; Kelly, 2004; Şahin, 2018). On the other hand, men establish more authority and control over their intimate partner, strengthening their already privileged position (Boyacıoğlu et al., 2019; Karakurt, & Silver, 2013; Laskey et al., 2019).

1.2. Psychosocial Impacts of Psychological Partner Violence

Gender-based violence against women is a serious public health problem in all societies. It causes physical, sexual, psychological, social, and economic damage to both women and children (Barros-Gomes et al., 2016; Devries et al., 2014; Sánchez-Prada et al., 2020; Karakurt et al., 2014; Loke et al., 2012; Trabold et al., 2020; WHO, 2002; Williams, & Adams-Rueda, 2020). It is known women suffer from several mental health problems such as anxiety, depression, obsessive-compulsive disorder, post-traumatic stress disorder, and somatization because of the violence they have been exposed to (Abel & Warburton, 2006; Ahmadzad-Asl et al., 2016; Barros-Gomes et al., 2016; Rogers & Follingstad, 2014). As a matter of fact, some women not having the necessary resources to deal with the situation even think of committing suicide, and sometimes actualize this idea to terminate the violence cycle (Loke et al., 2012; Rogers & Follingstad, 2014). Their smoking, alcohol, and drug consumption also increase in addition to the problems related to the loss of appetite and sleep quality (Blasco-Ros et al., 2014; Díez, 2009; Pigeon et al., 2011; Walker et al., 2011). Even when the violent relationship has ended, women still bear the traces of the violence they have been exposed to for many years, and some of them have difficulty to trust another intimate partner later (Ismail et al., 2007; Shakoor et al., 2020; WHO, 2005 Williams, & Adams-Rueda, 2020). Although receiving social support is a protective factor (Coker et al., 2002; Rodriguez, 2011), many women are reluctant to seek help because they are isolated by their partners or ashamed of their

problems. Others avoid seeking help in order not to create a threat for their loved ones, as well (Karakurt et al., 2014; Şahin, 2018).

Unfortunately, the impacts of violence victimization are anciently measured by the severity of the physical damage, while the harm caused by psychological violence is usually underestimated (Ersoy et al., 2017; Kelly, 2004). On the other hand, several studies have indicated that psychological violence can be more detrimental to mental health than physical violence due to its more chronic and implicit nature (Carlson et al., 2003; Cinal, 2018; Faver & Strand, 2007; Follingstad, 2009; WHO, 2005). There are several reasons explaining the relative lack of attention regarding the consequences of psychological violence. Firstly, the definition of psychological violence lacks conceptual clarity (Diane, 2007; Follingstad, 2007). In the past, psychological violence has been perceived as a natural extension of physical violence. Yet, researchers recently treat it as a separate form of maltreatment since violence still occurs in the absence of explicit aggressive acts in intimate relationships (Basile et al., 2004; Parsons et al., 2020). Secondly, consequences are usually emotional in psychological maltreatment which make the identification of this type of violence more difficult (Basile et al., 2004; Diane, 2007; Follingstad, 2007; Parsons et al., 2020). In fact, even victims themselves might unnotice psychologically abusive acts of their partners since such acts might be interpreted as expression of love, loyalty, and commitment (Borochowitz, & Eisikovits, 2002; Wood, 2001). Nevertheless, if the impacts of psychological violence are not recognized at personal and societal level, violent relationships are maintained or even strengthened without intervention, resulting in psychological partner violence to be passed on across different generations (Doğrucan, & Yildırım, 2020; Rodriguez, 2011).

1.3. Intergenerational Transmission of Intimate Partner Violence

There are some identified pathways explaining the maintenance of violence cycle in intimate relationships. One of these pathways is related with the intergenerational transmission of violence from one generation to another. Existing studies have pointed out that there is somehow a significant association between witnessing violence during childhood and experiencing violence in intimate partner relationships during adolescence and adulthood (Franklin & Kercher, 2012; Pinna, 2015). That is, children, who have

witnessed domestic violence between their parents, either perpetrate or become victims of violence in their future romantic relations (Altnay & Arat, 2008; Brownridge, 2006; Cochran et al., 2011; Liu et al., 2018; Lohman et al., 2013; Powers et al., 2020; Smith et al., 2011; Sutton et al., 2014; Wareham et al., 2009). It is shown that the perpetration of violence is usually transmitted from father to son, while being subjected to violence is transmitted from mother to daughter intergenerationally (Brownridge, 2006; Fehringer, & Hindin, 2009). At this point, psychological violence, which is the focus of this research, is mostly transferred from mothers to daughters (Abowitz et al., 2010; Capaldi et al., 2012; Knight et al., 2016; Lohman et al., 2013; Shakoor et al., 2020; Yıldız, 2016). Yet, psychosocial factors surrounding the transmission of psychological violence grabs limited attention when compared with factors associated with familial cycles of physical and sexual violence (Erden & Akdur, 2018; Malathesh, et al., 2020; Widom, & Wilson, 2014). Even rarer is the studies investigating this transmission from a clinical perspective. In the following section, two commonly addressed theoretical frameworks accounting for the familial transmission of violence perpetration and/or victimization were presented.

1.3.1. Social Learning Theory

There are several theories explaining differential mechanisms of intergenerational transmission of violence. Among these theories, Social Learning Theory (SLT) is one of the most common one used to understand familial violence cycle across generations. According to SLT, violence is learned mainly through observing the abusive relationship patterns between parents (Cochran et al., 2011; Temple et al., 2016; Valgardson, & Schwartz, 2019; Widom, & Wilson, 2014; Williams, & Adams-Rueda, 2020). As far as the theory goes, learning takes place in a social context through observation, imitation, and/or modeling (Bandura, 1969; Chavis, 2012; MacBlain, 2018). Children begin the process of learning in the familial context to which they were born since family is the first social environment they have encountered. Accordingly, their attitudes and behaviors are largely shaped by the emotions, thoughts, behaviors, communication styles, and relationship patterns of their family members (Cochran et al., 2011; Wareham et al., 2009). More specifically, they learn how to relate with an intimate partner by monitoring the communicative language and problem-solving strategies employed by their parents (Bandura, 1969; Dixon, & Browne, 2003; Doğrucan, & Yıldırım, 2020; Simons et al.,

2012; Şahin, 2018; Williams, & Adams-Rueda, 2020). Based on this theory, it is posited that children who witness psychological violence between parents are more likely to establish intimate partner relationships that involve different aspects of psychological violence (Liu et al., 2018; Temple et al., 2016). Because of the psychological domestic violence, affected children might consider psychological abuse as acceptable and reasonable to repair relational problems. As a matter of fact, some studies have even shown that some of these children are not aware that psychological violence is a form of violence as they have learned it as a natural language of communication between their parents. Particularly, girls whose fathers performed psychological violence towards their mothers are at a greater risk for not being aware of the violence they have been exposed to (Cochran et al., 2011; Duman, 2019).

Not only relational patterns, but also social gender roles that lead to inequalities between men and women are carried out across generations through familial and societal reinforcements. Whereas men are given the roles of being in control, oppressive, authoritarian, and dominant, women are expected to be devoted, obedient, and submissive (Çelik, 2016; Sakallı & Curun, 201; Wienclaw, 2011). Surely, these differential roles assigned to men and women also determine the roles individuals play in their intimate relations (Laskey et al., 2019; Sakallı & Curun, 2001). Therefore, women who are implicitly and explicitly taught to normalize and handle male violence might be trapped in an abusive relationship in consistent with their secondary status given by the society and their family (Cinal, 2018; Cochran et al., 2011; Doğrucan, & Yıldırım, 2020; Ismail, et al., 2007; Laporte et al., 2011). Likewise, men's violent behaviors escalate as society continues to give them privilege to oppress and control their female partners (Antle et al., 2019; Franklin, & Kercher, 2012; Lee et al., 2016; Pinna, 2016; Smith et al., 2011).

1.3.2. Attachment Theory

One theoretical framework providing an explanation for the familial transition of violence victimization and perpetration is Bowlby's Attachment Theory. Attachment

Theory mainly proposed that, the relationship established with the primary caregiver at an early age become internal working models affecting the relationship patterns throughout in life (Bowlby, 1969). There are basically two main attachment domains, that are known as secure (i.e., low attachment anxiety and avoidance), and insecure (i.e., high attachment anxiety and avoidance) attachment. Children whose basic emotional needs such as security, love, attention, and closeness are met by their caregivers tend to have a secure attachment style. Yet, if the offspring's needs are compromised through ineffective parenting, these children tend to have insecure attachment styles (Lee et al., 2013; Sutton et al., 2014). The emergent attachment styles upon which children's cognitive schemas, beliefs, expectations, and relational patterns are shaped, also impact on their intimate partner relationships later on life (Bowlby, 1973; Crawford & Wright, 2008; Hazan & Shaver; 1987; Lee et al., 2013; Sutton et al., 2014).

Several attempts have been made to understand the role of attachment styles on the maintenance of abusive cycles in families. Although the mechanisms still need to be investigated, disturbances in attachment styles might predispose the offspring who had witnessed domestic violence to further life crisis including abuse victimization and perpetration. Mothers with domestic violence exposure are more likely to employ ineffective parenting strategies because of depression, distress, and unprocessed trauma (Holt, et al., 2008). Accordingly, affected women might display dismissive, neglecting or even abusive acts towards their offspring (Levendosky et al., 2000; Levendosky & Graham-Bermann, 2001; Margolin, et al., 2003) By contrast, a different line research indicated that mothers become overly protective of their children to avoid the negative consequences of domestic violence on offspring's well-being (Margolin et al., 2003). The parenting styles displayed by the perpetrator father is much more complex on the behalf of the affected child. Being mostly unaware of the impacts of domestic violence on children, fathers might be unstable, hostile, harsh or disinterested towards their children (Holt et al., 2008). In some circumstances, the children themselves might also be physically and sexually abused in such chaotic family environments (Kellog & Menard, 2003; Kitzmann et al., 2003). Therefore, children who had witnessed or had been victimized through domestic violence are known to develop fearful, dismissive, and disorganized attachment styles, which predispose them to later adversities during

adulthood (Holt et al., 2008; Zeanah et al., 1999). Interestingly, fearful, and disorganized attachment styles were more associated with future abuse victimization while avoidant and dismissive attachment organizations are more likely to be related with subsequent violence perpetration among affected offspring (Péloquin, et al., 2011; Pimentel & Santelices, 2017; Velotti, et al., 2018). Still, more research is needed to understand the differential impacts of attachment styles on the familial transition of violent relationship patterns.

1.3.3. Bowen's Family Systems Theory

Bowen's theory also examines the issue of intergenerational transmission of violence based on the family systems perspective. According to this theory, all family members affect each other's emotions, thoughts and behavior patterns (Bowen, 1978; Likcani, 2013). For this reason, it is stated that violence experienced in intimate partner relationships is learned in the context of violent relationships in the subsystems of the family and transferred from one generation to the next generation (Tate, 2015). For this transfer, Bowen's concept of "differentiation of self" is heavily discussed. This concept means that individuals are dependent on the family system and can maintain their autonomy as long as skills for emotional maturity has been provided. However, it is seen that the differentiation of individuals who are exposed to domestic violence within the family is low, and therefore they maintain the same pattern of violence in their relationships. In other words, in some families, the husband-wife subsystem does not have the emotional maturity to deal with a problem and is more prone to the acts of violence. Therefore, children who are part of the family system do not reach emotional maturity because of domestic violence and cannot learn appropriate ways to cope with problems and effective communication skills. In addition, due to the nature of psychological violence, women do not have the opportunity to act autonomously and reach emotional maturity in a relationship. On the contrary, they experience fusion with their partner and their individualization is blocked. In this case, it is difficult to get out of the abusive relationship (Likcani et al., 2017; Tate, 2015).

1.4. The Scope of the Thesis and Research Questions

Psychological violence is a type of violence that is generally addressed within the context of domestic violence (Erden & Akdur, 2018; Malathesh, et al., 2020; Widom, & Wilson, 2014), together with physical, sexual, social, and economic violence. Although it is the most common type of violence and known to be transmitted between generations, identification and prevention of its detrimental impacts is quite hard due to its low visibility (Duman, 2019; Foshee, 1996; Kelleci et al., 2009; Kelly, 2004; Shepherd-McMullen et al., 2015; Renner, 2009; Zorrilla et al., 2009). Likewise, contextualization of psychological violence only within the scope of domestic violence creates a barrier to inspect it in other intimate partner relationships (Bulte & Lensink, 2019; Ferrari et al., 2014). Being also precursor to physical and sexual violence, it is of utmost importance detecting psychological violence in intimate relations for establishing prevention strategies to avoid intergenerational transmission of this type of violence (Boyacıoğlu et al., 2019). Whilst factors that are effective in the familial transmission of men's physical and sexual abuse perpetration are frequently discussed (Hines, & Saudino, 2002), intergenerational transmission of psychological violence is either limited or almost non-present (Brownridge, 2006). Besides, existing studies usually employ a gender role perspective (Namy et al., 2017), while clinical factors surrounding psychological abuse experiences and its transmission are not addressed sufficiently. Thus, the main aim of the current thesis was to examine the intimate psychological abuse experiences of young women, and its intergenerational transmission from a clinical psychology perspective. A qualitative methodology was purposefully employed since the studies examining the psychological factors are quite limited, and conceptualization of psychological violence is more ambiguous compared to other types of violence. Accordingly, the following research question was formed:

1. What are the psychosocial experiences of young women in intimate partner relations whose mothers were also exposed to psychological violence by their fathers?

CHAPTER 2

METHOD

2.1. Methodological Background

Interpretive Phenomenological Analysis (IPA) is an idiographic qualitative research method helping researchers to inspect an individual's feelings, beliefs, and experiences about a phenomenon or concept in depth. Since the individual can utter his/her experiences by language, the socio-cultural background of the individual should be considered to make sense of the phenomenon related to the experience being investigated (Giorgi & Giorgi, 2008; Larkin, et al., 2006; Pietkiewicz & Smith, 2014). The researcher plays a critical role by incorporating her/his own assumptions into the meaning-making process. Consequently, the individual's experiences, the researcher's personal and professional stance, and the interactive relationship during data collection constitute the whole meaning-making process (Creswell, 2013; Eatough, & Smith, 2008; Shinebourne, 2011).

In the present thesis, IPA was preferred as the most appropriate methodology among all qualitative methodologies to delineate women's experiences of psychological violence for several theoretical and methodological reasons. Firstly, IPA has been preferred for studying the intergenerational transmission of psychological violence, as this method is often utilized to investigate less researched and more abstract phenomenon (Awakame, 1998; Browne, 1998). Secondly, this research was initially planned to be conducted by a quantitative methodology. Yet, answers to psychological violence scales were unreliable indicating absence of any type of psychological violence both for the mothers and young women. In fact, this finding was also consistent with the literature since quantitative measures are criticized for being not comprehensive enough to measure the implicit nature of psychological violence (Boyacıoğlu et al., 2019). Thus, it was thought that it would be more appropriate to obtain in-depth information on the psychosocial dynamics surrounding possible transmission of psychological partner abuse via IPA (Smith & Shinebourne, 2012). Besides, in Turkish culture, women do not want to talk about their experiences of violence without establishing a secure relationship as being subjected to psychological violence is a shameful experience that has to be hidden from

outsiders (Boyacıoğlu et al., 2019; Cem Ersoy, et al., 2017). However, thanks to the active interaction offered by IPA, it was possible for women to talk about their experiences of violence by establishing a secure relationship with the researcher (Eatough, & Smith, 2008; Smith & Shinebourne, 2012). All in all, since this approach considers social cultural background and provides an active interaction between the researchers and the participants, it was deemed appropriate to be utilized in the current thesis (Eatough, & Smith, 2008; Frost, 2011; Giorgi & Giorgi, 2008).

2.2. Measures

Demographic Information Form. Socio-cultural information such as age, education level, marital status, intimate relationship characteristics, and family related information of heterosexual women between the ages of 18 and 25 were obtained through this form prepared by the researchers (See Appendix A).

The Form of Semi-Structured Interview Questions. A semi-structured interview form consisting of 8 open-ended questions was developed by the researchers consistent with the guidelines of IPA (See Appendix B). Questions aimed to examine the intergenerational transmission of psychological intimate partner violence within the framework of various psycho-social and cultural factors.

Witnessing Psychological Violence between Parents Questionnaire-Divorced Version: The scale was developed by the researchers within the scope of this thesis and consists of 29 items (See Appendix C). The scale was mainly developed to measure young women's perceptions regarding to what extent their mothers had been exposed to psychological violence by their fathers. The reason why a new scale was developed by the researchers is because the items of the scales that measure the severity of psychological abuse in the national literature have not been updated in accordance with today's conditions and may not be sufficient in detecting implicit psychological violence patterns (Karakurt et al., 2009). As mentioned, in their initial attempt, the researchers used the 66-item and 4-point Likert-type "Emotional Abuse Questionnaire" developed by Jacobson and Gottman in 1988 and adapted to Turkish in 2009 (Karakurt et al., 2009). However, due to the difficulties in filling out this scale, they found it more appropriate to create a questionnaire themselves to obtain a more condensed sample for the semi-structured

interviews. Hence, this scale was prepared for the participants whose parents were divorced to obtain information about the psychological violence perpetrated by the father against the mother. Participants completed this scale considering the period when their parents were married. E-bulletins and brochures of UN WOMEN and Mor Çatı Kadın Sığınağı Vakfı were used in the preparation of the scale items (Mor Çatı Kadın Sığınağı Vakfı-Flört Şiddeti, 2021; UN WOMEN-Digital Library, 2021).

Witnessing Psychological Violence between Parents Questionnaire-Married Version. The scale was developed by researchers consisting of 29 items (See Appendix D). This version of the scale was prepared for the participants whose parents were married to obtain information about the psychological violence perpetrated by the father against the mother. Only the wordings of the items belonging to the divorced version were modified. The articles, e-bulletins and brochures of UN WOMEN and Mor Çatı Kadın Sığınağı Vakfı were used in the preparation of the scale items (Mor Çatı Kadın Sığınağı Vakfı-Flört Şiddeti, 2021; UN WOMEN-Digital Library, 2021).

Psychological Intimate Partner Violence Scale-Past Relationship Version. The scale consisting of 31 items was developed by the researchers within the scope of current thesis (See Appendix E). The scale was mainly developed to measure young women's perceptions of being subjected to psychological violence in a past romantic relationship. The reason why a new scale was developed by the researchers is because of the same theoretical and practical reasons underlined for the development of Witnessing Psychological Violence between Parents Questionnaire. This version particularly aims to measure the psychological violence that our participants were exposed to in the most problematic intimate relationship they had experienced in the past. The articles, e-bulletins and brochures of UN WOMEN and Mor Çatı Kadın Sığınağı Vakfı were used in the preparation of the scale items (Mor Çatı Kadın Sığınağı Vakfı-Flört Şiddeti, 2021; UN WOMEN-Digital Library, 2021).

Psychological Intimate Partner Violence Scale-Current Relationship Version. The scale consisting of 31 items was developed by the researchers within the scope of this thesis (See Appendix F). It aims to measure the psychological violence that the participants are currently being exposed to in their current intimate relationship. Only the

wordings of the items belonging to the past relationship version were modified in the construction of items. The articles, e-bulletins and brochures of UN WOMEN and Mor atı Kadın Sığınağı Vakfı were used in the preparation of the scale items (Mor atı Kadın Sığınağı Vakfı-Flört Şiddeti, 2021; UN WOMEN-Digital Library, 2021).

2.3. Participants

The current research consisted of two consecutive stages, which were (1) the pre-screening stage and (2) semi-structured interviews. Pre-screening stage was particularly conducted to obtain a homogenous sample for the semi-structured interviews consistent with the sampling strategy employed by IPA (Eatough, & Smith, 2008; Smith & Shinebourne, 2012). Thus, to reach out young women (1) who have been exposed to psychological partner violence in their past or ongoing relationships, and (2) whose mothers were also subjected to psychological violence by their fathers, Witnessing Psychological Violence between Parents Questionnaires and Psychological Intimate Partner Violence Scales were distributed through social media platforms (e.g., Instagram, Facebook, and LinkedIn). Initially, 163 young women between the ages of 18 and 25 were reached, yet only 87 participants met the inclusion criteria. The inclusion criteria were as follows: (1) Agreeing to participate in the study, (2) being a heterosexual woman between 18-25 years old, (3) both parents being alive, and (4) having an intimate relationship that lasted at least 6 months in the past or currently having an intimate relationship that has been going on for at least 6 months. Parental loss was set as exclusion criteria since participants' responses might have been affected by the grief-related processes (Bluck et al., 2008; Clark, 2004). In addition, having a past or current relationship lasting at least for 6 months was added as the inclusion criteria for experience of violence has usually been reported 6 months after the beginning of the relation (Lantagne, & Furman, 2017; Simpson et al., 2007).

The semi-structured interviews were conducted with 7 heterosexual women for the second phase of the study, and the inclusion criteria were determined as follows: (1) Having participated to pre-screening stage, (2) agreeing to take part in semi-structured interviews, (3) having a score of 1 SD above the mean from The Scale of Witnessing to Psychological Violence Between Parents and The Scale of Psychological Intimate Partner

Violence, and (4) having high scores for certain items on those scales (e.g., Babam anneme karşı öfkelerini kontrol etmekte zorlanır. Romantik partnerim beni gereksiz yere kıskanır ve olay çıkarırdı.). The mean age of the interviewed participants was 23.86, ranging from 18 to 25 ($M=23.86$, $SD= 1.46$). All our participants had witnessed their mother's exposure to both physical and psychological violence within their family. Their scores on Psychological Violence Parents Scale also indicated that they were witnessed psychological abuse between their parents' relationships ($M =88$, $SD=23,2$). Also, their scores on Psychological Intimate Partner Violence Scale indicated that they were subjected to psychological abuse in one of their past relationships ($M =99$, $SD=25,5$). They answered the questions considering the most problematic intimate relationship they had in the past. The mean duration of the participants' past relation was 18.57 months, ranging from 7 to 36 months ($M=18.57$, $SD=10.53$). While 57.1% of the young women terminated their partner relationship due to violence ($N=4$), 42.9% stated the cause of break up as the psychological problems they had experienced as a consequence of chronic exposure to psychological abuse ($N=3$). Both they and their intimate partners had cigarette, alcohol, or substance misuse. In addition, 71.4% of them ($N= 5$) were found to have a psychiatric diagnosis (e.g., anxiety, depression, OCD, and trichotillomania), yet 71.4% of them ($N=5$) did not seek for psychiatric or psychological treatment after the termination of the relationship (See Table 1 for detailed socio-demographic characteristics of the interview participants).

Table 1

Socio-demographic characteristics of the participants in the qualitative study

<i>Variable</i>	<i>f</i>	<i>%</i>	<i>M</i>	<i>SD</i>
Gender	7			
Female	7	100		
Age	7	100	23.86	1.46

Education Level			
High School	2	28.6	
University	3	42.9	
Master's Degree	2	28.6	
Employment Status			
Employed	5	71.4	
Unemployed	2	28.6	
Monthly Income Level			
Equal to or Below 500 TL	1	14.3	
501-1000 TL	1	14.3	
1001-1500 TL	1	14.3	
1501-3000 TL	1	28.6	
3001-5000 TL	2	14.3	
Equal to or Higher than 5001 TL	1	14.3	
Psychiatric Diagnosis and Drug Use in the Past			
Yes	5	71.4	
No	2	28.6	
Psychiatric Diagnosis and Drug Use in the Present			
Yes	2	28.6	
No	5	71.4	
Cigarette, Alcohol or Substance Misuse	7	100	
Marital Status of Parents			
Married	3	42.9	
Divorced	4	57.1	
Intimate Relationship Duration (months)	7	100	18.57 10.53
Intimate Partner's Education Level			
University	6	42.9	
Master's Degree	1	57.1	
Intimate Partner's Employment Status			
Employed	3	42.9	

Unemployed	4	57.1
Intimate Partner's Cigarette, Alcohol or Substance Misuse	7	100
Reason of Break up		
Violence	7	100
Women's Current Relationship Status		
Single	3	42.9
Intimate Partner Relationship	4	57.1

2.4. Family Climates of the Interviewed Women

In the semi-structured interviews, information regarding family's socio-demographic characteristics and operation of gender roles were also obtained contextualizing the super-ordinate themes that we had developed. Since obtained information with regard to family climate contributed to our understanding and analysis of the transmission of abuse victimization, we decided to provide background data about the psychosocial characteristics of the families of the interviewed women.

The mean age of the interview participants' mothers was 52, ranging from 47 to 56 ($M=52$, $SD= 3.21$). Of the mothers, 28.57% were primary school graduates ($N=2$), 28.57% were secondary school graduates ($N=2$), 28.57% were university graduates ($N=2$), and 14.28% were college graduates ($N=1$). As for fathers, 42.86% of them were primary school graduates ($N=3$), 28.57% were high school graduates ($N= 2$), 14.28% were college graduates ($N=1$), and 14.28% were university graduates ($N=1$). More than half of the mothers were housewives ($N=5$) while only two them were working ($N=2$). By contrast, more than half of the fathers were working ($N=6$) and only have almost never worked ($N=1$). While 42.9% of the participant's parents were married ($N=3$), 57.1% of the other parents were divorced ($N=4$). More than half of the marriages ($N=5$) were arranged marriages, and more than half of them ended in divorce ($N=4$) due to violence and/or betrayal. During the interviews, it was learned that 71,43% fathers were addicted to alcohol ($N=5$). One of these fathers not only had an alcohol addiction but also had a gambling addiction, as well. Moreover, this father and his two sons had been in prison for

the drug dealing, theft, and extortion. Another father who was alcohol-addicted lived on the run for years from the cops for printing counterfeit money.

Considering the family environment in which women grew up, gender roles are quite prevalent leading men and women to have differential roles and positions in the family. Unfortunately, in all families, not only psychological violence but also physical violence had been perpetrated towards mothers by the fathers. Of seven young women, 3 of them were also subjected to paternal physical abuse. In addition, not only the participants, but also their parents grew up in a family environment riddled with domestic violence. It was observed that the experiences of violence affected family ties, especially the ties between the parents and children. One of the remarkable pieces of information revealed in the interviews was that all women participants had either weak or no relational ties with their fathers. On the other hand, almost all the participants established strong ties with their mothers and/or siblings as they acted together against the violence perpetrated by the father.

2.5. Ethical Permission

The compliance of the current thesis with ethical principles was evaluated and approved by the TEDU Human Subjects Ethics Committee. Participants in both stages were distributed informed consent and debriefing forms online. Thanks to the informed consent form, the participants who accepted to participate in the semi-structured interviews of the study were determined. Then, 7 participants who met the eligibility criteria were reached through their email addresses. Each participant was informed verbally and in a written format about the purpose, duration, and privacy policy of the research, both in the email (See Appendix I) and before starting the interview. Verbal and written permission was obtained for the participation and audio recording. Participants were informed that they could leave the study at any time without stating an explanation. In addition, the identity information of the participants was kept confidential at every stage of the research.

2.6. Procedure

After obtaining ethical permission from the TEDU Human Subjects Ethics Committee, pre-screening stage had been initiated to collect data from a homogeneous sample in accordance with the purposive sampling method offered by IPA (Eatough & Smith, 2008; Shinebourne, 2011). In this direction, The Scale of Witnessing to Psychological Violence Between Parents and The Scale of Psychological Intimate Partner Violence were applied to the participants who were reached through various social media platforms for the first stage of the research. These scales used in the research were delivered through the Qualtrics data management program and were sent to the participants via a participation link. Then, semi-structured interviews, were conducted with 7 women participants who had experienced more intense psychological violence in one of their past intimate relations. Recruitment had been stopped as the conceptual saturation of the categories had been achieved.

Semi-structured interview questions were prepared by researchers based on IPA guidelines. The questions have been developed in accordance with the nature of the IPA, without being directive and following an atheoretical approach (Alase, 2017; Eatough & Smith, 2017; Shinebourne, 2011). Questions were prepared to obtain information with regard to familial dynamics, psychosocial experiences surrounding domestic violence experiences and quality of the past romantic relationship. Seven women participants who were suitable for the interview were reached from their email addresses and the date of the interview was determined. The interviews were carried out through the zoom application due to pandemic related curfews. In addition, written and verbal consent was obtained from the participants to take audio recordings of the interviews. Furthermore, the researchers informed the participants that they had the opportunity to end the interview at any stage considering that talking about experiences of violence can be a compelling and triggering factor for the participants. The duration of the semi-structured interviews ranged from 87 minutes to 163 minutes, with an average of 111 minutes. In addition, the observations of the researcher (Özen) during the interview were noted, considering that it would contribute to the process of analyzing the data. Finally, interview records and notes were used only for research purposes in line with the ethical principles.

2.7. Data Analysis

All these recorded interviews were transcribed verbatim by the researcher (Özen) in accordance with the IPA guidelines. After this process was finished, the researchers read each transcription over and over to gain familiarity with the raw data. Each transcript was handled on a case-by-case basis and analyzed as required by the idiographic nature of the IPA (Alase, 2017; Pietkiewicz & Smith, 2014). During the analysis process, each researcher initially coded each case independently and then they met together to discuss common conceptualizations forming the preliminary basis for the sub and superordinate themes. Due to the idiographic nature of IPA, the coding of one transcription was not started until the coding of the former case had been finished. In addition, all the subordinate and superordinate themes were examined in comparison with each other until the master themes were created. To create master themes, tentative tables were developed by the researchers after each meeting. After the entire analysis process was completed, the final version of the superordinate themes was included in tables.

2.8. Reflexivity and Trustworthiness of the Research

Reflexivity is a self-evaluation process necessitating a critical perspective with regard to the researcher's influence on the research process. In other words, it is the ability of the researcher to recognize the relevant effects that may arise from his/her background during the research process and bracket these impacts during the analysis (Berger, 2015; Dodgson, 2019). That is, it is an effort to be aware of the possible effects of the researcher's prejudices, beliefs, values, attributions, identity, cultural roles, background, professional stance, personal experiences and characteristics on the whole research. According to the epistemology of the qualitative approach, the contribution of the researcher's subjectivity in data collection and data analysis is considered as an undeniable fact and this contribution is considered as a natural part of the research process (Berger, 2015; Fidan, 2018; Tunç, 2020). In this context, the researcher (Özen) would provide background information regarding her personal and professional stance about the issue violence against women below:

“I am (Özen) a 26-year-old woman psychologist and currently studying my master education at Developmental Focused Clinical Child and Adolescent Psychology Program of TED University, Turkey. I grew up in a community where gender inequality was highly

visible, and women were treated as the second-class citizens. Moreover, many women are exposed to violence and killed by their fathers, brothers, spouses, or their intimate partners every day in my country and the saddest thing is that this situation has started to be perceived as normal by the society. Therefore, most women have lost hope, felt helpless, and are expected to accept this situation. To be the voice of all women, I dedicated myself to this research agenda and wanted to try to reveal how women are hurt psychologically and socially. For as long as I've known myself, I have always tried to support women who have been exposed to violence both in my family and in the neighborhood where I grew up. I also raised a voice against inequality and injustice in all areas of my life. Sometimes trying to deal with the violence I witnessed has been tiring and wearing for me. However, I never lost hope and decided to do this research to make my struggle permanent.

As a psychologist, I always have an interest in the psychosocial experiences of women who are exposed to different types of male violence. To this end, I have been working voluntarily at Mor Dayanışma and on the KızBaşına platforms to provide psychosocial support to women who have been victimized by their male relatives. That is, my purpose in life was already clear from the moment I felt that social order and gender inequality hurt me. I believe that my personal and professional relationship with women who have experienced or witnessed violence helped me build a strong relationship with the participants during the interviews. Also, I think that thanks to my interest and relevance to the subject, I was able to deepen my interview questions and obtain as much detailed information as possible from the participants.”

CHAPTER 3

RESULT

Six recurrent superordinate themes emerged through Interpretative Phenomenological Analysis (IPA) across the interviews with conducted with seven young women who reported to experience psychological violence by their intimate partners. These superordinate themes were (1) Simultaneous Presence of Physical and Psychological Violence, (2) “Feeling trapped”: Gradual depletion of psychosocial resources as a consequence of psychological violence, (3) Self-harming as a self-defense, (4) “Better than my father”: Preference love and commitment over safety, (5) “You are like me”: Simultaneous identification with the victim and perpetrator, and (6) Need for empowering mental health services (See Table 2 for all superordinate themes). Quotations from interviews were cited for each superordinate theme so as to boost the transparency of the results.

Table 2

Interpretative Phenomenological Analyses of Intergenerational Transmission of Psychological Violence against Women: Superordinate Themes.

Theme I	Simultaneous Presence of Physical and Psychological Violence
Theme II	“Feeling trapped”: Gradual depletion of psychosocial resources as a consequence of psychological violence
Theme III	Self-harming as a self-defense
Theme IV	“Better than my father”: Preference love and commitment over safety
Theme V	Possible routes of intergenerational transmission of violence
Theme VI	Need for empowering mental health services

3.1. Simultaneous Presence of Physical and Psychological Abuse

In the interviews, the initial question asked to our participants was “What is psychological violence in your own words?” Young women answered this question based on their experiences both in their parents’ and their own romantic relationships. As a result of the answers given, it was revealed that psychological violence includes several direct and indirect attitudes and behaviors aiming to exert control over women such as criticism, humiliation, isolation, ignoring needs and wishes, nicknaming, swearing, stalking,

limiting social relations, controlling dressing and visits. In that regard, interviewed women had brought up several incidents ranging from implicit manipulation to explicit forbidding of social networks which seem to be the natural climate of their past romantic relations (See Table 3 for the components of psychological violence and corresponding quotations).

Table 3

Interpretative Phenomenological Analyses of Psychological Violence Components against Women: Quotations.

Psychological Violence Components	Quotations
Manipulation	“For example, I play basketball. I'm going to the basketball court. Aa lot of people are doing the same. I play basketball there and I go out. I always play with men. My father also forbade me to go there once, because there are always men.
Controlling a woman's dressing and visits	“It didn't matter to him whether I wore shorts or revealing clothes at first. Later, it became clear that he did not want that I wore shorts. “Oh, but I feel beautiful. I want to wear shorts from it. It really has nothing to do with anyone else.” I was starting to say something like that. He said that when I wear short shorts, he gets restless and that people look at me. However, I was saying that I don't look at the people who look at me. The last time before we went out like this, I opened my wardrobe and said, "What should I wear? Don't feel bad either. I want to feel beautiful. " It turned into something like.”
Isolation	“My boyfriend was very good for the first two months of our relationship. But, at the third month, I started to lose my friends. In the fourth month, he was somehow the only one left around me. There was no one else in my life.”
Ignoring needs and wishes	“I could not express any of my wishes. I was saying, for example, “Let's go over there and sit together”. He was responding, “No, I can't come. I want to rest at home in my dorm.” I was saying "Oh, but I want to spend time with you." He was just saying, “No, you will not spend time with me. Go hang out in your dorm." I was going home and hanging out there. I was like a puppet.”

Nicknaming	“For example, he was calling me a parasite. He said that I had been a parasite.”
Swearing	“He brought my clothes in front of the door of my friend's house and thrown them away. He swore at me in such a way that the whole neighborhood could hear. He said me bitch.”
Stalking	“When I bought an iPhone, he downloaded an application called Find My iPhone. This application shows everything on a map, like what I did and where I went to He was taking a screenshot of the map for stalking like “She went there that day, she went there today.” And he was asking to me “What were you doing over there today? “Is that logical? Nonsense move. It made me feel really bad and uneasy. He knew my email password. It's my stupidity. I definitely shouldn't have told him my email password. That way, he was able to follow me from the app. He knew where I was at what time. He also connected my WhatsApp web to his computer. He was seeing all the messages sent to me on WhatsApp. At that time, my mind was not very clear, because I don't understand technology, I did not notice. However, he was using this app because he was skilled at such things.”
Limiting social relations	“He was always trying to restrict me. He wanted to know who my friends are and with whom I was meeting. He wouldn't want me to meet with my friends that he didn't like. He wouldn't want me to follow people he doesn't want from my social media accounts.”
Criticism & Humiliation	“Sometimes he didn't like me. He was trying to change me in his own way. “The color of your hair is so bad. You should dye it.” I worked so hard to make that hair red. I dyed it over and over again. I dyed it black again just because he said so. He was always very critical. He didn't set me free. He said you can't do it, you can't achieve. I was getting a new job and he said “You will be fired in 5 days. You cannot do it. You cannot achieve.” These were all examples of psychological violence for me in an intimate partner relationship. He wasn't think I was worth anything.”

During the interviews, young women shared not only incidents of psychological violence they had been exposed in romantic relations, but also physical violence experiences of both themselves and their mothers. As perpetrators (especially the fathers) used more than one type of violence, it was not easy for our participants to distinguish between these types of abusive acts. We inferred that physical violence acts were so intertwined with the psychological violence experiences that refining only memories of psychological violence was not easy for our participants. Besides, the negative emotions invoked by physical domestic violence were so vivid surpassing the more invisible impacts of psychological violence. Accordingly, when asked about their parents' relationship, the first memory that came to our participants' mind was the paternal physical violence perpetrated against their mothers. Interviewed women said that they had begun to witness this kind of violence between their parents starting from early childhood. Some of them stated that their mothers divorced to stop the violence, but their exposure to violence continued despite this, and the intensity of violence and the damage it inflicts increased over the years. For example, Burcu described the first violence she witnessed in her childhood as follows:

“I remember physical violence firstly, as more negative memories remain in one's mind. I cried a lot... The first memory I remember... When they had a fight and my father tried to hit my mother, my younger sister tried to break it up. She was always braver in these problems, she used to separate our parents from each other: "Dad, don't do it". Of course, I wish they would not fight each other, but I was just freezing in these moments. Then I went to my room and cried.”

Similarly, Derya explained how her fathers' physical beatings had turned into violent assaults against her mother by stating that:

“My friend got a call. My father stabbed my mother and I didn't want to believe it. I knew my parents talked from time to time (after divorce). After our shop was sold, my mother was opening a stand in that park. I told you, she is a real fighter. She was buying inflatable balloons and inflatable toys from Ulus Saman Market for 3 Turkish liras, selling them there for 5 Turkish liras. My father went there and asked my mother for money. My mother said that ‘I have no money to give you’. My father got very angry and stabbed my mother in the leg. It wasn't a very violent stabbing. Because they were in a crowded place, but I don't know what would have happened if they were alone. He has a feeling of abandonment, he is also alone, he has no money. During that time, this man's problem was money. I can understand it too. It was very difficult for him to leave his nine children and his wife.”

The simultaneous presence of physical and psychological violence was also apparent in young women's past romantic relationships as well, yet in a different way. Interviewed women reported that they did not experience violence in the first months of their relationship, but particularly psychological violence started to dominate the intimate relation over time. Interestingly, young women realized these acts were violent only after they had terminated their relationship. In contrast to their explicit comments on their fathers' physically abusive acts, our participants reluctantly admitted to be exposed to physical intimate partner violence. It was inferred that young women felt ashamed of tolerating acts of physical abuse while acknowledging to be victimized by the psychological abuse was more acceptable due to its implicit nature. Almost all interviewed women told that psychological violence turned into physically abusive behaviors over time indicating that psychological violence was a precursor for the perpetration of physical aggression. To exemplify, İnci explained that her partner became physically violent during break up period as follows:

I shouted, "I don't want you to treat me like a dog anymore." He brought my suitcase into the hall. "Fuck off" he said. And I said, "You've done so much to me. Now you can't say fuck off. I'm not leaving." I shouted. He grabbed my throat and squeezed it. He beat me. He threw me out the door. He threw my suitcase to my head. He threw away my shoes on the stairs."

3.2. "Feeling Trapped": Gradual Depletion of the Psychosocial Resources as a Consequence of Psychological Violence

In the interviews, young women stated that they remembered the memories of physical violence more clearly, especially when describing their experiences of domestic violence, since physical violence was much more concrete and visible than psychological. Interviewed women also expressed that they were not aware of being exposed to psychological violence while their relations had continued. On the contrary, they interpreted these as originating from love, affection, interest and passion. It seems that the more insidious nature of psychological partner violence took a great toll on the psychological well-being of these women. Over repeated control, humiliation and criticism, affected women lost their self-esteem and autonomy becoming more dependent upon the romantic relations. They also became depressed, felt helpless and unworthy of

love, which created internal barriers for break up. For example, Derya admitted that she had enjoyed the stalking and controlling behaviors of her partner particularly at the beginning of the relationship, which become uncontrollable over time:

“He used to come to my workplace every day. He wanted to see me. He was sitting there and watching me. His interest inevitably attracted me. But I realized too late that this was actually a ridiculous act, that he had a disorder. Things like wanting to see a person every day, always wanting to know what you are doing, let me see you every day after work and let's talk are not normal. It is necessary to take a break from meeting with a partner once in a while. He reflected himself in a very different way. He wanted to see me every day, he loved me, he was very interested in me. He was actually obsessed with me. It was his obsession. Let me see what this girl is doing. Is she dating anyone else? Does she meet with someone after work? Maybe he was following me, but I wasn't aware of it because I didn't know him at the time.”

Looking at the above quotation, it can be inferred that men applied psychological violence using implicit methods such as stalking, monitoring and over-controlling. Interviewed women retrospectively acknowledged the presence of psychological violence in their past romantic relationships. The male perpetrators of psychological violence somehow "trapped" their partners into the relationship through exerting consistent power and control over them. They had put obstacles in front of women's individuation (e.g., initiating arguments during academic exams) and self-realization efforts (e.g., preventing seeking support) as a way to consume their psychological resources. They wanted to be aware of everything about women's lives and made decisions on the behalf of them. They interfered with their family and social relationships, and also monitored their social media accounts. Besides, they tried to encourage women engaging only in couple activities while discouraging individual or other social activities. Over time, young women became isolated from their social environments and failed to preserve their self as a social being. To illustrate, Yeliz stated that:

“For example, I was having dinner with my friends. He texted: “Why don't you eat with me? Why didn't you inform me?” “You could have eaten with me, even while eating during break time. You could eat with me and go back to study. Your friends are very important to you.” He kept telling me this all the time. “Your friends are very important to you. I am not as important as them.” I still get angry when I remember those moments.”

In a similar vein, İnci described her “stolen self” as follows:

“My boyfriend was very good for the first two months. In the third month, I started to lose my friends. In the fourth month, only he remained around me. There was no one else in my life. He pushed away everyone from of my life, and made me dependent only on him. We just did what he wanted. We just satisfied his needs. Whatever he wanted, we made it. I had become a little brood, really. All he wanted was for me to be with him, just to have him around me.”

Interestingly, male perpetrators increased the intensity and frequency of their violent behaviors especially during times of women’s personal empowerment. This way, they had undervalued women's intellectual capacities and coping mechanisms. They damaged women's self-belief and self-confidence with humiliating attitudes and behaviors such as "You are stupid", "You are clumsy", "You can't do anything without me". And then, women began to feel powerless, insecure, worthless, discouraged and helpless. That is, psychological violence had caused women to gradually deplete their psychological resources and become more dependent on these men. For example, İdil stated that she turned into a more depressive, helpless, dependent, and isolated person over time, yet she realized this situation more clearly after she had terminated the relationship:

“When I think about this relationship, I now realize that I was actually isolated. I realize that I was isolated from my family and friends. But I noticed these later. It turned out that the relationship was not going well although I believe it was going well, that is, at the beginning. Actually, this relationship has never been good. Yes, I have learned things in this relationship, yes it is. But if we talk about the emotional issues generally, as soon as I started the relationship, it was all about him, I also started to be isolated. While my relationships with my family were starting to end, I had turned into a depressed person who constantly complained. I was estranged from my friends. Because I didn't want to be in the position of a person who constantly complains about something. But I had become like that. So I needed help.”

In parallel, Burcu expressed how she became hesitant about individual decisions due to her partner’s constant domination as follows:

“You come to such a position in the relationship that you are like a leaf. He was blowing me, I was leaving. Since I was in a more passive position and he was in a more decisive and active position, I had inevitably hesitated to take a step and make decisions on my own in other matters of my life.”

As can be seen, constant criticisms and over-control made our participants become doubtful about their own behaviors. They were particularly blamed by their partners for being the cause of the all relational problems, as result of which, interviewed women started to become hesitant about their acts. Thereupon, some of our participants started to

take notes about the problems they experienced in order to prove that they had spent effort to repair relational problems. Additionally, some women kept a diary to remember the correct versions of the events as their partners distorted and manipulated the relational facts. To exemplify, Burcu explained how keeping a diary helped her make sense of what she had been experiencing as follows:

“After a while, I started keeping a diary. I wrote about what I had experienced, and couldn't believe it when I sat down and read it. I don't remember some of them now. I had written what he said to me six or seven months ago. I was forgetting them. Then I looked and said, ‘what am I going through?’ It's a cycle, you know, when you look at it. I was like a trapped mouse. I can say that it made me realize a lot.”

Similarly, İdil stated to took notes about the insults of her partner in order increase her strength for break up:

“If we started from the good times of our relationship, his sentences started like “You are very beautiful. You are very noble. You are strong, you are fine’. Those were the good adjectives. Towards the end of the relationship, it turned into”. “You are mentally ill. You need psychological support. You are greedy. You're an attention whore” It might even sound a little weird. These are the things that hurt me so much that I didn't want to forget. I am a person who can forget what was said or an argument after a while. He hurt me so much that I was taking notes of these adjectives he said. Because I didn't want to forget he told me all of these.”

In spite of their partners’ prohibitive acts, interviewed women reported to seek external help particularly from their friends. According to their reports, some of their friends initially tried to help them (e.g., providing room for emotional ventilation, empathy etc.), but they stopped providing support over time because the woman still remained in the abusive relationship. They also blamed the victims as if the women had been responsible from the violence that she had been subjected to. Besides, parents were unaware of the violence in their daughters' relationships because they were occupied with their own problems and had a weak bond with their daughters. Consequently, women were left alone by their friends and families as much as they were isolated by their partners. As can be inferred, external barriers against receiving social support endangered young women’s already depleted resources, creating a vicious cycle to feel more dependent upon the abusive romantic relation. Supporting this, Derya explained that:

“It was a time when I didn't know what I really wanted and couldn't predict the future. My choices of friends, not just partners, were wrong. There was no sport or dance in my life.

I was at odds with my family. My social environment did not fit me. I lived and saw that the lack of rational friends and family support throws a person into very dangerous waters.”

Similarly, İdil described attitudes her friends’ “victim blaming” attitudes as follows:

“When I had a problem with my boyfriend, I would go to my best friend and cry and tell her about my problems. I would express my problems in my most vulnerable state. I thought she had also helped me psychologically. Yet it turns out that she was talking behind me, saying that I was the reason of these events. I learned this about a year after our friendship had ended. She also said that I am a mental patient, I had exhausted my boyfriend, I was always causing the trouble.”

3.3. Self-harming as a Self-Defense

Our results demonstrated that young women exhibited some forms of self-harming behaviors due to continuous exposure to psychological violence in their past romantic relations. Self-harming behaviors included attempting suicide, wrist cutting, locking oneself in the bathroom, beating oneself as a consequence of psychological breakdown, and misuse of alcohol and other substances. Interestingly, their accounts revealed that exhibiting self-harm behaviors was used as a self-protective mechanism against the male perpetrator. This mechanism seems to have several functions. Firstly, young women who were silenced, intimidated, and suppressed by their male partners displayed those behaviors as the only way to express themselves, show their righteousness, and stop the violence. In fact, they made their anger visible on the eyes of perpetrator through damaging their body. In fact, İdil’s quotation is a great example for this function:

“İdil: I was also harming myself because of not being able to express myself in other way. So, after a while, I would get into such an impasse that I was harming myself to get his attention so that he could hear and understand me.

Researcher: How did you harm yourself?

İdil: I would hit myself so that he would understand me. Because only a person who becomes insane harms oneself...”

Secondly, women harmed themselves in order to remove the pain of being subjected to psychological violence. Interestingly, they physically damaged their body to be relieved from the psychological pain they had endured as a distractor for example, Esin stated that:

“I started consuming too much alcohol. Lack of eating, loss of appetite, insomnia.... Also, I had harmed myself. I was in so much pain. I remember that moment. It was in the

morning. I wasn't able to sleep all night anyway because of crying. The pain didn't go away, something inside me wasn't hurting too much. My heart was pounding too much. I was afraid of what was happening to me. Then I came back and started drinking alcohol. There was a place where we sat in the kitchen. I sat there. I felt the need to compare this pain with physical pain. It's very primitive. Does physical pain hurt more? I have suffered so much. I had scratches on my hand and chest with the knife. A little deep. I banged my head against the wall for a short while. Like "I do not want to think."

Finally, it has been observed that some women cannot stand the psychological effects of break up as their psychosocial resources had already depleted as a consequence of chronic exposure to abuse. Not surprisingly, they felt extreme emptiness and loss of hope when the dominant partner was no longer in the relationship in support of this, İnci described how she had attempted suicide with the following words:

"I started to feel extreme deprivation a week after the break up. There was a god in your life and you were like his slave. You had been away from that god for a week. One feels like nothing. It's like there's no reason to live, like an emptiness. It's like a life full of lies. First I tried to jump out of the 9th floor by opening the window directly. I was already very drunk. My friend got me. The next day I had heavy pills, sleeping pills, I swallowed them all. I tried to commit suicide... Then the authorities who tried to take me to the hospital came by ambulance. I said, "I am over 18 years old. I want to die. I refused to go to the hospital. You will leave me in this house". The doctor told me "You will come with us. You should have worked harder for your own life. We are fighting for your survival more than you are." I was in the hospital when I opened my eyes. They washed my stomach... Then I made a decision, "I'm going to live life only for myself."

3.4. "Better than My Father": Preference for Love and Commitment over Safety

It has been revealed that the reference point by which young women evaluated the quality of their relationships was quite low. As they have witnessed all types of domestic violence in their root family, interviewed women had a tendency to evaluate their intimate partners more positively even if they had been exposed to psychological violence. Interestingly, our participants had a tendency to compare the traits of their boyfriends with those of their fathers. In spite of acknowledging the domineering and belittling attitudes of their partners, they still considered their past partners more caring and loving than their "cruel fathers". For example, İdil stated that:

"I think my boyfriend was more affectionate than my father. He was sacrificing himself for others. Therefore, his relationship with my mother and my friends was good at first. But my father's relationship with my mother's family was never good."

Having grown up in an emotionally deprived and unsafe environment, interviewed women seem to confuse boundary issues with signs of love and affection. In fact, this evaluative bias might have created an internal barrier to leave out the abusive relationship for our participants. To illustrate, Yeliz expressed that:

“Although my father was very uninterested in my mother... Maybe he wasn't uninterested at first, but after a certain point he became very uninterested. My ex-boyfriend was much more focused on me. For some reason, he didn't get on well with his friends at that time. Since I was the only one in his life, he had completely focused his attention on me.”

Their partners' justification of psychological abuse as form of affection also seems women to misjudge their relationship. They believed love, care, and compassion could repair all violent behavior and attitudes as they did not comprehend how such loving partners could have intentionally harmed them. Burcu explained her thoughts on this issue as follows:

“Maybe, I had tried to arrive at something that would have ended the violence and we moved on happily. Actually, it did not. Because your definitions of relationships are different. So you should accept it. Some things have to be accepted and let go. We couldn't do it at that time. I tried to make the relationship work somehow. I thought that I would end the violence in the relationship and we will be together.”

It has been revealed that another internal barrier preventing interviewed women to break up the relationship was the long term commitments. Our participants continued their relationships for a very long time despite being exposed to psychological violence because of their long term commitments, shared activities, plans (e.g., going on vacation, traveling, and attending events) or living in the same house together. Particularly, we had the impression that ex-partners were insisting upon those long-term plans in spite of the gradually worsening relationship. Supporting this, Burcu explained that engaging in these emotionally binding activities with her partner was the most important factor for her to maintain in their relationship as follows:

“What we both had in common was that we were constantly chasing plans and activities at work. If we hadn't done them, maybe we would have ended the relationship much earlier. These were like our fishing rods. Maybe we thought of something like, we should always pursue these activities so as not to realize our current situation.”

Idil stated that living the same house was a barrier making it much more difficult to break up with her partner:

“He made my life miserable. Everything got worse as I fought, and unless I admit it. After a while, I became scared. Because we lived in the same house... Separating the house was not an easy thing. Especially if you are in the last year, if you are heading towards uncertainty, if the direction of your life is not clear and you have no place to stay...So it was all very difficult for me.”

3.5. Possible Routes of Intergenerational Transmission of Violence

Throughout the interviews, it became explicit that victimization through violence was not a discrete experience either for our participants or their families. Interviewed participants reported that their victimized mothers and perpetrator fathers had been either subjected to or witnessed domestic violence in their root families, indicating a possible transition of violent patterns across generations. According to the findings of this study, there are three possible pathways leading to the transmission of violence; these were closely related with gender inequality and discrimination, the normalization of violent behavior as the language of communication, and women's identification with both parents in the face of violence in their own intimate relationships.

3.5.1. Transition of Gender Inequalities

In the semi-structured interviews, information was obtained about the perspectives of extended family members on gender roles and on family dynamics to delineate the reasons behind the violent relationships. As a result of the analyses, it was revealed that our participants' parents had also grown up in violent families heavily influenced by patriarchal values. Particularly, mothers and aunts were given the parental roles by the grands (e.g., elderly care, house cleaning, cooking, and bringing money to the house) while boys had been cherished and given privileges. For example, İdil described how her mother had to drop out of the school as follows:

“My grandmother was a dominant character. Authoritarian and harsh... My mother wanted to continue her education but could not attend to the school due to her responsibilities at home. She had to do housework with her sisters.”

Moreover, gender inequalities were transferred from generation to generation, and just like our participants' mothers, Derya were given by her parents the responsibility of doing housework from a very young age and she had to drop out of the school. This transmission seems to be an overriding factor leading women and girls to be submissive and vulnerable in the face of men perpetrated violence. Accordingly, she stated that:

“I had already left school. After the 8th grade, I stayed at home. It was a joint decision of my father and mother. The two of them decided that I should drop out of school and take charge of the house. At that time, they were running a shop. We opened a small cafe. Someone had to stay home. I had two younger siblings. One was 4 years old and the other was 5 years old. I stayed at home and looked at my grandmother. I did the cleaning of the home. I was used to this arrangement. But I saw that my whole life is spent at home. I had no social activities. All I did was go to the neighbor next door. I was 15-16 years old then. Our neighbor is 35-40 years old. What could I talk to her?”

3.5.2. Normalization of Violent Pattern Across Generations

Our participants’ mothers had also been subjected to physical violence by their fathers and brothers in their childhood, as well. Thereupon, it was inferred that the pressurizing and silencing attitudes in the root families normalized and reinforced the violent marriages that the mothers had in their adult life. In other words, these women had been trapped in a victimization cycle both by their own parents and their husbands. Derya exemplified this victimization cycle with the following words:

“One of my mother's sisters ran away when she was 16 to marry someone. When her sister ran away, my mother didn't know where she was. But, my uncle heats the tongs in the stove and beat my mother with those hot tongs to learn where her sister was. This was how my mom told me. She had been through too much violence. This is what I remember most clearly. She even said something about violence. One day, while my mother was doing handicrafts with crochet, her brother said, ‘Bring me tea." Her brother kicked her because she said that "fill the tea yourself from the teapot which is next to you". The crochet needle went into my mother's eye. My mother was only 16-17 years old when she experienced this.”

It was observed that our women participants often experienced very similar violence patterns as their mothers. Moreover, the violent behaviors were considered quite "normal" to most of them. Derya expressed how violent behaviors became normal for her as follows:

“First of all, I am a very angry person. While it's not true, I think violence can solve things. For example, when my friend's child cries, my friend hits him/her and I am not upset this situation. My parents beat us when we were little. If the child gets spoiled, you hit the child with one. This is now in my mind. Since I was exposed to violence as a child, it does not seem abnormal to me that someone else experiences violence.”

Interestingly, this victimization cycle had been defined as the reason for ignoring and/or justification of violence on the behalf of the mothers. Interestingly, some women's

mothers had themselves become perpetrators over time due to their anger in response to the repeated exposure to violence while others had become violent towards their children. To exemplify, Yeliz expressed how her mother started to make plans to kill her father over the years as follows:

“I saw a very bad fight once, physically. Even twice, I think. But one time, my father slapped my mother. My mother slapped my father in return. This impressed me a lot. Actually, I built my whole life on this memory. You know, normally when a man slaps you, you may be stunned and not able to give any reaction, but my mother slapped him just as hard as him. The other one was very bad. They were pushing each other while fighting. When my mother pushed, my father lost his balance. My father was already drunk. There was glass at the door's top. My father flew through the door, breaking the glass. His whole face was bleeding. She said that she was making plans to kill my father at that time. She really planned it. But then she gave up on her plan. I don't know if she was afraid of going to jail or was she afraid of me being alone.”

3.5.3. “You are like me”: Simultaneous Identification with the Victim and Perpetrator

It was revealed that parents who were exposed to gender inequality and violence in their childhood normalized the violence. Also, they became perpetrators over time against their spouses and children in their own marriages. However, the victim's turning into perpetrator was not only specific to mothers and fathers, but it was also a valid pattern for the interviewed daughters, as well. That is, while young women were subjected to violence both in their own families and romantic relations, they also started to behave violently towards their partners as a consequence of the chronic exposure to abuse. It was inferred that young women identified simultaneously with their victimized mothers and “cruel fathers” in some way or another. While some of the interviewed women idealized their mothers for having a “strong stance” against violence, others considered that their mother had become more silent, passive and withdrawn over time. In parallel, they displayed the very similar withdrawn and passive attitudes in response to the psychological abuse their partners had perpetrated. Yet, they also admitted behaving violently towards their partners as the violence become the natural climate for the relationship. Their partners also blamed the interviewed women for being violent themselves by stating that “You are like me”. For example, Burcu said that her father used to drink too much alcohol and beat her mother while he was drunk. She conveyed that she tried to show her reaction against her partner by being silent and withdrawn “just like her

mother” at the beginning of the relationship. However, as her psychological resources depleted and her anger increased, she started to misuse alcohol and used physical violence against her partner “like her father”, Burcu explained how she acted violently towards her partner as follows:

“There were nights when I drank and didn't remember what had happened. In these two nights, Burak said that I had physically abused him. I remember I threw the remote at his head, and it was such a ridiculous situation...At another night, they said (referring to her friends) that I kicked Burak. By the way, I don't remember any of them. I learned it all the next day.”

İdil explained how she became a perpetrator in her intimate partner relationship over time as follows:

“When we debated, I would just freeze. He would say so many things in quick succession that I wouldn't know what to say. I could never answer him. I would get ill-tempered unless I could answer him I would be accused. I would be judged. There is a phrase "to touch one's sensitive spot." When my sensitive spot was triggered, for example, I would throw things at him so that the discussion would end after a while.”

It has been revealed that İdil's aggressive attitude towards violence is actually the same as her mother's. She expressed her mother's attitude towards violence and how her mother became a perpetrator as follows:

“My mother has never been a passive, unresponsive person. She is always a brave person. It is also so right now. She defends her rights, she answers everybody. For example, if she is subjected to violence by anybody, she did the same against the person. If something is thrown on it, she throws something toward his/her. These are things that are in my photographic memory. For example, when my father attacked her, my mother would throw something at him or she would respond to him.”

3.6. Need for Empowering Mental Health Services

In the last part of the semi-structured interviews, some questions were asked about the psychological services that can be offered to women who had been subjected to psychological partner violence. Accordingly, the following questions had been asked: "Have you ever thought of going to a mental health professional? If you had ever received psychotherapy from a clinical psychologist, what kind of psychotherapy process would be good for you? What should be the components of mental health services targeting psychological violence?" Before reporting the results, it should be noted that none of our participants had received psychological or psychiatric help from a professional during their abusive relationship.

Interviewed women stated that they needed “reliable mental health professionals” who didn't embarrass and accuse them for remaining in a violent relationship for a long time. In other words, the mental health professional should exhibit an empathetic stance and should be knowledgeable about the psychosocial and cultural factors leading women to continue an abusive relationship. Accordingly, a feminist perspective was expected to be employed while providing clinical practice. Accordingly, Burcu explained the psychological support she expected from a mental health professional as follows:

“I expect a psychologist not to judge. I expect to establish a trusting relationship. After all, you can get a reaction like ‘you can do the following to get out of the relationship’ from your friends. I expect him/her (referring to the mental health professional) to understand and support me, rather than saying that “you can get out of this relationship”. I expect him/her to show me what kept me in this situation, what I liked, what were the connections between my childhood and my relationship. In this way, my awareness and insight would increase. Maybe seeing these would make it easier for me to end my relationship. So basically all I want is someone who will listen to me without being judgmental, and showing me some of my patterns. I would like someone to provide me a whole perspective.”

Similarly, Derya stated that:

“As support, all I really want is to be heard. I want her/him to hear me. I want to change my situation. When I lost my trust in everyone for that, the only person I could rely on would be a trained professional.”

Young women also stated that they could have ended their relationship sooner and in a healthier way if they had been working with a psychologist “who empowered and encouraged women”. They believed that they would have suffered less in the process of breaking up with their partners. In addition, women whose psychological resources were depleted have had a hard time directing their lives on their own after leaving the relationship. Moreover, since they were born into a violent family environment, they needed to learn how to stay away from violent relationships and how to have a healthy and secure relationship. However, most of them could not receive psycho-social support and psychotherapy from mental health professionals due to their financial inability although they wanted to go to mental health services. For example, Derya expressed that:

“Researcher: Have you ever thought of going to a psychologist?”

Derya: I thought about going to a psychologist, yes I still think about it, but I cannot go because of my financial situation.”

Similarly, Burcu expressed that:

“I did not receive clinical help from anyone. But before that, I already wanted to go to a psychologist. But when I was in this relationship, there were times when I said it would have been helpful if I had received help. But I didn't get help. Because I thought I couldn't afford it due to financial reasons.”

Another main point emphasized by the young women was that they wanted to meet with women who had similar adverse experiences through a group-based mental health program. They thought that listening to other women's experiences could have helped them become aware of and cope with their own psychologically violent relationships. They thought that they would not feel alone and could act together with those women, and become stronger within the group dynamic itself. For this reason, Burcu exemplified that she wanted to empowerment through such groups would be more effective in addition to the individual psychotherapy:

“If there was a group session, I would have joined it. It would be very striking to hear from other people who have been exposed to violence like me. Because this is a human relationship situation, we could get stronger together there. That is, expressing ourselves and understanding each other... For example, I would feel that I am not alone. There are other people who are exposed to this as well. How do they struggle? I might also become encouraged if some of them struggled and got out of the relationship.”

CHAPTER 4

DISCUSSION

The present study aimed to investigate psychosocial factors surrounding intergenerational transmission of psychological intimate partner violence. Although the subject of intimate partner violence has been widely discussed within the scope of gender

studies (Álvarez et al., 2015; Anderson, 2005; Cava et al., 2020; Golden et al., 2013; Lelaurain et al., 2021; Moskowitz et al., 2020; Papp et al., 2017) to the researchers' knowledge, there are no studies examining the intergenerational transmission of psychological intimate partner violence victimization particularly employing a clinical psychology perspective. Accordingly, five superordinate themes were identified from the data obtained from semi-structured interviews conducted with seven young women who reported to experience psychological violence by intimate partners. These over-arching themes were (1) Simultaneous presence of physical and psychological violence, (2) "Feeling trapped": Gradual depletion of psychosocial resources as a consequence of psychological violence, (3) Self-harming as a self-defense, (4) "Better than my father": Preference for love and commitment over safety, (5) "You are like me": Simultaneous identification with the victim and perpetrator, and (6) Need for empowering mental health services. Although we initially planned to reach young women who were only subjected to psychological partner violence, our results indicated a broader problem of simultaneous presence of physical and psychological abuse both in root families and young women's intimate partner relations. In the following sections, super-ordinate themes were discussed in line with the related literature, which was later followed by the clinical implications and limitations of the present study.

4.1. Simultaneous Presence of Physical and Psychological Violence

In fact, the present study mainly aimed to understand psychological violence experiences and its intergenerational transmission from a clinical psychology perspective. Nevertheless, obtained data indicated not only experiences pertaining to psychological abuse, instead it revealed presence of different forms of violence in women's current relations and family lives. In fact, this unexpected finding was completely compatible with IPA's inductive approach as it necessiated the data constructs its own reality (Smith & Shinebourne, 2012). Accordingly, both mothers and interviewed women were victimized by several forms of partner violence (e.g., physical, sexual and psychological). In fact, these results add to the existing literature indicating that psychological abuse is not a particular instance but instead intertwined with physical and sexual forms of abuse (Dugal, et al., 2018; Lövestad et al., 2017; Sánchez-Prada et al., 2020). Also, it can be inferred

that psychological violence was an antecedent of physical abuse (Jordan, Campbell, & Follingstad, 2010; Shepherd-McMullen et al., 2014), considering the fact that intensity and types of abuse had accelerated particularly in young women's past romantic relationships. We believed that as the perpetrators used several types of violence simultaneously, it was difficult, if not impossible, for our participants to distinguish the nature and impacts of different types of violence from each other. It was also inferred that acts of physical violence are closely related with the experiences of psychological violence, and only sharing memories of psychological violence is quite challenging for the young women. In fact, this finding was consistent with the research line in the literature suggesting that psychological abuse is an extension of physical violence (Basile et al., 2004; Parsons et al., 2020), rather than being a qualitatively different form of abuse. Moreover, the presence of concrete aggressive behaviors in physical abuse might lead young women to remember intense emotions and violent memories associated more readily when compared with the less invisible immediate effects of psychological violence (Basile et al., 2004; Diane, 2007; Follingstad, 2007; Parsons et al., 2020).

4.2. “Feeling trapped”: Gradual Depletion of Psychosocial Resources as a consequence of Psychological Violence

The most obvious finding to emerge from the current analysis is that women gradually lost their internal and external resources as a consequence of chronic exposure to psychological abuse, which lead them to remain in the abusive relationship over long periods of time creating a vicious cycle of abuse victimization. More specifically, it was revealed that young women usually realized having been subjected to psychological violence after the break up without noticing the gradual yet debilitating impacts of psychological abuse on their mental health. In fact, this unawareness might be closely related with the less tangible immediate outcomes of psychological abuse when compared with those of physical and sexual abuse. In fact, previous research demonstrated that intimate partner violence is often perpetrated covertly and its intensity increases over time. For this reason, women do not realize that they were exposed to psychological violence as the consequences do not emerge as immediate as the physical violence (Bal, 2014; Kelly, 2004; Shepherd-McMullen et al., 2015). Another reason for this unawareness might

be related with the male favoring conceptualization of psychological partner violence. Psychologically abusive acts usually involve restrictive and domineering attitudes which are still considered as forms of love and affection in many cultures (Borochowitz, & Eisikovits, 2002; Wood, 2001). In fact, those misleading attributions might be the reason leading women to hesitate about the implicit nature of psychological abuse.

Due to restricting demands of their partners, interviewed women gradually become isolated from their social networks over time losing psychological and social support mechanisms that would enable them to understand their victimization, and leave out the abusive relationships. Although some women realized that they were exposed to violence after a while, they could not find the strength to leave since they became emotionally dependent on their partners who had manipulating behaviors. Consequently, it was analyzed that women's psychological resources were gradually depleted and they had started to suffer from serious mental health problems such as anxiety, depression, obsessive compulsive disorder, suicide attempts, alcohol abuse, and substance misuse. Supporting these, previous studies in the literature showed that exposure to psychological violence causes several mental health problems such as depression, anxiety, somatization, obsessive-compulsive disorder, eating disorder, sleep disorder, post-traumatic stress disorder, substance abuse and suicidal attempt (Ahmadzad-Asl et al., 2016; Barros-Gomes et al., 2016; Blasco-Ros et al., 2014; Exner-Cortens et al., 2013; Pigeon et al., 2011; Rogers & Follingstad, 2014). Moreover, it is known that psychological violence causes more permanent psychological problems compared to other types of violence (Cinal, 2018; Follingstad, 2009, WHO, 2005) because of its more insidious nature. In that respect, our results provided a preliminary explanation that psychologically abusive acts such as criticism, swearing and devaluing intellectual capacity might have lead these women to internalize negative attributions of their partners over time, depleting their self-esteem and self-worth at a gradual basis. In addition, existing research has shown that perceived social support can reduce or eliminate women's mental health problems in the context of intimate partner violence. However, it was determined that the severity of mental health problems increased among our participants due to isolation from their families and close friends. Although the isolation mainly resulted from partners' limiting demands, women also left

alone because of victim shaming, which seem to damage their already compromised self-worth.

4.3. Self-harming as Self-defense

In the present study, it was revealed that women physically harmed themselves in order to show their pain and to stop the perpetration of psychological violence. Accordingly, self-harming behaviours were displayed for several reasons. At the one hand, women were able to express themselves only through self-harming behaviors in the relationship. These self-harm behaviors included hitting, cutting wrists, suicide attempts, nervous breakdown, alcohol and substance abuse. Additionally, it has been revealed that the leading causes of these behaviors were the depletion of women's psychological resources and the disappearance of their social support networks. Although exposure to violence has been known to trigger self-harm behaviors (e.g., suicidal ideation, suicidal attempt, risky sexual behaviors, self cutting, self hitting, binge alcohol drinking, and drug use) (Baker et al., 2015; Devries et al., 2014; Flanagan et al., 2014), the possible reasons explaining this propensity particularly in the context of psychological abuse has received relatively scarce attention in the related literature (Campbell et al., 2008; Ullman, 2004). Some studies have yielded that the social isolation by male perpetrators might result in self-harm behaviors among victimized women (Rooney et al., 2019; Roy, 2020). Although there are not many comprehensive theories explaining the connection between self-harm and victimization, Joiner's Interpersonal Theory of Suicide might be of interest with regard to the results of the current study (Joiner et al., 2009; Wolford-Clevenger et al., 2015). According to this theory, there is a connection between thwarted interpersonal needs and suicide ideation. In other words, the theory suggested that women who hate themselves due to feeling like a burden to their partners and who lose their sense of belongingness might attempt suicide (Lamis et al., 2013; Nahapetyan et al., 2014; Wolford-Clevenger et al., 2015; Wolford-Clevenger et al., 2019). Consistent with this theory, our research revealed that young women engaged in self-harm behaviors due to increasing feelings of loneliness and worthlessness as their emotional needs were not fulfilled by their psychologically violent partners. However, contrary to this theory, the women in the present study stated that these relationships, in which they were exposed to violence, were

burdensome on their identity, rather than perceiving themselves as a burden to their partners. Moreover, when they ended their relationship, they felt relieved. Only one of the young women did not feel that she had belonged to any person or place after the relationships had ended, and attempted suicide. Also, no woman was found to engage in self-harm behaviors because of self directed hate. Rather, self-harming behaviors were displayed for emotional expression, to increase the visibility of their compromised mental health and to stop the violent acts of their partners. This finding was of particular interest to the researchers of the present study as male perpetrators only noticed physically harming behaviors of their partners, which might strengthen and reinforce abusive patterns displayed by both parties.

4.4. “Better than my father”: Preference for Love and Commitment over Safety

Consistent with the literature, it was observed that all of the interviewed women evaluated their fathers as "cruel fathers" due to the negligent and/or violent attitudes of the paternal figures. For this reason, they had almost no emotional and physical bonds with their fathers. Nevertheless, they still evaluated their abusive partners with more positive terms despite being subjected to psychological and even physical violence. We believe that women had this evaluative bias mainly because their partners' violent behaviors were more implicit when compared with those of their fathers. In fact, this result once again confirmed the fact that less tangible means used to exert psychological violence lead this type of abuse to remain unnoticed (Duman, 2019; Kelly, 2004; Rogers & Follingstad, 2014; Shepherd-McMullen et al., 2015). Another reason related with women's tendency to evaluate their partners more positively might be explained by the partners' simultaneous expressions of love, care and nurturance. Therefore, young women whose emotional needs had not been met by their fathers might have been more receptive of so-called loving and caring attitudes of their partners despite being subjected to abuse. Although children play an active role in the construction of self and other-related beliefs, substantial evidence have suggested that even witnessing domestic violence might result in greater adversities for the affected offspring through compromised parenting, insecure attachment styles, development of self-defeating beliefs and internalization of gender based role assignments (Hazen et al., 2006; Holt et al., 2008; Levendovsky & Graham-

Bermann, 2001). More specifically, violent fathers usually have poor parenting skills and display more authoritarian, rigid, abusive, and/or neglectful attitudes towards their children (Forssell & Cater, 2015; Holt, 2015; Katz et al., 2020; Perel, & Peled, 2008; Stover, 2013). By contrast, victimized mothers are likely to become disinterested or negligent towards their children because of the mental toll of being subjected to chronic domestic violence (Holt et al., 2008). Consequently, interviewed women might have already been predisposed to be involved with abusive romantic relationships since domestic violence in their root families might have compromised their attachment styles and relational patterns. Such a predisposition might also increase their tendency to tolerate abusive acts of their partners because of the love and affection offered in the romantic relation.

4.5. “Possible routes of intergenerational transmission of violence

Interestingly, both mothers and daughters in the current study started to perpetrate violence against their partners as a consequence of being subjected to continuous intimate partner violence. This finding was surprising in that existing research usually focus on intergenerational transmission of violence victimization from mothers to daughters, while familial transition of violence perpetration has been more pronounced for boys (Cinal, 2018; Cochran et al., 2011; Doğrucan, & Yıldırım, 2020; Ismail, Berman, & Ward-Griffin, 2007; Laporte et al., 2011). It seems that young women who had witnessed domestic violence in their root family identified with both their victimized mothers and perpetrator fathers in terms of intimate relationship patterns. Relevant studies had demonstrated that women who had witnessed domestic violence in their childhood are more likely to be involved with abusive romantic partners during adolescence and adulthood (Altmay & Arat, 2008; Liu et al., 2018; Lohman et al., 2013; Powers et al., 2020; Sutton et al., 2014). It has been revealed that women have violent relationships since they learn to adopt violent behaviors through imitation, observation, and/or modeling in their families, and therefore do not know how to establish a healthy relationship (Cochran et al., 2011; Williams, & Adams-Rueda, 2020). More specifically, these women grow up by learning that violence is an inherent component of intimate relations that can be used for communication and problem solving (Cochran et al., 2011; Wareham et al., 2009; Williams, & Adams-Rueda,

2020). Yet, these studies mostly provided evidence for the violence victimization for the affected women consistent with gender-based role divisions (Laskey et al., 2019; Sakalli & Curun, 2001). In that sense, we believe our study provided a valuable finding showing that women who had witnessed domestic violence in their childhood might also perpetrate violence against their partners, as they had observed that violence was the only way to increase their power against their male partners. In fact, it has been known that mothers who had been subjected to domestic violence might also become disinterested or even aggressive towards their children as their mental health has been compromised by violence exposure (Holden, 2003; Zeanah et al., 1999). A similar pattern was also observed for the women in the current study. Accordingly, gradual depletion of internal and external sources might have left violence perpetration as an available strategy for the relational problems for our participants.

One prominent finding of the current study was that participants' mothers were also victimized by their own families before their marriages. That is, these mothers were beaten, physically abused and dominated not only by their husbands, but also by their mothers, brothers and fathers during their childhood. Accordingly, interviewed women described their mothers as passive, disorganized and fearful as a result of violence victimization over the years. Domestic violence literature has pointed out that children who had witnessed and had been exposed to domestic violence are more likely to develop fearful and disorganized attachments as their relationships with the primary caregivers are characterized by both love and fear (Gustafsson et al., 2017; Schuengel et al., 1999). In fact, these attachment difficulties might partially explain why participants' mothers become trapped in an abusive cycle throughout their marriages, or even become abusive towards their children and husbands. Such an attachment style might also have developed for our participants through their mothers' unresolved trauma and dysfunctional parenting (Holt et al., 2008; Schuengel et al., 1999), which might explain their own victimization in romantic relationships. In fact, our participants' own accounts gave support to this conclusion. Accordingly, interviewed women stated that they displayed the similar passive and submissive attitudes against their partners' abusive acts as they felt puzzled, helpless and even disinterested not finding psychological strength to leave out the relationship. Interviewed women also reported that their fathers had also been raised in

violent families. Yet, consistent with the gender role divisions, fathers became violence perpetrators towards their wives and children as male imposed violence and domination has been reinforced by the society (Antle et al., 2019; Franklin, & Kercher, 2012; Lee et al., 2016; Pinna, 2016; Smith et al., 2011).

4.6. Need for Empowering Mental Health Services

Our results showed that interviewed women who experienced psychological intimate partner violence needed mental health services particularly to regain their psychological strength, which had been hampered by the abusive acts of their partners. In that sense, they particularly highlighted the importance of empowering mental health services to move on strongly with their lives. For this, they required the support of mental health professionals who are knowledgeable about gender issues and not judgemental with regard to violence victimization. In the current literature, empowering interventions targeting self-care, self-esteem, and self-efficacy have been particularly suggested for women who had been subjected to intimate partner violence. Supporting this, recent findings showed that programs focusing on the psychological empowerment increased victimized women's sense of control and self-esteem while also enhancing their mental health (Cattaneo & Goodman, 2015; Garcia et al., 2019; Wright, Perez, & Johnson, 2010). However, some of the existing intervention programs are also criticized for providing personal empowerment only through economic independence. Hence, psychosocial strategies should also be employed to increase resiliency of these women while also targeting their psychological symptoms resulting from violence exposure (Hahn & Postmus, 2014; Garcia et al., 2019; Gupta et al., 2013; Peled & Krigel, 2016; Tankard, & Iyengar, 2018).

Interviewed women also underlined the importance of understanding and working on psychological dynamics which lead them to engage in an abusive relationship. Firstly, as the women in this study grew up witnessing domestic violence, they normalized and internalized violent relationship patterns (Kamat et al., 2010). Therefore, they had difficulty to recognize the violent behaviors of their partners. For this, these women need to be informed about the characteristics of the insecure and violent relationships. In addition, since psychological partner violence is transmitted between generations,

individual based therapies should also be offered to affected women targetting dysfunctional beliefs and attachment styles that have been shaped by the violent environment in their root families (Garcia et al., 2019; Miller et al., 2014). Secondly, interviewed women stated that community based group intervention programs would have been beneficial to become psychologically stronger as they are exposed to women with similar experiences. In fact, their accounts were in line with the existing literature reporting that victimized women's sharing of violence history and effective coping strategies increased their sense of hope while decreasing the feelings of being alone (Graham-Bermann et al., 2007; Graham-Bermann, & Miller, 2013). Moreover, the empathetic and supportive approach of the mental health professional towards such groups will be of particular help to enhance psychological resources (Graham-Bermann, & Miller, 2013; Zlotnick et al., 2011). Related literature also highlighted the importance of mobilization of social support mechanisms for women in reducing the negative mental health consequences of intimate partner violence (Kim, 2019; Larance & Porter, 2004; Mburia-Mwalili et al., 2010; Richards, & Branch, 2012; Sylaska, & Edwards, 2014; Žukauskienė et al., 2021). Nevertheless, it was revealed that women avoided receiving support from their social environments as they were afraid of being judged and shamed by their friends. Additionally, women's normalization of violence or perception of psychological violence as a minor issue might also stands as barriers to receiving support from the social environment (Edwards et al., 2012, Sylaska, & Edwards, 2014; Walters, 2011). Therefore, it would be of utmost importance combatting with the internal and external barriers preventing women seeking tangible and emotional support from their networks (Yorulmaz, & Boyacıoğlu, 2020).

4.7. Clinical Implications

Psychological violence against women is usually examined within the context of domestic violence and is often discussed in relation to married women in Turkey (Akar et al., 2010; Vatandaslar and Hatipoglu-Sumer, 2019; Zara-Page, 2008). However, the current study highlighted the importance of intervening with psychological violence

experiences of single young women necessitating a broader perspective while aiming to reach women of similar experiences. Besides, violence against women is generally studied from gender perspective (Akhmedshina, 2020; Altınay & Arat, 2008; Boyacıoğlu et al., 2019) and psychological violence is rarely included because of its less visible immediate effects (Kamat et al., 2010; Sambisa et al., 2011). In that sense, our study is amongst the few which examined the issue of psychological intimate partner violence from a clinical psychology perspective.

The current research has offered important clinical implications that should be sensitive to the cultural values and gender norms. First of all, this research sheds light on the psychological difficulties and family dynamics of young women who were exposed to psychological intimate partner violence due to gender inequality and discrimination in Turkey. It is obvious that women are vulnerable to psychological violence in intimate relationships due to their secondary status in society. Yet, their previous history of witnessing domestic violence in their root families also seems to create a risk factor for further violence victimization. Therefore, prevention and intervention programs aiming to combat with gender inequalities should also integrate clinical strategies particularly targeting psychological vulnerability factors and mental health consequences of abuse victimization.

First of all, young women who report to experience psychological violence in their intimate relationships should be assessed in terms of their risk for engaging in self-harming behaviors. Secondly, affected women should also be intervened with regard to the possible mental health problems (e.g., depression, anxiety, substance abuse etc.) associated with continuous exposure to violence. Thirdly, a psychosocial perspective aiming to enhance psychosocial resources would be of particular benefit in an attempt to restore the compromised self-esteem of these women. We believe that such an empowering approach might enable some women to leave out the abusive relationships, while it would help others to regain their psychological strength to engage in future healthy relationships. Forthly, individual based therapies should also be offered targeting issues of intergenerational transmission of violence victimization. In that regard, therapy models particularly focusing on early relationships and formation of self and other related beliefs

should be of particular concern to fight against psychological factors maintaining violence cycles across generations. Last but not least, informative brochures on awareness and prevention of psychological intimate relationship violence can be developed and distributed in the psychological guidance services of universities and workshops can be organized on this subject to identify at risk university students.

4.8. Limitations and Future Directions

The current study is not without limitations. Firstly, our pre-assessment scales might have been insufficient to recognize young women who witnessed domestic violence and were exposed to psychological violence by their partners. Therefore, future studies are better using reliable and valid scales to evaluate psychological intimate partner violence among young women. Secondly, our research included young women between the ages of 18 and 25. However, future studies can focus on the intergenerational transmission of psychological violence by sampling girls of secondary and high school ages as well to establish early prevention strategies against violence victimization. Thirdly, the current research considered only young women's perspectives who witnessed psychological domestic violence. Hence, it is suggested that future research might include interviews with mothers and siblings of young women in order to gain a deeper understanding of the family dynamics surrounding the issue of transmission of psychological abuse victimization. Fourthly, interviews were conducted with young women whose parents were raised with traditional gender norms and values. As a result, future studies might focus on how psychological violence is experienced and transmitted across generations in families adopting less traditional values. Fifthly, all of the young women who participated in our study gave information about their previous abusive relationships, which might have created biases in conveying their abuse experiences. Consequently, future research might sample women who are currently experiencing and abusive romantic relationship. Furthermore, only psychological intimate partner violence in heterosexual relationships was within the scope of this study. In future research, the psychological intimate partner violence of LGBTQIA+ individuals can also be investigated. Finally, this research focused specifically on the victimization of psychological intimate partner violence by young women. However, during the

interviews, it was revealed that affected women gradually became perpetrators in their intimate partner relationships. Therefore, it is recommended that future research consider in detail how young women become perpetrators in their intimate relationships over time.



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APPENDICES

APPENDIX A: DEMOGRAPHIC INFORMATION FORM

DEMOGRAFİK BİLGİ FORMU

Doğum Tarihi: .../.../..... **Yaş:**

Cinsiyetiniz:

Kadın [] Erkek [] LGBTQİ [] Belirtmek İstemiyorum []

Eğitim durumunuz:

Okur/yazar [] İlkokul [] Ortaokul [] Lise [] Üniversite [] Lisansüstü []

Üniversite ve bölümünüz:

Sizin kendi aylık geliriniz:

[] 500 TL ve altı [] 1501-3000 TL
[] 501 – 1000 TL [] 3001-5000 TL
[] 1001 – 1500 TL [] 5001 TL ve üzeri

Yaşamınızın büyük bölümünü geçirdiğiniz yeri işaretleyiniz.

Büyükşehir İl İlçe Kasaba Köy

Şu an yaşadığınız yer:

Yurt Tek başıma Arkadaşlarımla Romantik partnerimle

Ailemin yanında Akraba yanında Diğer

Medeni durumunuz:

Bekar [] Evli [] Boşanmış [] Diğer []

Anne ve babanız:

Halen evliler/birlikte yaşıyorlar

Evet [] Hayır []

Boşandılar/ayrıldılar []

Evet [] Hayır []

Her ikisi de hayatta

Evet [] Hayır[]

Herhangi bir dönemde romantik ilişkiniz oldu mu?

Evet [] Hayır []

Aşağıdaki soruları, yaşadığınız romantik ilişkilerinizden en problemlili olduğunu düşündüğünüz ilişkiyi düşünerek doldurunuz. Söz konusu ilişki geçmişte yaşadığınız ve sonlanan bir ilişki olabileceği gibi halen devam etmekte olan bir ilişki de olabilir. (Eğer tek bir ilişkiniz olduysa lütfen soruları o ilişkinizi düşünerek doldurunuz.)

Lütfen bu bilgilendirmeden sonra size en uygun seçeneği işaretleyerek soruları yanıtlamaya devam edin:

[] Bu formdaki soruları halen devam etmekte olan romantik ilişkim temelinde yanıtlayacağım.

[] Bu formdaki soruları geçmişte yaşadığım ve sonlanmış bir romantik ilişkiyi temel alarak yanıtlayacağım.

Kaç ay/yıllık bir ilişki(ydi)?

O romantik partneriniz ile aranızda yaş farkı var mı(ydı)?

.....yaş ben küçüğüm.yaş o küçük.aynı yaştayız.

O romantik partnerinizin eğitim durumu:

Okur/yazar [] İlkokul [] Ortaokul [] Lise [] Üniversite [] Lisansüstü []

O romantik partnerinize uygun seçeneği lütfen işaretleyiniz: Çalışıyor

Çalışmıyor

Çalışan biriyse, mesleği ne(ydi)?

APPENDIX B: THE FORM OF SEMI-STRUCTURED INTERVIEW QUESTIONS

YARI YAPILANDIRILMIŞ GÖRÜŞME SORULARI

1. “Psikolojik Şiddet” kavramını kendi sözcüklerinizle tanımlar mısınız?
 - a. Romantik bir ilişkide psikolojik şiddet olarak sayılabilecek 3 örnek verebilir misiniz?
2. Anne ve babanızın ilişkisinde psikolojik şiddete tanıklık ettiğiniz durumlar oldu mu? Olduysa bunlar neler?
 - a. Anneniz maruz kaldığı bu şiddet karşısında nasıl tepkiler verdi? Nasıl başa çıktı?
 - b. Bu durum sizi bir birey olarak nasıl etkiledi? (Örn; psikolojik, romantik ilişkiler, kişilik gelişimi)
 - c. Bu tanıklıkla nasıl baş ettiniz?/Neler baş etmenizi kolaylaştırdı?/Baş etmenizi zorlaştıran etmenler nelerdi?
3. Babanızın annenize gösterdiği psikolojik şiddet aile ilişkilerinizi nasıl etkiledi?
 - a. Annenizle ilişkinizi nasıl etkiledi?
 - b. Babanızla ilişkinizi nasıl etkiledi?
 - c. (Varsa) kardeşlerinizle ilişkinizi nasıl etkiledi?
4. Ailenizin kadına yönelik şiddet karşısındaki tutumları nelerdir? (Hem genel aile atmosferi, hem de bireysel deneyimlere yönelik bilgi alınacaktır).
5. Şimdi size ilk aşamada doldurduğunuz anket soruları sırasında değerlendirdiğiniz romantik ilişkinize dair bazı sorular soracağım. (Eski) Erkek arkadaşınızdan ve ilişkinizden biraz bahsedebilir misiniz?
 - a. İlişkiniz nasıl başladı, ilişkinin başlamasında etkili olan şeyler nelerdir? (Eğer bitmiş bir ilişkiyse ek olarak) İlişkiniz nasıl sonlandı?/İlişkinizin bitmesindeki etkenler nelerdi?
 - b. Nasıl bir iletişim şekliniz var(dı)?
 - c. İlişkinizin size iyi gelen yönleri nelerdir?
 - d. İlişkinizin sizi zorlayan yönleri nelerdir?
 - e. İlişkiniz hayatınızda ne gibi değişikliklere yol açtı?/ İlişkinizde bir kriz çıktığı zaman partneriniz nasıl çözüm yolları kullanır/kullanırdı?
 - f. İlişkinizde bir kriz çıktığında partnerinizin tepkisi nasıl olur? İlişkinizde bir kriz çıktığında sizin tepkiniz nasıl olur?/ İlişkinizde bir kriz çıktığı zaman nasıl çözüm yolları kullanırsınız/kullanırdınız?
6. Romantik ilişkinizde psikolojik şiddete maruz kaldığınızı düşündüğünüz durumlar oldu mu? Olduysa biraz bahsedebilir misiniz?
 - a. Erkek arkadaşınızın size karşı psikolojik şiddet göstermesinin sebepleri sizce neler olabilir?
 - b. İlişki sırasında uğradığınız bu şiddet hayatınızı nasıl etkiledi? (Örn; arkadaşlık, aile, okul, iş alanları ve bireysel psikolojik etkileri)
 - c. Bu durumla baş etmenizi kolaylaştıran şeyler oldu mu? (bireysel ve toplumsal faktörler detaylandırılacak)
 - d. Bu durumla baş etmenizi zorlaştıran şeyler oldu mu? (bireysel ve toplumsal faktörler detaylandırılacak)
7. Sizin romantik ilişkilerinizle, anne-babanızın ilişkisi arasında benzerlikler var mı? Varsa neler?
8. Sizin romantik ilişkilerinizle, anne-babanızın ilişkisi arasında farklılıklar var mı? Varsa neler?

APPENDIX C: THE SCALE OF WITNESSING TO PSYCHOLOGICAL VIOLENCE BETWEEN PARENTS-FIRST VERSION

EBEVEYNLER ARASI PSİKOLOJİK ŞİDDETE TANIKLIK ÖLÇEĞİ (VERSİYON 1)

Lütfen her cümleyi dikkatlice okuyun ve söz konusu davranışın ne sıklıkla olduğunu belirtin.

(Ebeveynler ayrı ya da boşanmışlarsa): Söz konusu cümleleri değerlendirirken lütfen ANNE-BABANIZIN boşanmadan/ayrılmadan önceki ilişkisini düşünün.

	Hiçbir zaman 1	Nadiren 2	Bazen 3	Sık sık 4	Her zaman 5
1) Babam, anneme karşı sevgisini ve ilgisini göstermek istemezdi.	1	2	3	4	5
2) Babam, annemin ihtiyaçlarını karşılama konusunda yeterince ilgili değildi.	1	2	3	4	5
3) Babam, annemin isteklerini yeterince önemsemezdi.	1	2	3	4	5
4) Babam, kendi hoşlanmadığı/görüşmek istemediği kişilerle annemin de görüşmesini istemezdi.	1	2	3	4	5
5) Babam, annemle tartıştığında hep kendisinin haklı olduğunu ve doğruyu bildiğini düşünürdü.	1	2	3	4	5
6) Babam, herhangi bir konuda annemin ondan farklı düşünmesinden hoşlanmazdı.	1	2	3	4	5
7) Babam, anneme karşı öfkesini kontrol etmekte zorlanırdı.	1	2	3	4	5

8) Babam, sinirlenince anneme bađırırdı.	1	2	3	4	5
9) Babam, sinirlenince anneme küfür ederdi.	1	2	3	4	5
10) Babam, annemin yaptıđı işlerde yetersiz ve beceriksiz olduđunu söylerdi.	1	2	3	4	5
11) Babam, annemin yaptıđı işleri takdir etmezdi.	1	2	3	4	5
12) Babam, annemin telefonda/bilgisayarda ne yaptıđını kontrol etmeye çalışırdı.	1	2	3	4	5
13) Babam, annemin aile ilişkilerine müdahale ederdi.	1	2	3	4	5
14) Babam, annemin arkadaşlık ilişkilerine müdahale ederdi.	1	2	3	4	5
15) Babam, annemi gereksiz yere kıskanır ve olay çıkarırdı.	1	2	3	4	5
16) Babam, bazen sırf annemi sinir etmek için annemin yapma dediđi şeyleri yapardı.	1	2	3	4	5
17) Babam, bazen olmadık şeyler için anneme tavır yapardı.	1	2	3	4	5
18) Babam, annemle arasındaki problemleri görmezden gelirdi.	1	2	3	4	5
19) Babam, anneme karşı aşırı koruyucu davranırdı.	1	2	3	4	5
20) Babam, her an annemin onunla ilgilenmesini isterdi.	1	2	3	4	5

21) Babam, günün her saati anneme ulaşmak ister ve ulaşamadığında sinirlenirdi.	1	2	3	4	5
22) Babam, annemin giydiği kıyafetlere karışırdı.	1	2	3	4	5
23) Babam, annemle kavga ettiklerinde annemi terk etmekle tehdit ederdi.	1	2	3	4	5
24) Babam, kavga ettikleri sırada, anneme tokat atacağını, boğazımı sıkacağını, döveceğini söyleyerek korkutmaya çalışırdı.	1	2	3	4	5
25) Babam, annemle tartıştığı sırada eline geçen telefon, tabak, vazo vb. nesnelere kırardı.	1	2	3	4	5
26) Bazen annemin akıl sağlığının yerinde olmadığını söyleyerek onu normal olmadığına inandırmaya çalışırdı.	1	2	3	4	5
27) Babam, kendisi olmasa annemin hiçbir şeyi beceremeyeceğini söylerdi.	1	2	3	4	5
28) Babam, bazen başkalarının yanında annemi incitecek sözler söylerdi.	1	2	3	4	5

29) Babam, verdiđi parayı annemin nereye harcadıđını kontrol ederdi.	1	2	3	4	5
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APPENDIX D: THE SCALE OF WITNESSING TO PSYCHOLOGICAL VIOLENCE BETWEEN PARENTS- SECOND VERSION

EBEVEYNLER ARASI PSİKOLOJİK ŞİDDETE TANIKLIK ÖLÇEĞİ (VERSİYON 2)

(Ebeveynler halen evli ya da birliktelerse): Söz konusu cümleleri değerlendirirken lütfen ANNE-BABANIZIN şimdiki ilişkisini düşünün.

	Hiçbir zaman 1	Nadiren 2	Bazen 3	Sık sık 4	Her zaman 5
1) Babam, anneme karşı sevgisini ve ilgisini göstermek istemez.	1	2	3	4	5
2) Babam, annemin ihtiyaçlarını karşılama konusunda yeterince ilgili değildir.	1	2	3	4	5
3) Babam, annemin isteklerini yeterince önemsemez.	1	2	3	4	5
4) Babam, kendi hoşlanmadığı/görüşmek istemediği kişilerle annemin de görüşmesini istemez.	1	2	3	4	5
5) Babam, annemle tartıştığında hep kendisinin haklı olduğunu ve doğruyu bildiğini düşünür.	1	2	3	4	5
6) Babam, herhangi bir konuda annemin ondan farklı düşünmesinden hoşlanmaz.	1	2	3	4	5
7) Babam, anneme karşı öfkesini kontrol etmekte zorlanır.	1	2	3	4	5

8) Babam, sinirlenince anneme bağırır.	1	2	3	4	5
9) Babam, sinirlenince anneme küfür eder.	1	2	3	4	5
10) Babam, annemin yaptığı işlerde yetersiz ve beceriksiz olduğunu söyler.	1	2	3	4	5
11) Babam, annemin yaptığı işleri takdir etmez.	1	2	3	4	5
12) Babam, annemin telefonda/bilgisayarda ne yaptığını kontrol etmeye çalışır.	1	2	3	4	5
13) Babam, annemin aile ilişkilerine müdahale eder.	1	2	3	4	5
14) Babam, annemin arkadaşlık ilişkilerine müdahale eder.	1	2	3	4	5
15) Babam, annemi gereksiz yere kıskanır ve olay çıkarır.	1	2	3	4	5
16) Babam, bazen sırf annemi sinir etmek için annemin yapma dediği şeyleri yapar.	1	2	3	4	5
17) Babam, bazen olmadık şeyler için anneme tavrı yapar.	1	2	3	4	5
18) Babam, annemle arasındaki problemleri görmezden gelir.	1	2	3	4	5
19) Babam, anneme karşı aşırı koruyucu davranır.	1	2	3	4	5
20) Babam, her an annemin onunla ilgilenmesini ister.	1	2	3	4	5

21) Babam, günün her saati anneme ulaşmak ister ve ulaşamadığında sinirlenir.	1	2	3	4	5
22) Babam, annemin giydiği kıyafetlere karışır.	1	2	3	4	5
23) Babam, annemle kavga ettiklerinde annemi terk etmekle tehdit eder.	1	2	3	4	5
24) Babam, kavga ettikleri sırada, anneme tokat atacağını, boğazını sıkacağını, döveceğini söyleyerek korkutmaya çalışır.	1	2	3	4	5
25) Babam, annemle tartıştığı sırada eline geçen telefon, tabak, vazo vb. nesnelere kırar.	1	2	3	4	5
26) Bazen annemin akıl sağlığının yerinde olmadığını söyleyerek onu normal olmadığına inandırmaya çalışır.	1	2	3	4	5
27) Babam, kendisi olmasa annemin hiçbir şeyi beceremeyeceğini söyler.	1	2	3	4	5
28) Babam, bazen başkalarının yanında annemi incitecek sözler söyler.	1	2	3	4	5

29) Babam, verdiđi parayı annemin nereye harcadıđını kontrol eder.	1	2	3	4	5
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APPENDIX E: THE SCALE OF THE PSYCHOLOGICAL INTIMATE PARTNER VIOLENCE-FIRST VERSION

ROMANTİK İLİŞKİLERDE PSİKOLOJİK ŞİDDET ÖLÇEĞİ (VERSİYON 1)

Lütfen aşağıdaki soruları demografik bilgi formunda belirttiğiniz romantik ilişkinizi düşünerek yanıtlayınız.

(Geçmişteki bir romantik ilişkinizi belirttiyseniz): Söz konusu cümleleri değerlendirirken lütfen GEÇMİŞ ROMANTİK İLİŞKİNİZİ düşünün.

	Hiçbir zaman 1	Nadiren 2	Bazen 3	Sık sık 4	Her zaman 5
1) Romantik partnerim, bana karşı sevgisini ve ilgisini göstermek istemezdi.	1	2	3	4	5
2) Romantik partnerim, benim yaşadığım zorluklar karşısında yeterince duyarlı değildi.	1	2	3	4	5
3) Romantik partnerim, benim isteklerimi önemsemezdi.					
4) Romantik partnerim kendi hoşlanmadığı/görüşmek istemediği kişilerle benim de görüşmemi istemezdi.	1	2	3	4	5
5) Romantik partnerim, tartıştığımızda hep kendisinin haklı olduğunu ve doğruyu bildiğini düşünürdü.	1	2	3	4	5
6) Romantik partnerim, herhangi bir konuda ondan farklı düşünmemden hoşlanmazdı.	1	2	3	4	5

7) Romantik partnerim bana karşı öfkesini kontrol etmekte zorlanırdı.	1	2	3	4	5
8) Romantik partnerim, sinirlenince bana bağırdı.	1	2	3	4	5
9) Romantik partnerim, sinirlenince bana küfür ederdi.	1	2	3	4	5
10) Romantik partnerim, yaptığım işlerde yetersiz ve beceriksiz olduğumu söylerdi.	1	2	3	4	5
11) Romantik partnerim, yaptığım işleri takdir etmezdi.	1	2	3	4	5
12) Romantik partnerim, telefonda/bilgisayarda ne yaptığımı kontrol etmeye çalışırdı.	1	2	3	4	5
13) Romantik partnerim, aile ilişkilerine müdahale ederdi.	1	2	3	4	5
14) Romantik partnerim, arkadaşlık ilişkilerime müdahale ederdi.	1	2	3	4	5
15) Romantik partnerim, beni gereksiz yere kıskanır ve olay çıkartırdı.	1	2	3	4	5
16) Romantik partnerim, bazen sırf beni sinir etmek için hoşlanmadığım şeyler yapardı.	1	2	3	4	5
17) Romantik partnerim, bazen olmadık şeyler için bana tavır yapardı.	1	2	3	4	5

18) Romantik partnerim, ilişkimizdeki problemleri görmezden gelirdi.	1	2	3	4	5
19) Romantik partnerim, ilişkimizdeki problemleri konuşmak istediğimde kayıtsız kalırdı.	1	2	3	4	5
20) Romantik partnerim, bazen sebebini söylemeden benden uzaklaşırdı.	1	2	3	4	5
21) Romantik partnerim, bana karşı aşırı koruyucu davranırdı.	1	2	3	4	5
22) Romantik partnerim, her an onun yanında olmamı ve onunla ilgilenmemi isterdi.	1	2	3	4	5
23) Romantik partnerim, günün her saati bana ulaşmak ister ve ulaşamadığında sinirlenirdi.	1	2	3	4	5
24) Romantik partnerim, giydiğim kıyafetlere karışırdı.	1	2	3	4	5
25) Romantik partnerim, kavga ettiğimiz zamanlarda beni terk etmekle tehdit ederdi.	1	2	3	4	5
26) Romantik partnerim, kavga ettiğimiz sırada onu biraz daha sinirlendirirsem bana tokat atacağını, boğazımı sıkacağını, döveceğini söyleyerek korkutmaya çalışırdı.	1	2	3	4	5

27) Romantik partnerim, kavga ettiğimiz sırada eline geçen telefon, tabak, vazo vb. nesnelere kırardı.	1	2	3	4	5
28) Romantik partnerim, bazen akıl sağlığımın yerinde olmadığını söyleyerek beni normal olmadığını inandırmaya çalışırdı.	1	2	3	4	5
29) Romantik partnerim, kendisi olmasa benim hiçbir şeyi beceremeyeceğimi söylerdi.	1	2	3	4	5
30) Romantik partnerim, bazen başkalarının yanında beni incitecek sözler söylerdi.	1	2	3	4	5
31) Romantik partnerim, geçmişteki hatalarımı her fırsatta yüzüme vurarak canımı acıtmaya çalışırdı.	1	2	3	4	5

APPENDIX F: THE SCALE OF THE PSYCHOLOGICAL INTIMATE PARTNER VIOLENCE –SECOND VERSION

ROMANTİK İLİŞKİLERDE PSİKOLOJİK ŞİDDET ÖLÇEĞİ (VERSİYON 2)

(Mevcut romantik ilişkinizi belirttiyseniz): Söz konusu cümleleri değerlendirirken lütfen **MEVCUT ROMANTİK İLİŞKİNİZİ** düşünün.

	Hiçbir zaman 1	Nadiren 2	Bazen 3	Sık sık 4	Her zaman 5
1) Romantik partnerim, bana karşı sevgisini ve ilgisini göstermek istemez.	1	2	3	4	5
2) Romantik partnerim, benim yaşadığım zorluklar karşısında yeterince duyarlı değildir.	1	2	3	4	5
3) Romantik partnerim, benim isteklerimi önemsemez.					
4) Romantik partnerim kendi hoşlanmadığı/görüşmek istemediği kişilerle benim de görüşmemi istemez.	1	2	3	4	5
5) Romantik partnerim, tartıştığımızda hep kendisinin haklı olduğunu ve doğruyu bildiğini düşünür.	1	2	3	4	5
6) Romantik partnerim, herhangi bir konuda ondan farklı düşünmemden hoşlanmaz.	1	2	3	4	5
7) Romantik partnerim bana karşı öfkesini kontrol etmekte zorlanır.	1	2	3	4	5

8) Romantik partnerim, sinirlenince bana bađırır.	1	2	3	4	5
9) Romantik partnerim, sinirlenince bana kfr eder.	1	2	3	4	5
10) Romantik partnerim, yaptığım iřlerde yetersiz ve beceriksiz olduđumu syler.	1	2	3	4	5
11) Romantik partnerim, yaptığım iřleri takdir etmez.	1	2	3	4	5
12) Romantik partnerim, telefonda/bilgisayarda ne yaptığımı kontrol etmeye alıřır.	1	2	3	4	5
13) Romantik partnerim, aile iliřkilerine mdahale eder.	1	2	3	4	5
14) Romantik partnerim, arkadařlık iliřkelerime mdahale eder.	1	2	3	4	5
15) Romantik partnerim, beni gereksiz yere kısıkanır ve olay ıkartır.	1	2	3	4	5
16) Romantik partnerim, bazen sırf beni sinir etmek iin hořlanmadığım Őeyler yapar.	1	2	3	4	5
17) Romantik partnerim, bazen olmadık Őeyler iin bana tavır yapar.	1	2	3	4	5

18) Romantik partnerim, ilişkimizdeki problemleri görmezden gelir.	1	2	3	4	5
19) Romantik partnerim, ilişkimizdeki problemleri konuşmak istediğimde kayıtsız kalır.	1	2	3	4	5
20) Romantik partnerim, bazen sebebini söylemeden benden uzaklaşır.	1	2	3	4	5
21) Romantik partnerim, bana karşı aşırı koruyucu davranır.	1	2	3	4	5
22) Romantik partnerim, her an onun yanında olmamı ve onunla ilgilenmemi ister.	1	2	3	4	5
23) Romantik partnerim, günün her saati bana ulaşmak ister ve ulaşamadığında sinirlenir.	1	2	3	4	5
24) Romantik partnerim, giydiğim kıyafetlere karışır.	1	2	3	4	5
25) Romantik partnerim, kavga ettiğimiz zamanlarda beni terk etmekle tehdit eder.	1	2	3	4	5
26) Romantik partnerim, kavga ettiğimiz sırada onu biraz daha sinirlendirirsem bana tokat atacağını, boğazımı sıkacağını, döveceğini söyleyerek korkutmaya çalışır.	1	2	3	4	5

27) Romantik partnerim, kavga ettiğimiz sırada eline geçen telefon, tabak, vazo vb. nesnelere kırar.	1	2	3	4	5
28) Romantik partnerim, bazen akıl sağlığımın yerinde olmadığını söyleyerek beni normal olmadığına inandırmaya çalışır.	1	2	3	4	5
29) Romantik partnerim, kendisi olmasa benim hiçbir şeyi beceremeyeceğimi söyler.	1	2	3	4	5
30) Romantik partnerim, bazen başkalarının yanında beni incitecek sözler söyler.	1	2	3	4	5
31) Romantik partnerim, geçmişteki hatalarımı her fırsatta yüzüme vurarak canımı acıtmaya çalışır.	1	2	3	4	5

APPENDIX G: INFORM CONSENT FORM

BİLGİLENDİRİLMİŞ ONAM FORMU

Bu araştırma, TED Üniversitesi Psikoloji Bölümü'nde Gelişim Odaklı Klinik Çocuk ve Ergen Psikolojisi Yüksek Lisans Programında öğrenci olan Banu Özen tarafından, Dr. Öğr. Üyesi Yağmur Ar-Karcı danışmanlığında yürütülmektedir. Araştırmanın amacı; psikolojik partner şiddetinin kuşaklararası aktarımını çeşitli psiko-sosyal ve toplumsal faktörler çerçevesinde incelenmesidir. Söz konusu araştırma iki aşamadan oluşmaktadır. Bu bağlantıda sizlerden doldurmanızı beklediğimiz anketler araştırmanın birinci aşamasını kapsamaktadır.

Araştırmanın etik ilkelere uygunluğu, TED Üniversitesi İnsan Araştırmaları Etik Kurulu tarafından değerlendirilmiş ve onaylanmıştır. Araştırma kapsamında, bu araştırmaya katılmayı kabul ettiğinizde önce demografik bilgi formunu ardından da sizden anne-babanızın ilişkisine ve sizin kendi romantik ilişkinize yönelik toplamda iki ölçeği doldurmanız beklenmektedir. Bu ölçekleri doldurmak yaklaşık 15 dk. sürmektedir.

Araştırmada size yöneltilen soruların DOĞRU ya da YANLIŞ cevapları yoktur. Bu nedenle soruları içtenlikle cevaplamamız araştırmanın sonuçları açısından önemlidir. Araştırma süresince ve sonrasında kimlik bilgileriniz araştırmada yer alan araştırmacılar dışındaki hiç kimseyle izniniz dışında paylaşılmayacaktır. Tüm katılımcılardan elde edilen bilgiler bütün bir şekilde ele alınarak değerlendirilecektir. Bu çalışma kapsamında elde edilecek olan bilimsel bilgiler sadece araştırmacılar tarafından yapılan bilimsel yayınlarda, sunumlarda ve eğitim amaçlı çevrimiçi bir ortamda paylaşılacaktır. Toplanan veriler isimsiz olarak araştırmacıların bilgisayarında şifreli bir dosyada tutulacaktır.

Bu araştırmaya katılım, gönüllük esasına dayalıdır. Araştırma kapsamında sorulacak sorular, kişisel rahatsızlık verecek nitelikte değildir. Öte yandan, psikolojik partner şiddetinin doğası gereği stresli bir yaşam olayı olduğu bilinmektedir. Bu sebeple katılımcılara psikolojik partner şiddeti ile baş etmeye ilişkin bilgilerin içerildiği bir bilgilendirme broşürü verilecektir. Buna rağmen herhangi bir nedenden ötürü halen kendinizi rahatsız hissederseniz, nedenini açıklamaksızın araştırmayı yarıda bırakıp çıkabilirsiniz. Böyle bir durumda vermiş olduğunuz bilgilerin araştırmacı tarafından kullanılması ancak sizin onayınızla mümkün olacaktır.

Bu araştırmaya katıldığınız için şimdiden teşekkür ederim. Araştırma hakkında daha fazla bilgi almak ve yanıtlanmasını istediğiniz sorularınız için araştırmayı yürüten Psk. Banu Özen (E-posta: banu.ozen@tedu.edu.tr, telefon: 05549420800 ve Dr. Öğr. Üyesi Yağmur Ar Karcı (E-posta: yağmur.ar@tedu.edu.tr) ile iletişim kurabilirsiniz.

BROŞÜR LİNKİ: (Burada broşürün yer aldığı link yer alacaktır)

Araştırmacı tarafından bu araştırma ile ilgili yeteri kadar bilgilendirildim. Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman sebep göstermeksizin araştırmadan ayrılabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayınlarda kullanılmasını kabul ediyorum. Araştırmada verdiğim bilgilerin iznim dışında bilimsel makaleler, akademik sunumlar ve çevrimiçi bir eğitim ortamı dışında kesinlikle kullanılmayacağını biliyorum.

Araştırmaya gönüllü katılıyorum.

Evet / Hayır

Katılımcının adı/soyadı :.....

İmzası:

Tarih:

Bu anketlerin yaklaşık 100 kadın katılımcı tarafından doldurulması sonrasında araştırmamızın ikinci aşaması başlayacaktır. Araştırmanın ikinci aşamasında, birinci aşamaya katılan 10 kadın katılımcı ile 60-90 dakika arası sürecek yarı yapılandırılmış görüşmeler yapılması planlanmaktadır. Söz konusu görüşmeler katılımcıların tercihleri doğrultusunda çevrimiçi bir ortamda ya da yüz yüze gerçekleştirilebilecektir. Yarı yapılandırılmış görüşmeler kapsamında sizlere romantik ilişkilerinizde deneyimlediğiniz problemler, aile ilişkileriniz ve psikolojik şiddet kavramına ilişkin deneyimlerinizle ilişkin birtakım sorular sorulacaktır. Ayrıca araştırmaya kabul etmeyi onayladığımız takdirde bu yarı yapılandırılmış görüşmenin gerçekleşmesi için size ulaşabileceğimiz bir e-posta adresi istenecektir. Bu verdiğiniz e-posta adresi bilgisi yalnızca bu formda istenecek olup diğer dolduracağınız anketlerden farklı olarak depolanacak ve gizli tutulacak olup araştırma süreci bittiğinde kalıcı olarak silinecektir.

Araştırmanın yarı-yapılandırılmış görüşmeleri içeren ikinci aşamasına katılmak istiyorum:

[] Evet

[] Hayır

(Evet ise) Lütfen görüşmelerle ilgili size ulaşabileceğimiz ve sıklıkla kullandığımız bir e-posta adresinizi yazınız _____

Yarı yapılandırılmış görüşmelere katılmam durumunda:

Görüşmenin çevrimiçi ortamda gerçekleşmesini tercih ederim.

Görüşmenin yüz yüze gerçekleşmesini tercih ederim.

Araştırmaya katılımınız ve haklarınızın korunmasına yönelik sorularınız varsa ya da herhangi bir şekilde risk altında olduğunuza veya strese maruz kalacağına inanıyorsanız TED Üniversitesi İnsan Araştırmaları Etik Kurulu'na (0312 585 00 05) telefon numarasından veya iaek@tedu.edu.tr eposta adresinden ulaşabilirsiniz.

APPENDIX H: INFORM CONSENT FORM FOR INTERVIEW

YARI YAPILANDIRILMIŞ GÖRÜŞME İÇİN BİLGİLENDİRİLMİŞ ONAM FORMU

Sayın Katılımcı,

Bu araştırma, TED Üniversitesi Psikoloji Bölümü'nde Gelişim Odaklı Klinik Çocuk ve Ergen Psikolojisi Yüksek Lisans Programında öğrenci olan Banu Özen tarafından, Dr. Öğr. Üyesi Yağmur Ar-Karcı danışmanlığında yürütülmektedir. Araştırmanın amacı; psikolojik partner şiddetinin kuşaklararası aktarımını çeşitli psiko-sosyal ve toplumsal faktörler çerçevesinde incelenmesidir. Araştırmanın etik ilkelere uygunluğu, TED Üniversitesi İnsan Araştırmaları Etik Kurulu tarafından değerlendirilmiş ve onaylanmıştır.

Araştırmada annesi, babası tarafından psikolojik şiddete maruz kalmış ve ebeveynleri hayatta olan 18-25 yaşları arasındaki en az 6 aylık romantik ilişkisi olan ya da yaşamının herhangi bir döneminde en az 6 aylık romantik ilişki deneyimi bulunan genç kadınların yakın ilişkilerinde neler deneyimlediklerine ilişkin çeşitli açık uçlu sorular sorulacaktır. Görüşmenin yaklaşık 60-90 dakika arasında sürmesi beklenmektedir. Görüşme sırasında bilgi kaybı olmaması ve elde edilen verilerin derinlemesine anlaşılması için ses kaydı alınacaktır.

Araştırmada size yöneltilen soruların doğru ya da yanlış cevapları yoktur. Bu nedenle soruları içtenlikle cevaplamanız araştırmanın sonuçları açısından oldukça önemlidir. Çalışma süresince ve sonrasında kimlik bilgileriniz, araştırma dışındaki hiç kimseye izniniz dışında paylaşılmayacaktır. Alınacak olan bu ses kaydı herhangi üçüncü bir kişiye dinletilmeyecektir. Sonuçların analiz edilebilmesi için ses kayıtları kelime kelime yazıya dökülecek olup, o yazılarda kimlik bilgilerinize ilişkin herhangi bir bilgi yer almayacaktır. Bu çalışma kapsamında elde edilecek olan bilimsel bilgiler, sadece araştırmacılar tarafından yapılan bilimsel yayınlarda, sunumlarda ve eğitim amaçlı çevrimiçi bir ortamda paylaşılacaktır. Toplanan veriler isminiz silinerek, bilgisayarda şifreli bir dosyada tutulacaktır.

Bu çalışmaya katılım, gönüllük esasına dayalıdır. Araştırma kapsamında sorulacak sorular, kişisel rahatsızlık verecek nitelikte değildir. Ancak herhangi bir nedenden ötürü kendinizi rahatsız hissederseniz, nedenini açıklamaksızın araştırmayı yarıda bırakıp çıkabilirsiniz. Böyle bir durumda vermiş olduğunuz bilgilerin araştırmacı tarafından kullanılması ancak sizin onayınızla mümkün olacaktır. Bu çalışmaya katıldığınız için şimdiden teşekkür ederim.

Araştırmaya katılmayı kabul etmeniz durumunda, araştırmacı tarafından sizin uygun olduğunuz zamanlar göz önünde bulundurularak bir görüşme tarihi ve saati ayarlanacaktır. İletişime geçilmesini istediğiniz e-posta adresine hem görüşme tarihini hem de araştırmacının Skype/Zoom adresini içeren bir e-posta gönderilecektir.

Araştırmanın gizli, güvenilir ve sesin anlaşılır olması için çevrimiçi görüşme öncesi ve sırasında bazı hususlara dikkat edilmesi gerekmektedir:

- Görüşme zamanından önce bilgisayarınıza ya da telefonunuza Skype/Zoom isimli programı indirmelisiniz.
- Bulduğunuz ortamdaki internet bağlantısının görüşme yapılacak kalitede olup olmadığını kontrol etmelisiniz.
- Görüşmeyi gerçekleştirirken bulunacağınız ortamda sadece siz olmalısınız.

- Görüşmeyi gerçekleştirirken bulunacağınız ortam sessiz olmalı, dışarıdan ses gelmemeli ya da içeriden dışarıya ses gitmemelidir.

ÖNEMLİ NOT: (Seçenek 1) Araştırmacı e-posta ile belirlenen görüşme tarihinde sizi belirttiğiniz Skype adresi aracılığıyla görüntülü olarak arayacaktır. Ses kaydı sizden sözel onay aldıktan sonra başlatılacaktır/(Seçenek 2) Araştırmacı görüşme tarihinden bir gün önce size görüşmenin gerçekleştireceği Zoom bağlantı adresini, toplantı kodunu ve şifresini e-posta aracılığıyla iletacaktır. Görüşme saatinde bu bağlantıya tıklayarak görüşmeye katılmanız beklenmektedir.

Çalışma hakkında daha fazla bilgi almak ve yanıtlanmasını istediğiniz sorularınız için araştırmayı yürüten Psk. Banu Özen (E-posta: banu.ozen@tedu.edu.tr, telefon: 05549420800 ve Dr. Öğr. Üyesi Yağmur Ar-Karcı (E- posta: yağmur.ar@tedu.edu.tr) ile iletişim kurabilirsiniz.

Araştırmacı tarafından bu araştırma ile ilgili yeteri kadar bilgilendirildim. Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim zaman sebep göstermeksizin araştırmadan ayrılabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayınlarda kullanılmasını kabul ediyorum. Araştırmada verdiğim bilgilerin bilimsel makaleler, akademik sunumlar ve çevrimiçi bir eğitim ortamı dışında kesinlikle kullanılmayacağını biliyorum.

Onaylıyorum

Onaylamıyorum

Yukarıdaki şartları okudum. Bu araştırmaya gönüllü olarak katılmayı kabul ediyorum.

Onaylıyorum

Onaylamıyorum

Yukarıdaki şartları okudum. Görüşmeler sırasında ses kaydı alınmasını kabul ediyorum.

Onaylıyorum

Onaylamıyorum

Katılımcının adı/soyadı :.....

İmzası:

Tarih:

Araştırmaya katılımınız ve haklarınızın korunmasına yönelik sorularınız varsa ya da herhangi bir şekilde risk altında olduğunuza veya strese maruz kalacağınıza inanıyorsanız TED Üniversitesi İnsan Araştırmaları Etik Kurulu'na (0312 585 00 05) telefon numarasından veya iaek@tedu.edu.tr eposta adresinden ulaşabilirsiniz.

APPENDIX I: DEBRIEFING FORM

KATILIM SONRASI BİLGİLENDİRME FORMU

Öncelikle, araştırmaya katıldığınız için teşekkür ederiz.

Bu araştırma daha önce de belirtildiği gibi TED Üniversitesi Psikoloji Bölümü'nde Gelişim Odaklı Klinik Çocuk ve Ergen Psikolojisi Yüksek Lisans Programında öğrenci olan Banu Özen tarafından, Dr. Öğr. Üyesi Yağmur Ar-Karcı danışmanlığında yürütülmektedir. Araştırmanın amacı; psikolojik partner şiddetinin kuşaklararası aktarımını çeşitli psiko-sosyal ve toplumsal faktörler çerçevesinde incelemektir.

Literatüre göre psikolojik şiddet, genellikle erkekler tarafından kadınlara yönelik olup tehdit etme, aşağılama, küçümseme, önemsememe, anlayış göstermeme (toleransın düşük olması), sosyal ilişkileri sınırlandırma, kıskanma, korkutma gibi kadınların kendilerini değersiz ve yetersiz hissetmesine neden olacak davranış biçimlerini içermektedir. Bu şiddet türü, aile içi şiddet türlerinden biri olup özellikle anne ve kız çocuklarını doğrudan ya da dolaylı biçimlerde oldukça etkilemektedir (Levendosky, Leahy, Bogat, Davidson ve Eye, 2006). Annesi şiddet mağduru olan kadınların kendi romantik ilişkilerinde partner şiddetine maruz kalma riskinin arttığı ortaya koyulmuştur (Zara-Page ve İnce, 2008). Ayrıca kadınların gördüğü bu şiddet, hem psiko-sosyal hem de toplumsal düzeyde yaşamlarına etki etmektedir.

Bu amaçla, öncelikle sizden tezin ilk aşaması için gönüllü olarak iki tane psikolojik şiddet ölçeği doldurmanız istenmiştir. Bunlardan biri annenizin, babanız tarafından psikolojik şiddete maruz kalıp kalmadığını ölçerken, diğeri sizin romantik partneriniz tarafından psikolojik şiddete maruz kalıp kalmadığınızı ölçmekteydi.

Tezin asıl aşaması olan ikinci aşamada ise, araştırmanın ilk aşamasında doldurulan ölçeklerden görece yüksek puan alan katılımcılara ulaşılmış, araştırmanın ikinci aşamasına gönüllü katılım sağlayacakları bilgisi alınmıştır. Bu aşamada, katılımcılarla yüz yüze görüşme yapılmış ve psikolojik partner şiddetinin kuşaklararası aktarımını çeşitli psiko-sosyal ve toplumsal faktörler çerçevesinde incelemeyi amaçlayan birtakım yarı yapılandırılmış sorular sorulmuştur.

Elde edilen bilgiler sadece bilimsel araştırma ve yazılarda kullanılacaktır. Çalışmanın sağlıklı ilerleyebilmesi ve bulguların güvenilir olması için çalışmaya katılacağını bildiğiniz diğer kişilerle çalışma ile ilgili detaylı bilgi paylaşımında bulunmamanızı dileriz. Bu araştırmaya katıldığınız için tekrar çok teşekkür ederiz.

Araştırmanın sonuçlarını öğrenmek ya da daha fazla bilgi almak için aşağıdaki isimlere başvurabilirsiniz.

Dr. Öğr. Üyesi Yağmur Ar Karcı (yagmur.ar@tedu.edu.tr)

Psk. Banu Özen (banu.ozen@tedu.edu.tr)

Çalışmaya katkıda bulunan bir gönüllü olarak katılımcı haklarınızla ilgili veya etik ilkelerle ilgili soru veya görüşlerinizi TED Üniversitesi İnsan Araştırmaları Etik Kurulu iletebilirsiniz.

e-posta: jaek@tedu.edu.tr

APPENDIX K: THE INVITATION MAIL TO INTERVIEW

GÖRÜŞME DAVETİ MAİLİ METNİ

Merhaba,

Dr. Öğr. Üyesi Yağmur Ar-Karcı danışmanlığında yürüttüğüm psikolojik partner şiddetinin kuşaklararası aktarımını çeşitli psiko-sosyal ve toplumsal faktörler konulu tez çalışmamın ilk aşamasına X tarihinde katılmıştınız. Vermiş olduğunuz bilgileri incelediğimizde, yarı-yapılandırılmış bir görüşmenin gerçekleşeceği ikinci aşamaya da katılmaya olumlu baktığınızı ve görüşmeyi çevrimiçi bir ortamda yapmayı tercih ettiğinizi görüyoruz. Size bu e-postayı araştırmanın ikinci aşamasına yönelik bilgi sağlamak ve uygun görürseniz görüşme tarihini netleştirmek amacıyla yazıyorum.

Söz konusu görüşme yaklaşık 60-90 dakika arasında sürecektir. Bu görüşme sırasında size aile yaşantılarınız ve romantik ilişki deneyimlerinize yönelik birtakım açık uçlu sorular sorulacaktır. Yine araştırmanın ilk basamağındaki tercihiniz göz önüne alınarak görüşmenin çevrimiçi olarak gerçekleştirilmesi planlanmaktadır. Bu çevrimiçi görüşmeler sizin tercihleriniz doğrultusunda Skype ya da Zoom isimli programlar aracılığıyla gerçekleştirilecektir. Araştırmanın ilk aşamasındaki bilgilendirilmiş onam formunda da belirtildiği üzere görüşmenin ses kaydı alınacaktır ve bu ses kaydı herhangi üçüncü bir kişiye dinletilmeyecektir. Sonuçların analiz edilebilmesi için ses kayıtları kelime kelime yazıya dökülecek olup, o yazıda kimlik bilgilerinize ilişkin herhangi bir bilgi yer almayacaktır. Araştırma süreci bitene kadar, araştırmacıların bilgisayarında şifreli bir dosyada saklı tutulacak ve araştırma süreci sonlanınca kalıcı olarak silinecektir. Eğer araştırmaya katılmayı kabul ederseniz, çevrimiçi ortamda yapılacak olan görüşme için size gününe veya ileri bir tarihe randevu vermek istiyorum. Bu mail adresinden geri dönüş yaparsanız size uygun olacak şekilde randevu tarihini netleştirmek isterim. Araştırmanın ikinci aşaması olan yarı yapılandırılmış görüşmeye katılmayı kabul etmeniz durumunda, görüşmenin gerçekleştirilmesini tercih edeceğiniz çevrimiçi görüşme aracını da (Zoom ya da Skype) cevabınızı belirttiğiniz e-postada iletmenizi rica ediyorum.

Araştırmanın gizli, güvenilir ve sesin anlaşılır olması için çevrimiçi görüşme öncesi ve sırasında bazı hususlara dikkat edilmesi gerekmektedir:

- Görüşme zamanından önce bilgisayarınıza ya da telefonunuza Skype/Zoom isimli programı indirmelisiniz.
- Bulduğunuz ortamdaki internet bağlantısının görüşme yapılacak kalitede olup olmadığını kontrol etmelisiniz.
- Görüşmeyi gerçekleştirirken bulunacağınız ortamda sadece siz olmalısınız.
- Görüşmeyi gerçekleştirirken bulunacağınız ortam sessiz olmalı, dışarıdan ses gelmemeli ya da içeriden dışarıya ses gitmemelidir.

Şimdiden teşekkürler.

Psk. Banu Özen

Önemli Not 1: Koşullarınız çevrimiçi görüşme gerçekleştirmek için uygun değilse, söz konusu görüşmeyi yüz yüze yürütme şansımız da bulunmaktadır. Böyle bir durumunuz varsa lütfen bizi bilgilendirin.

Önemli Not 2: Bu e-postaya olumlu yanıt vermeniz halinde görüşmeye ilişkin koşulların detaylı bir şekilde anlatıldığı bir bilgilendirme formu tarafınıza iletilecektir. Bu formu görüşme öncesinde okuyup onaylamanız beklenmektedir.

