

## INVESTIGATION OF THE RELATIONSHIP BETWEEN BORDERLINE PERSONALITY TRAITS, SHYNESS AND ANGER<sup>1</sup>

**Dr. Öğr. Üyesi, Haydeh FARAJI\***

İstanbul Aydın Üniversitesi, Fen-Edebiyat Fakültesi, Psikoloji Bölümü,

haydehfaraji@aydin.edu.tr, **ORCID ID:** <https://orcid.org/0000-0001-5306-6546>

**Uzm. Psk., Tilbe ÖZARABACI**

psk.tilbeozarabaci@gmail.com, **ORCID ID:** <https://orcid.org/0000-0003-4288-4425>

**Uzm. Psk., Mustafa Burak ANIL**

burakanil95@gmail.com, **ORCID ID:** <https://orcid.org/0000-0002-6063-1272>

### Abstract

Borderline individuals struggle with self-control and exhibit volatility in both their thinking and actions. The main aim of the research is to investigate the relationship between borderline personality traits, shyness and anger. In the study, a relational screening approach was employed. Four hundred ten adults, 207 males (50.5%) and 203 females (49.5%) aged 18-45 years, took part in the study using a simple random sampling method. The study's data collection tools are the Shyness Scale, Borderline Personality Scale-BPQ, Trait Anger (SL- Anger) Scale, and Personal Information Form. The SPSS 25 program was used to analyze the data that were gathered for this study. The Independent T-Test, ANOVA Test and Pearson Correlation were used to compare continuous variables that provide normal distribution as a result of the test. Multiple and Linear Regression were used to analyze the relationship between continuous variables. Results indicate that as the level of borderline personality traits increased, the levels of constant anger, internalized anger, externalized anger, and shyness increased; the

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level of anger control decreased. In addition, intense anger, which is a borderline personality trait, predicts constant anger, externalized anger, and anger control. Emptiness also predicts internalized anger and shyness.

**Keywords:** Borderline Personality Traits, Shyness, Anger

## BORDELİNE KİŞİLİK ÖZELLİKLERİ İLE UTANGAÇLIK VE ÖFKE ARASINDAKİ İLİŞKİLERİN İNCELENMESİ

### Öz

Borderline kişilik bozukluğuna sahip bireylerin öz-kontrol mekanizmalarında sorun vardır, düşünce ve davranışlarında istikrarsızlık görülmektedir. Araştırma, borderline kişilik özellikleri ile utangaçlık ve öfke ilişkisinin incelenmesini amaçlamaktadır. Araştırmada ilişkisel tarama modeli kullanılmıştır. Basit seçkisiz örneklem yöntemi kullanılan çalışmaya 18-45 yaş arası 207 erkek (50.5%) ve 203 kadın (49.5%) olmak üzere toplam 410 yetişkin katılmıştır. Araştırmada kullanılan veri toplama araçları Utangaçlık Ölçeği (UÖ), Borderline Kişilik Ölçeği (BKÖ), Durumluk-Sürekli Öfke Ölçeği, Kişisel Bilgi Formu'dur. Bu araştırma için toplanan veriler SPSS 25 programıyla analiz edilmiştir. Test sonucunda normal dağılım sağlayan sürekli değişkenler için karşılaştırmalarda Bağımsız t-testi, ANOVA Testi ve Pearson Korelasyon kullanılmıştır. Sürekli değişkenler arasındaki ilişki Çoklu ve Tekli Regresyon ile incelenmiştir. Araştırmanın sonuçları incelendiğinde borderline kişilik özelliklerinin düzeyi arttıkça sürekli öfke, içselleştirilmiş öfke ve dışsallaştırılmış öfke düzeylerinin ve utangaçlık düzeyinin arttığı; öfke kontrol düzeyinin azaldığı saptanmıştır. Bununla beraber, borderline kişilik özelliklerinden yoğun öfkenin sürekli öfkeyi, dışsallaştırılmış öfke ve öfkeyi kontrol edebilme becerisini; boşluk duygusunun ise içselleştirilmiş öfke ve utangaçlığı yordadığı görülmektedir.

**Anahtar Kelimeler:** Borderline Kişilik Özellikleri, Utangaçlık, Öfke

### 1. Introduction

The symptoms of borderline personality disorder (BPD) include difficulty in emotion regulation, excessive impulsivity, deterioration in interpersonal relationships, inadequacy in self-perception, and hypersensitivity to rejection/abandonment. Because of these symptoms, people with BPD frequently experience impulsive aggression, outbursts of anger, inconsistent and tense interpersonal relationships, acute sensitivity to emotional stimuli, and self-harming behaviors (Faraji, 2021). Individuals who have borderline personality traits are not always diagnosed with BPD. The features' severity and impact on functionality are the most crucial factors that make this distinction. (Faraji and Güler, 2021). Borderline personality disorder presents a significant challenge for patients, their families, and healthcare systems, but advancements in understanding and treatment have enhanced both diagnosis and patient outcomes (Bohus et. al., 2021).

Shame is an emotion that is felt due to violating a set rule or standard, doing or thinking about behavior that one should not do, or committing a crime (Dolezal, 2022). Shyness has the

distinctive features of borderline personality, with features such as extreme timidity in interpersonal relationships, anxiety in crowded environments, low self-confidence, and negative emotions arising from fear of rejection. Also, individuals who experience high levels of shyness have negative thoughts about themselves (DeCou et al., 2021). Besides, in studies on borderline personality disorder (BPD), elevated emotionality, reduced sociability, and shyness were found to be associated with BPD symptoms. These characteristics could stem from the tendency of individuals with BPD to experience more conflictive interpersonal relationships (Durdurak et al., 2022). Shyness is also linked to an increased risk of poor anger control, another hallmark of borderline personality. For example, individuals who experience the feeling of shyness intensely and chronically may show anger to reduce the harmful effects of this feeling, such as a feeling of worthlessness (Hipson et al., 2019). On the other hand, if the emotion is suppressed instead of expressed, it can lead to personality or pathological problems (Hassan and Schmidt, 2021).

Anger is an emotional response to unfulfilled requests, undesirable experiences, and unsatisfied and unmet expectations. Anger is not only a universal and natural emotion but also constructive when expressed healthily. However, if it is not expressed healthily, it is a destructive emotion that may harm both the person and the environment (Forbes et al., 2022). Anger could lead to the appearance of borderline personality traits such as difficulty in managing impulsive behaviors and assessing risks, unstable affectivity, and fear of rejection if expressed intensely or chronically (Bertsch et al., 2021). Anger may also indicate itself in individuals with BPD in self-harming behavior (such as cutting, burning, injuring, or not allowing wounds to heal) without considering the consequences (Kim et al., 2023). Anger can sometimes be used to mask shyness when we think we cannot cope with this emotion (Pivetti et al., 2015). This condition is especially common in men. At its most basic, shyness can be seen as a weakness (Dingman and Bloom, 2012).

Borderline personality traits can harm many areas of an individual's life and negatively affect the person's communication with both herself/himself and her/his environment. Research on borderline traits is significant in understanding individuals affected by borderline personality traits and preventing harmful effects of traits. The study's main goal is to extend previous findings about borderline personality and examine the connection between shyness and anger in the setting of borderline personality characteristics. In other words, this study tries to systematically see the relationship of borderline personality traits with anger sub-dimensions and shyness. First hypothesis is whether borderline personality traits vary across different

subtypes of anger. Second hypothesis is which personality trait is associated with shyness and to what extent. It is thought that shyness might trigger anger as a maladaptive solution for not feeling worthless. Therefore, results might be beneficial in for psychotherapy interventions for borderline personality traits especially about anger regulation

## 2. Methods

### 2.1. Model of the Research

The universe of the study, which uses a relational screening model, comprises adults living in Istanbul province who are between the ages of 18 and 45. Four hundred ten persons made up the study's participants of which 203 women (49.5%) and 207 men (50.5%) volunteered to take part, and the simple random sampling method was used in the research. On the other hand, 18.5% of the participants are married, 81.5% of them are single, 91.5% of them have no children, 8.5% of them have children, 4.6% of them are primary school graduates, 11.2% of them are high school graduates, 64.1% of them are university graduates, 20% of them are postgraduates, 32.9% of them perceive their income as low, 33.2% of them perceive their income as moderate, 33.9% of them perceive their income as high, and the mean age of the participants is  $\bar{X}=31$  (youngest participant's age is 18 and oldest is 45,  $SD=8$ ).

Following approval from the Social Sciences Ethics Commission of Istanbul Aydın University, dated 10.03.2022, and referenced by E-88083623-02-45265, the data collection process started, and all participants voluntarily took part in the study and filled out the voluntary consent form. Data collection tools for the research are the Shyness Scale (SS), Borderline Personality Questionnaire (BPQ), State-Trait Anger and Anger Expression Scale (TAES), and Personal Information Form.

### 2.2. Scales

Poreh et al. (2006) created BPQ. It was translated into Turkish, and a validity and reliability research was carried out by Ceylan et al. (2017). The scale consists of 9 subscales. These subscales are impulsivity, affective instability, abandonment, relationships, self-image, suicide and self-mutilating behavior, emptiness, intense anger, and quasi-psychotic states. These dimensions' correlation coefficients were respectively .50,.77,.40,.68,.72,.48,.73,.74, and .62. The scale's Cronbach's internal consistency coefficient was discovered to be .89 (Ceylan et al., 2017). Also, Cronbach alpha was found to be .93 in the current study.

The scale was developed as nine items in 1981 by Cheek and Buss in order to reveal the shyness levels of individuals, and the number of items was increased to 13 by Cheek in 1983.

The Turkish validity and reliability study of the scale was carried out by Güngör (2001). The scale comprises one sub-dimension and 20 items in total. The scale has a maximum possible score of 100 and a minimum possible value of 20. The validity score of the scale was calculated as .96 and the internal consistency coefficient as .91 (Güngör, 2001, p.17-22). In the current study, the Cronbach Alpha was found to be .95.

TAES was developed by Charles D. Spielberger et al. (1988) and adopted in Turkish by Özer (1994). The scale consists of 10 items and is a 4-point Likert scale (1=never, 4=always). The validity coefficient of the scale and the eigenvalues obtained by Spielberger in his sample were found to be consistent with the values of 6.22, 3.13, and 1.50. Reliability coefficients vary between .67 and .82. The alpha values found by Spielberger et al. for this scale range from .82 to .90 (Özer, 1994, p. 26-36). The Cronbach Alpha coefficient was found to be .87 in the present study.

### 2.3. Analysis and Interpretation of Data

Before starting the analysis, the data collected in the Google Survey was transferred to the SPSS 25 program, and then the analysis procedure was initiated. As the initial step before beginning the investigation, the normal distribution assumption was verified. The scale and subscales' kurtosis and skewness values were tested for the normal distribution during this phase. A normal distribution is provided by the fact that these values fall within the reference range of  $-2 + 2$ .

## 3. Results

**Table 1.** Descriptive Values of Borderline Personality Questionnaire, State-Trait Anger and Anger Expression Scale, Shyness Scale

	n	Min	Max	$\bar{X}$	Sd.
<b>BPQ</b>	410	1	71	24.60	16.13
Impulsivity	410	0	9	1.99	1.81
Affective Instability	410	0	10	4.34	2.97
Abandonment	410	0	10	2.68	2.44
Relationships	410	0	8	2.86	2.26
Self-Image	410	0	9	2.37	2.70
Suicide and Self-Mutilation	410	0	7	1.12	1.70
Emptiness	410	0	10	3.62	3.02
Intense Anger	410	0	10	3.49	2.88
Quasi Psychotic State	410	0	7	2.15	1.82
<b>TAGS</b>					

Trait Anger	410	10	40	19.91	4.92
Internalized Anger	410	8	31	15.79	5.59
Externalized Anger	410	8	32	15.64	4.13
Anger Control	410	8	32	22.04	4.93
<b>Shyness Scale</b>	410	20	89	48.03	15.06

**Table 2.** Relationships Between Borderline Personality Traits, State-Trait Anger and Anger Expression, and Shyness

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
<b>1.Borderline Personality Questionnaire</b>	1														
<b>2.Quasi Psychotic State</b>	,507**	1													
<b>3.Impulsivity</b>	,590**	,341**	1												
<b>4.Affective Instability</b>	,867**	,368**	,422**	1											
<b>5.Abandonment</b>	,845**	,335**	,413**	,681**	1										
<b>6.Relationships</b>	,749**	,300**	,374**	,598**	,668**	1									
<b>7.Self-Image</b>	,853**	,304**	,422**	,716**	,729**	,567**	1								
<b>8.Suicide and Self-mutilation</b>	,513**	,270**	,390**	,327**	,375**	,305**	,392**	1							
<b>9.Emptiness</b>	,863**	,334**	,389**	,744**	,726**	,601**	,836**	,353**	1						
<b>10.Intense Anger</b>	,707**	,304**	,347**	,635**	,521**	,463**	,476**	,236**	,482**	1					
<b>11.Trait Anger</b>	,493**	,234**	,257**	,444**	,374**	,374**	,354**	,239**	,345**	,551**	1				
<b>12.Internalized Anger</b>	,444**	,266**	,226**	,366**	,352**	,314**	,423**	,270**	,468**	,211**	,324**	1			
<b>13.Externalized Anger</b>	,556**	,268**	,330**	,450**	,460**	,383**	,444**	,321**	,420**	,537**	,650**	,464**	1		
<b>14.Anger Control</b>	-,296**	-,163**	-,155**	-,261**	-,210**	-,223**	-,214**	-,165**	-,151**	-,380**	-,477**	,073	-,352**	1	
<b>15.Shyness Scale</b>	,399**	,201**	,180**	,395**	,342**	,261**	,400**	0,053	,453**	,213**	,258**	,449**	,185**	-,09	1

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

Pearson Correlation was used to examine the relationship between continuous variables. The results indicate that there is moderate and positive relationship between Trait Anger and BPQ ( $r = .493$ ,  $p < 0.01$ ), Affective Instability ( $r = .444$ ,  $p < 0.01$ ), abandonment ( $r = .374$ ,  $p < 0.01$ ), Relationships ( $r = .374$ ,  $p < 0.01$ ), Self-Image ( $r = .354$ ,  $p < 0.01$ ), Emptiness ( $r = .345$ ,

$p < 0.01$ ) and Intense Anger ( $r = .551, p < 0.01$ ). Also, there are weak and positive relationships between Trait Anger and Quasi Psychotic State ( $r = .234, p < 0.01$ ), impulsivity ( $r = .257, p < 0.01$ ), Suicide and Self-mutilation ( $r = .239, p < 0.01$ ),

There are moderate and positive relationships between Internalized Anger and BPQ ( $r = .444, p < 0.01$ ), Affective Instability ( $r = .366, p < 0.01$ ), abandonment ( $r = .352, p < 0.01$ ), relationship ( $r = .314, p < 0.01$ ), Self-Image ( $r = .423, p < 0.01$ ), emptiness ( $r = .468, p < 0.01$ ). Also, there are weak and positive relationships between Internalized Anger and Quasi Psychotic State ( $r = .266, p < 0.01$ ), impulsivity ( $r = .226, p < 0.01$ ), Suicide and Self-Mutilation ( $r = .270, p < 0.01$ ), and Internalized Anger and Intense Anger ( $r = .21, p < 0.01$ ).

There is moderate and positive relationship between Externalized Anger and BPQ ( $r = .556, p < 0.01$ ), Impulsivity ( $r = .330, p < 0.01$ ), Affective Instability ( $r = .450, p < 0.01$ ), abandonment ( $r = .460, p < 0.01$ ), Relationships ( $r = .383, p < 0.01$ ), Self-Image ( $r = .444, p < 0.01$ ), Suicide and Self-Mutilation ( $r = .321, p < 0.01$ ), Emptiness ( $r = .420, p < 0.01$ ) and Intense Anger ( $r = .537, p < 0.01$ ). Also, there is a weak and positive relationship between Externalized Anger and Quasi Psychotic State ( $r = .268, p < 0.01$ ),

There are weak and negative relationship between Anger Control and BPQ ( $r = -.296, p < 0.01$ ), Quasi Psychotic State ( $r = -.163, p < 0.01$ ), impulsivity ( $r = -.155, p < 0.01$ ), Affective Instability ( $r = -.261, p < 0.01$ ), abandonment ( $r = -.210, p < 0.01$ ), Relationships ( $r = -.223, p < 0.01$ ), Self-Image ( $r = -.214, p < 0.01$ ), Suicide and Self-Mutilation ( $r = -.165, p < 0.01$ ), Emptiness ( $r = -.151, p < 0.01$ ) and lastly moderate and negative relationship between Anger Control and Intense Anger ( $r = -.380, p < 0.01$ ).

There are moderate and positive relationships between Shyness Scale and BPQ ( $r = .399, p < 0.01$ ), Affective Instability ( $r = .395, p < 0.01$ ), abandonment ( $r = .342, p < 0.01$ ), moderate and positive relationships between Shyness Scale and Self-Image ( $r = .400, p < 0.01$ ), emptiness ( $r = .453, p < 0.01$ ), Internalized Anger ( $r = .449, p < 0.01$ ). Also, there are weak and positive relationships between Shyness Scale and Quasi Psychotic State ( $r = .201, p < 0.01$ ), impulsivity ( $r = .180, p < 0.01$ ), Relationships ( $r = .261, p < 0.01$ ), Intense Anger ( $r = .213, p < 0.01$ ), Trait Anger ( $r = .258, p < 0.01$ ), and lastly weak and positive relationship between the Shyness Scale and Externalized Anger ( $r = .185, p < 0.01$ ).

**Table 3.** Predicting Trait Anger by Borderline Personality Traits

	<b>B</b>	<b>SE</b>	<b>β</b>	<b>t</b>	<b>p</b>
(Constant)	16.02	0.35		45.17	0.000*
Intense Anger	0.81	0.08	0.47	10.18	0.000*
Relationships	0.28	0.10	0.13	2.73	0.007*
Suicide and Self-Mutilation	0.26	0.12	0.09	2.06	0.040*
<i>R</i> =.57 <i>R</i> <sup>2</sup> =.32					
<i>F</i> =66.14 <i>p</i> =0.000					

\**p*<0.05 Test Used: Multiple Linear Regression Analysis; Stepwise Method

Multiple Linear Regression Analysis was used to find out the degree of correlation between on dependent variable (trait anger) and multiple independent variables (borderline personality traits) is being assessed in terms of its strength. It is determined that intense anger, relationships, suicide, and self-mutilation predict trait anger ( $R=57$ ,  $R^2=.32$ ,  $p<0.05$ ). Independent variables in the established regression model explained 32% of the change in trait anger. Ranking by beta value, intense anger ( $\beta=.47$ ), relationships ( $\beta=.13$ ), suicide, and self-mutilation ( $\beta=.09$ ) are in the form. Intense anger, relationships, suicide, and self-mutilation have positive effects. It is found that intense anger is the factor that best describes trait anger.

**Table 4.** Predicting Internalized Anger by Borderline Personality Traits

	<b>B</b>	<b>SE</b>	<b>β</b>	<b>t</b>	<b>p</b>
(Constant)	12.06	0.43		28.16	0.000*
Emptiness	0.74	0.09	0.40	8.29	0.000*
Quasi Psychotic State	0.33	0.14	0.11	2.27	0.024*
Suicide and Self-Mutilation	0.33	0.15	0.10	2.15	0.032*
<i>R</i> =.49 <i>R</i> <sup>2</sup> =.24					
<i>F</i> =43.05 <i>p</i> =0.000					

\**p*<0.05 Test Used: Multiple Linear Regression Analysis; Stepwise Method

Multiple Linear Regression Analysis was used to reveal the degree of correlation between on dependent variable (internalized anger) and multiple independent variables (borderline personality traits) is being assessed in terms of its strength. It is determined that emptiness, quasi-psychotic state suicide, and self-mutilation predict internalized anger ( $R=49$ ,  $R^2=.24$ ,  $p<0.05$ ). It was determined that the independent variable in the established regression model explained 24% of the change in internalized anger. Ranking by beta value, emptiness ( $\beta=.40$ ), quasi-psychotic state ( $\beta=.11$ ), suicide, and self-mutilation ( $\beta=.10$ ) are in the form. Emptiness, quasi-psychotic state suicide, and self-mutilation have positive effects. It is found that intense anger is the factor that best describes trait anger.

**Table 5.** Predicting Externalized Anger by Borderline Personality Traits

	<b>B</b>	<b>SE</b>	<b>β</b>	<b>t</b>	<b>p</b>
(Constant)	12.36	0.28		44.72	0.000*
Intense Anger	0.55	0.07	0.39	8.15	0.000*
Self-Image	0.18	0.09	0.12	1.97	0.049*
Suicide and Self-Mutilation	0.34	0.11	0.14	3.16	0.002*
Abandonment	0.21	0.10	0.12	1.98	0.048*

$R=.60$      $R^2=.35$   
 $F=56.82$      $p=0.000$

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

Multiple Linear Regression Analysis was used to find out the degree of correlation between on dependent variable (externalized anger) and multiple independent variables (borderline personality traits) is being assessed in terms of its strength. It is determined that intense anger, self-image, suicide, self-mutilation, and abandonment predict externalized anger ( $R=.60$ ,  $R^2=.35$ ,  $p<0.05$ ). It was determined that the independent variable in the established regression model explained 35% of the change in externalized anger. Ranking by beta value, intense anger ( $\beta=.39$ ), suicide and self-mutilation ( $\beta=.14$ ), self-image ( $\beta=.12$ ), and abandonment ( $\beta=.12$ ) are in the form. It has been determined that intense anger, self-image, suicide, self-mutilation, and abandonment have positive effects. The results show that intense anger is the factor that most effectively explains externalized anger.

**Table 6.** Predicting Anger Control by Borderline Personality Traits

	<b>B</b>	<b>SE</b>	<b>β</b>	<b>t</b>	<b>p</b>
(Constant)	24.31	0.35		68.58	0.000*
Intense Anger	-0.65	0.08	-0.38	-8.30	0.000*

$R=.38$      $R^2=.14$   
 $F=68.84$      $p=0.000*$

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

It is determined that intense anger predicts anger control ( $R=.38$ ,  $R^2=.14$ ,  $p<0.05$ ). It was determined that the independent variable in the established regression model explained 14% of the change in anger control. When the results are evaluated, intense anger has a negative effect on anger control ( $\beta=-.38$ ,  $p<0.05$ ).

**Table 7.** Predicting Shyness by Borderline Personality Traits

	B	SE	$\beta$	t	p
(Constant)	38.75	1.18		32.94	0.000*
Emptiness	1.78	0.33	0.36	5.41	0.000*
Affective Instability	0.66	0.33	0.13	1.97	0.049*

$R=.43$      $R^2=.21$   
 $F=54.96$      $p=0.000$

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

It is seen that emptiness and affective instability predict shyness ( $R=.43$ ,  $R^2=.21$ ,  $p<0.05$ ). It was determined that the independent variable in the established regression model explained 21% of the change in shyness. Ranking by beta value, emptiness ( $\beta=.36$ ), and affective instability ( $\beta=.13$ ) are in the form. It has been determined that emptiness and affective instability have a positive effect. The results show that emptiness is the factor that most effectively accounts for shyness.

#### 4. Discussion and Conclusion

The goal of the current study was to find out how borderline personality traits, aggression, and shyness are related. How emotions are expressed is important. Borderline personality disorder is also referred to as "emotionally labile" personality disorder. For this reason, it is quite normal for borderline people to have difficulty expressing their emotions in a healthy way. In this study, we aimed to address anger and shyness in depth. Multiple Linear Regression was employed to examine the relationship between multiple independent variables (anger and shyness) and single dependent variable (borderline personality traits). Multiple Linear Regression is statistical method employed to explore the correlation between single dependent variable and multiple independent variables. The aim of multiple regression analysis is to utilize the independent variables whose values are known to predict the value of the single dependent value. Since we sought for how anger and shyness would change in borderline personality traits in our study, we kept borderline personality traits as independent variables and shyness and anger as dependent variables. From this perspective, it was hypothesized that as the levels of borderline personality traits (quasi-psychotic state, impulsivity, affective instability, abandonment, relationships, self-image, suicide, self-mutilation, emptiness, intense anger) increase, anger (internalized anger, and externalized anger) and shyness levels would increase, and anger control will decrease. In line with the findings obtained, it is seen that the hypothesis has been confirmed. The study found that the degree of trait anger increased along with the degree of borderline personality traits (intense anger, deterioration in relationships, suicide and

self-mutilation) as you can see Table 3. The relevant literature seems to support the study. Distel et al. (2012) studied out that there is moderate relationship between borderline personality disorder and trait anger, and they explained this relationship as largely related to genetic factors. Another research indicated that in middle-aged individuals, anger temperament is linked to the likelihood of having thoughts of suicide, regardless of gender or symptoms of depression (Cui et al., 2023). Cavicchioli and Maffei (2020) found that individuals with BPD indicated more vigorous and prolonged anger reactions compared to the healthy control group. According to a similar, uncurrent, and remarkable study, individuals with BPD retain their sense of anger for up to 6 minutes, and other emotions (joy, sadness, shame, and anxiety) have less preservation time (about 3 minutes) (Jacob et al., 2009). Irmak (2021, p.1-92) determined that individuals with higher borderline personality traits feel anger for a long time. In the case study of Kazğan et al. (2021), it is stated that those with BPD constantly have severe anger towards his/her surroundings.

Another finding from the study indicates a correlation between rising levels of internalized anger and borderline personality features (emptiness, quasi psychotic state, suicide and self-mutilation) as you can see Table 4. According to the relevant literature, internalized anger is more prevalent in women with BPD, while externalized anger is more prevalent in men with BPD (Sher et al., 2018). Lehnert et al. (1994) showed that suicidal adolescents were more likely to experience anger, reported significantly higher levels of internalized anger, and had decreased tendencies toward impulse control. Dalbudak et al. (2014) found that depression/anxiety symptoms and addictive behaviors are more common in individuals with severe borderline personality traits. Küçük and Çetinkaya (2019) found that repetitive self-harming behavior, suicidal ideation, suicide threat, and suicide attempt behaviors, which are internalized anger behaviors, are seen at a rate of 48.4% in individuals with BPD. According to Nenov-Matt et al. (2020), individuals with BPD have higher levels of perceived loneliness and more minor social network characteristics. In the current study, it is seen that emptiness, which is a borderline personality trait, predicts internalized anger. In other words, it is seen that the feeling of emptiness has an effect on the internalization of anger. Miller et al. (2020) stated that chronic feeling of emptiness is a distinctive condition in BPD and triggers the feeling of anger. In a study conducted on individuals diagnosed with schizophrenia, it was determined that during quasi-psychotic episodes, individuals showed a series of anger reactions, one of which was internalized anger (Oancea et al., 2021).

Another finding from the research is that as the level of borderline personality traits (intense anger, self-image, abandonment, suicide and self-mutilation) increases, externalized anger increases as you can check Table 5. Sansone et al. (2013) stated that individuals with BPD could harm the environment when they cannot control their anger. They mostly showed behaviors such as deliberately breaking something (74.1%), pushing their partner (61.5%), punching the wall (52.7%), getting involved in a fight (49.5%), hitting their partner (39.6%), damaging someone else's property to get revenge (35.2%) and threatening someone with a gun (29.7%). However, individuals with borderline personality may express their anger not only towards others but also towards themselves. The most common examples here are self-harm and suicidal thoughts or attempts (Moon and Cho, 2015). Bertsch et al. (2018) determined that individuals with BPD showed reduced lateral prefrontal-amygdala communication, which induces an increase in their tendency to express anger in an externalized way. According to another result obtained from the present study, it is seen that intense anger, which is one of the borderline personality traits, predicts externalized anger. McDonald et al. (2020) emphasized that the severity of anger has effects on how anger is expressed and results in unhealthy expression of anger. Brinke et al. (2021) found that adolescents with BPD display their anger in an externalized style. According to the results of a study examining the romantic relationships of individuals with borderline personality, it was found that these individuals showed anger, violence and antisocial behavior as well as dependent behavior due to jealousy and fear of loss (Costa and Babcock, 2008). According to the results of another study, negative self-image was linked to more frequent indirect or direct externalisation of anger, which is often considered tantamount to aggression and less effective control of anger (Kruczek, 2017).

According to the study, the degree of anger control declines as the level of intense anger, which is a borderline personality trait, rises as you can see table 6. Bertsch et al. (2019) found that men with BPD showed decreased anterior- and dorsolateral prefrontal activation, and these were associated with the amygdala during emotional action control; their anger control skills were weak. Bozdağ and Yalçınkaya-Alkar (2018) stated that individuals with BPD give answers to "I cannot control myself, especially when I am angry" in Beier Sentence Completion Task, and "I get angry quickly and forget quickly, I am a very nervous person, and I am a person who gets angry easily" in MMPI. Smith et al. (2022) determined that individuals with high borderline personality traits have low anger control levels. It is seen that the literature supports the study. According to another result obtained from the research, intense anger, which is one of the borderline personality traits, has a negative effect on anger control. According to Freud's

(1933/1959) psychoanalytic theory, the factor that complicates anger control and motivates aggressive attitudes is the intense experience of anger and similar emotions (cited in, Spielberger and Reheiser, 2009).

Another result of the study is that as the level of borderline personality traits increases, the level of shyness increases as you can see Table 7. The current study is not supported by all studies in the literature. However, the findings that do not support the current study are only on the axis of impulsivity. Xiao et al. (2018) found that children with low shyness levels show intense anger more frequently. Shyness has been found to be adversely connected with impulsivity, one of the core traits of borderline personality (Yucel and Vaish, 2018). On the other hand, more recent studies support the current study. Dönmezler et al. (2021) determined that the shyness personality trait increases the borderline personality traits. Kokurcan and Atbaşoğlu (2015) stated that individuals with mild psychotic symptoms frequently exhibit shyness, social adaptation difficulties, and impulsive behaviors. Kurt and Şabanoglu (2019) state that individuals with high shyness experience intense feelings of abandonment, which is one of their borderline personality traits, and therefore, they have a tendency to avoid close relationships. Although the literature cannot provide a consensus on this issue, it seems that current research supports the study. Another result obtained from the research is that emptiness from borderline personality traits predicts shyness. Sun et al. (2020) stated that shy individuals experience feelings of loneliness and emptiness the most, and therefore, they isolate themselves socially.

In the current study, it is found that when the level of borderline personality traits, which are quasi-psychotic states, impulsivity, affective instability, fear of abandonment, deterioration in relationships, identity confusion (self-image), suicide and self-mutilation, feelings of emptiness and intense anger increase, the level of constant anger, internalized and externalized anger and the level of shyness increase, the level of anger control decreases. Therewithal, it is found that intense anger predicts trait anger, externalized anger, and anger control; emptiness predicts internalized anger and shyness. From this point of view, the current study indicates that the additional studies to control the direction, severity, and duration of anger, and to regulate shyness like self-expression and not to be touched in the psychotherapy process of both individuals with BPD and borderline personality traits will have positive effects on the lives of these individuals.

The study's primary limitations are the fact that although the number of participants is thought to be sufficient, all of them were collected from the province of Istanbul, and the

imbalances in marital status and educational status when demographic characteristics are examined. In future studies, attention should be paid to showing a more balanced distribution of the sample in terms of demographic characteristics and collecting it from cities with different cultural values, so it is thought that the generalization of the data to be obtained according to the population will be more valid.

Adults between the ages of 18 and 45 made up the sample in the study, which studied the relationship between borderline personality traits, shyness, and anger. In future studies, it can be ensured that these relationships are evaluated from developmental processes by forming the sample from individuals in adolescence.

### **Ethical aspects of the research**

In this study, all the rules specified in the "Directive on Scientific Research and Publication Ethics of Higher Education Institutions" were followed. None of the actions specified under the second part of the Directive, "Actions Contrary to Scientific Research and Publication Ethics", have been carried out.

It was found appropriate by the decision of Istanbul Aydin University Ethics Commission dated 10.03.2022 and numbered 2022/04.

### **Declaration of conflict of interest**

I declare that there are no financial or other material conflicts of interest in this study that may affect the results or interpretations.

### **Author contribution rate**

All stages of the study were equally designed and prepared by the authors.

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