The External and Internal Shame Scale (EISS): Turkish Adaptation Study

Merve Gür[1] (ID)
Burhan Çapri[2] * (ID)

[1] Ministry of National Education, Gaziantep, Türkiye, mervegur1420@gmail.com

[2] Mersin University, Faculty of Education, Mersin, Türkiye, burhancapri@gmail.com

* Corresponding Author

Abstract: The aim of this research is to carry out the Turkish adaptation, validity and reliability studies of the "External and Internal Shame Scale", which was developed to measure the two sub-dimensions of shame, internal and external shame, at once. The sample of the research consists of 434 university students studying at Mersin University and other state universities. In order to provide evidence for the construct validity of the scale, confirmatory factor analysis (CFA) and criterion-related validity studies were conducted and the correlation values between the sub-factors were examined. When the correlation values between CFA and sub-factors and the results of the criterion-related validity study were examined, it was seen that the scale had sufficient construct validity. In order to determine the reliability of the scale, Cronbach's alpha internal consistency reliability coefficient, item-total test correlation (ITTC) coefficient and test-retest correlation coefficient were calculated. Cronbach's alpha internal consistency coefficients were calculated as .77 for internal shame sub-factor, .76 for external shame sub-factor and .87 for total shame. Similarly, ITTC coefficients were found to be between .49 and .64 for the internal shame sub-factor, between .49 and .62 for the external shame sub-factor, and between .56 and .71 for the total shame. In addition, the test-retest reliability coefficients were calculated as .79 for the internal shame subscale and .78 for the external shame subscale. The data obtained showed that the adapted External and Internal Shame Scale (EISS) is a valid and reliable measurement tool for measuring the internal, external and total shame of university students.

Keywords: Shame, External Shame, Internal Shame

1. Introduction

Shame, a familiar emotion, has recently become the subject of studies in psychology. When the literature is examined, it is seen that the majority of studies support that shame is associated with many mental health problems and that it is one of the components that play a role in the development of these problems (Bishop, Younan, Low, & Pilkington 2022; Buchman-Wildbaum, Unoka, Dudas, Vizin, Demetrovics, & Richman, 2021; Candea & Szentagotai, 2013; Cândea & Szentagotai-Tătar, 2018; Kim, Thibodeau, & Jorgensen, 2011). Various definitions of shame have been made by many approaches, especially psychoanalytic, cognitive behavioral, and developmental approaches, and various ideas have been put forward about its origin and when it was first felt by humans (Gilbert, 1998). Brown (2006) defines shame as "an intensely painful feeling of believing that you are someone who is not worthy of being accepted and part of the group because of your flaws.". Tangney and Dearing (2002) expressed shame as a functional emotion, both socially and individually, related to the individual's self-evaluation after mistakes. Based on these definitions, some researchers see shame as a compelling and painful emotion due to its close relationship with psychological distress (Gilbert & Procter, 2006), while others see it as a conscious and moral emotion that enables learning from mistakes (Tangney & Dearing, 2002). According to Lewis (2008), shame does not appear in certain situations but as a result of the person's interpretation of events. In short, shame is known as a universal emotion that enables people to develop themselves in a social context, but can be a source of deep pain when things don't turn out as desired (Koerner, Tsai, & Simpson, 2011).

Individuals who experience shame only want to disappear because they believe that they make mistakes and are seen as unloved and unworthy by others (Germer & Neff, 2018; Greenberg, 2018). Individuals who experience shame after bad events can develop defense mechanisms such as getting rid of these

events and denying them, and they can also criticize themselves harshly (Tangney, Stuewing, & Mashek, 2007). These individuals may not only act cruelly toward themselves but may also be prone to attacking, blaming, and raging at other people and may have difficulty empathizing (Tangney & Dearing, 2002). Researchers state that shame which includes the individual's devaluation and humiliation, is not a destructive emotion but is a feeling that will contribute to the social progress of the individual when experienced adequately (Özer, 2011).

Similarly, in the evolutionary biopsychosocial approach developed by Paul Gilbert, it is argued that shame serves different and functional purposes in the social context. According to Gilbert (2007), individuals can lead a socially comfortable life by gaining a place in society, maintaining their status, and being liked by others. Otherwise, individuals who are not accepted, approved, and unable to connect with others may have trouble with many vital issues such as social relations, mental and physical health. Individuals who think that they have a negative image in the eyes of others believe that others, especially themselves, and the world are unreliable, and develop dysfunctional defense mechanisms. For this reason, when individuals feel any dangerous situation that will disrupt their social status, they begin to evaluate their selves and their faulty aspects. The feeling of shame, which is the result of these evaluations, also helps the individual to adjust himself to society again.

Gilbert (2000, 2007) stated that shame, with its complex structure, has two types as internal and external shame. The main feature that distinguishes these two types of shame is the source of the evaluations made (Bektaş, 2020). External shame, in which the individual focuses on seeing his/her self from the point of view of others, appears when the individual believes that he/she is disliked in the eyes of others, has flaws, is unwanted, inadequate, and unloved; and that others are making insulting and condescending remarks about him/her. According to individuals who think that they have a negative impression on the minds of others, the external environment is full of threats, and other people have the potential to harm it (Gilbert, 2007). On the other hand, internal shame, which occurs as a result of the individual's evaluation of himself as bad, unwanted, worthless, weak, or useless (Gilbert & Procter, 2006), involves negative attitudes, criticisms, and accusations of the individual's own self, personal characteristics or behaviors. In addition to these, internal shame also includes the internalization of feelings such as self-disgust, hatred, or anger in individuals (Gilbert, 2000; Gilbert & Procter, 2006). It has been stated that intense internal shame reveals dysfunctional self-criticism and a tendency to engage in self-harming behaviors (Gilbert, 2007, 2009).

Considering the studies in the literature, the number of studies that deal with these two types of shame, which are expressed as internal and external, separately from general shame is very few (Callow, Moffitt, & Neumann, 2021; Castilho et al., 2019; Marta -Simões, Ferreira & Mendes, 2016). In addition, it has been stated that both internal and external shame are dimensions that should be considered in the treatment of mental disorders such as depression, anxiety, and OCD (Rajaramanan, 2021). Besides, in the literature, Guilt and Shame Scale, Beall Shame and Guilt Scale, Self Awareness Affect Test, Shame Compass Scale, Guilt and Shame Tendency Scale, Crime-Related Shame and Guilt Scale, and Adapted Shame Scale were used to measure shame. It has been seen in the studies conducted in Türkiye that the Guilt and Shame scale is frequently used, but no scale that measures the feeling of shame apart from the feeling of guilt has been found. When the types of shame were examined, it was seen that the Internal Shame Scale was used for internal shame, and the Other as Shamer Scale-2 was used for external shame. When all these scale studies are examined, no measurement tool has been found that measures only the feeling of shame and both types at the same time. For this reason, with this research it is aimed to bring a valid and reliable measurement tool to Turkish, which can measure different feelings of shame, especially in young adulthood university students who have the development task of establishing and maintaining close relationships. From this point of view, in this study it is aimed to examine the psychometric properties of the External and Internal Shame (Matos et al., 2023) Scale, developed by

Ferreira, Moura-Ramos, Matos, and Galhardo (2020) and adapted for different countries and cultures such as Portugal, France, Australia, Singapore and Japan, on university students and to adapt it to Turkish, and to conduct validity and reliability studies.

2. Materials and Methods

In this section, information about the studies carried out in the adaptation process of the External and Internal Shame Scale (EISS), study groups, data collection tools, and data analysis are given.

2.1. Translation

The translation work of EISS consists of two stages. In the first stage of the study, the scale was translated into Turkish, and its linguistic and cultural equivalence was provided. In the second stage, the translation reliability study of the scale was carried out.

In the first stage of the translation study, the Turkish form of the scale translated by the researchers was presented to a total of 10 experts, consisting of field experts, surveyors, and language experts, in order to check its linguistic and cultural suitability. From the expert opinions taken with a 4-point rating using the Davis (1992) technique, a value of .80 was accepted as a criterion by calculating the "content validity index (CVI)" based on the scores that the items with 1 and 2 points were not compatible, the item with 3 points could be slightly revised, and the item with 4 points was appropriate (Cited by Yurdugül, 2005). The CVI values obtained as a result of the evaluation of the expert group are given in Table 1.

Table 1

CVI Values

Scale Items	Item Suitable (a)	Item Should be Slightly Revised (b)	Item Should be Seriously Revised (c)	Item Not Suitable (d)	CVI
Item 1	7	3	0	0	1
Item 2	7	1	2	0	0.8
Item 3	9	1	0	0	1
Item 4	6	2	2	0	0.8
Item 5	9	0	0	1	0.9
Item 6	7	3	0	0	1
Item 7	5	5	0	0	1
Item 8	8	1	0	1	0.9

When Table 1 is examined, it is seen that the CVI values vary between .80 and 1, and considering the obtained values, it can be said that the scale items are at a good level in terms of content validity.

In order to calculate the reliability of translation in the second stage of the translation study, the original form of the scale and the Turkish form obtained after expert opinions were administered one week apart to 32 volunteer students studying at the English Language Teaching Department of Mersin University. The correlation coefficient in line with the data obtained from the application was calculated as 84. According to this result, it can be said that the correlation level between the original form and the Turkish form of the scale is high which supports the translation reliability.

2.2. Participants

The study group consists of a total of 434 university students, 319 female (73.5%) and 115 male (26.5%), who studied at different state and private universities in Türkiye during the COVID-19 Pandemic period in the 2021-2022 academic year and participated in the study voluntarily via the online form. Within the framework of this study, data were collected from three groups according to the permission of Mersin University Social and Human Sciences Ethics Committee dated 18.05.2021 and

numbered 06. Studies to provide evidence for the translation reliability of the scale and to determine the equivalence between the original and the Turkish form of the scale were conducted with 32 students in total, 20 female and 12 male, and with an age range of 20-38 ($\bar{x}$= 22.68; Sd= 3.65), studying in the 3rd year of Mersin University English Language Teaching Department. The validity and reliability studies of the scale were applied to 434 university students with an age range of between 19-39 ($\bar{x}$= 21.84; Sd= 2.99). The test-retest reliability study of the scale was conducted on a total of 57 university students, 34 female, and 23 male, with an age range of 19-36 ($\bar{x}$= 21.40; Sd= 2.67).

2.3. Procedures

In order to be able to adapt the External and Internal Shame Scale, the necessary permissions were obtained from Dr.Ana Galhardo, one of the first developers of the scale. The personal information form prepared by the researchers and the scales used in the study were applied online or face-to-face after the necessary information was given to the university students.

2.4. Measures

Personal Information Form: This form, prepared by the researchers, contains information about variables such as age, gender, and the faculty they studied.

External and Internal Shame Scale (EISS): It was developed by Ferreira, Moura-Ramos, Matos, and Galhardo (2020) to measure general shame, internal shame, and external shame. The scale consists of 8 items and is made with a 4-point Likert-type evaluation. Items are rated as (0) never, (4) always. The scale basically has two sub-dimensions: internal shame (4 items) and external shame (4 items). In the validity and reliability study by Ferreira et al. (2020), it was found that the item-total correlations of the EISS ranged between .55 and .75, while the Cronbach Alpha internal consistency coefficients were found to be .82 for internal shame, .80 for external shame, and .89 for the total scale. In the scale, internal and external shame scores can be measured separately, as well as the general shame level. There is no reversely coded item in the scale, and high scores from scale items show that individuals' shame levels increase.

Forms of Criticism/Self-Attacking and Self-Reassuring Scale (BENS): BENS, developed by Gilbert, Clarke, Hempel, Miles, and Irons (2004), serves to measure the reactions of individuals when distressing events occur. The scale, graded with a 5-point Likert type, consists of 22 items. As a result of the factor analysis, it was stated that the scale had three sub-dimensions: "reassured self", "hated self", and "inadequate self". The Cronbach Alpha internal consistency coefficient of the scale, which was adapted into Turkish by Alpay (2020), was found .77 for the reassured self, .75 for the hated self, and .87 for the inadequate self for the normal sample. According to this adaptation study, the Cronbach Alpha internal consistency coefficient was found to be .74 for the reassured self, .60 for the hated self, and .78 for the inadequate self. In addition, only the sub-dimension of inadequate self and the items representing it were emphasized in the study.

Other as Shamer Scale-2 (OSS-2): This 18-item scale was first developed by Goss, Gilbert, and Allan (1994) to measure external shame and later developed into a short form by Matos et al., (2015). This short form, graded with a 5-point Likert type, consists of 8 items. In the Turkish adaptation study conducted by Yıldırım, Kozak, and Türkarslan (2021), an item that was not deemed appropriate was removed. According to this adaptation study, the Cronbach Alpha internal consistency coefficient of the scale was calculated as .85. High scores from the scale indicate a high level of external shame. The internal consistency reliability coefficient obtained from this adaptation study was calculated as .94.

Depression, Anxiety and Stress Inventory-21 (DASI-21): The first version of the scale, developed by Lovibond and Lovibond (1995) to measure depression, anxiety, and stress symptoms, consists of 42

items. As a result of subsequent studies, a short form of the scale consisting of 21 items was created. The scale, which is graded as a 4-point Likert scale, has 7 items for depression, anxiety, and stress, and the scores are evaluated by multiplying them by two. In the study of adaptation to Turkish by Yıldırım, Boysan and Kefeli (2018), the Cronbach Alpha internal consistency coefficient of the scale was calculated as .89 for the depression sub-dimension, .87 for the anxiety sub-dimension, and .90 for the stress sub-dimension. The Cronbach Alpha internal consistency coefficients obtained from this adaptation study were found to be .87, .84, and .88, respectively.

2.5. Data analysis

In the analysis of the data using IBM SPSS Statistics 25 and Lisrel 8.51, firstly, the data entries were checked, and it was seen that there were no incorrect or missing data. Then, z values and Mahalanobis distances for univariate and multivariate outliers of the data of 445 participants who filled out the form were examined, respectively. Considering that the z values between -2.52 and 3.90 obtained can be extended to +4 and -4 in large samples where the sample is over 100 (Mertler & Vannatta, 2005), it is seen that there are no univariate outliers in the data. The chi-square table value at the level of 0.001 was calculated as 26.124 in 8 degrees of freedom, and 11 observations above this value were not included in the analysis due to multivariate outliers, and analyses were carried out with the data obtained from the remaining 434 observations. In addition, the kurtosis and skewness coefficients were calculated to examine whether the data showed a normal distribution, and the obtained coefficients showed that the distribution did not deviate excessively from the normal. In addition, when the histogram, stem-and-leaf, boxplot, and normal q-q plot graphs are examined, it is seen that the distribution is normal. The variance increase factor (VIF) and tolerance values were calculated to examine the multicollinearity, which is the other assumption of multivariate statistical analyses. When the variables of the study were examined, it was concluded that there was no multicollinearity problem between the variables since the VIF value was less than 10 and the tolerance value was greater than .10 (Cokluk, Şekercioğlu, & Büyüköztürk, 2014; Kalaycı, 2009). On the other hand, in order to provide evidence for the reliability of the items in the scale, Cronbach's alpha internal consistency reliability coefficient, item total test correlations and test-retest reliability studies, and Pearson product-moment correlation coefficients were calculated to determine the scale's translation reliability and criterion-related validity. The upper limits of the margin of error in the analyses were accepted as 0.05 and 0.01.

Finally, some goodness-of-fit indices for the measure of fit values of CFA [good fit= ($\chi 2/sd \leq 3$; RMSEA $\leq$ .05; GFI $\geq$ .95; CFI $\geq$ .95; NNFI (TLI) $\geq$.95; SRMR $\leq$ .05); acceptable fit = ($\chi 2/sd \leq 5$; RMSEA $\leq$ .10; GFI $\geq$ .90; CFI $\geq$ .90; NNFI (TLI) $\geq$.90; SRMR $\leq$ .10)] was taken into account (Browne and Cudeck, 1993; Multiplicity et al., 2014; Gürbüz & Şahin, 2018; Hooper, Coughlan & Mullen, 2008; Hu & Bentler; 1999; Kline, 2011; Schermelleg-Engel, Moosbrugger & Müller, 2003; Tabachnick & Fidell, 2013).

3. Results

3.1. Findings on the validity and reliability of the Turkish version of the EISS

In this section, the findings obtained as a result of the analysis of the validity and reliability studies of the Turkish adaptation of the EISS are included.

3.1.1. Construct validity

In this section, the studies on the construct validity of the DSQ and the findings obtained in these studies are given.

3.1.2. Confirmatory factor analysis

In order to determine the factor construct, the Turkish form of the scale was applied to 434 university students. Confirmatory factor analysis was applied using the data obtained from the students. Findings related to confirmatory factor analysis of EISS are given in Figure 1 and Table 2.

Figure 1

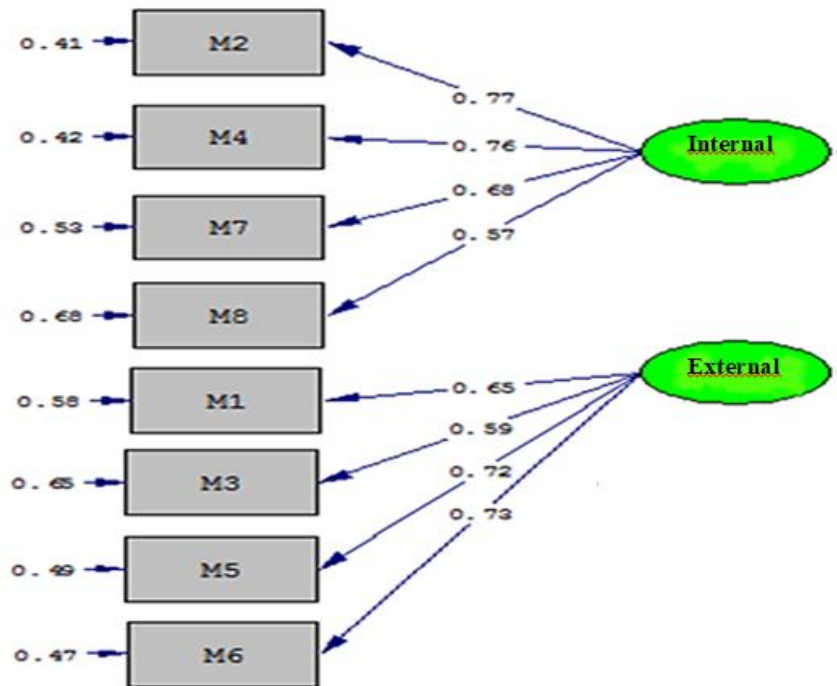*Confirmatory Factor Analysis Results for EISS*

Table 2

Model Fit Indicators According to Confirmatory Factor Analysis Results for EISS

MODEL	X^2	sd	X^2/sd	GFI	RMSEA	CFI	SRMR	TLI (NNFI)
	72.24	19	3.79	.96	.08	.98	.036	.97

Considering Figure 1 and Table 2, it was seen that the construct validity of the scale was achieved by showing a good fit. In addition, it can be said that the original two-factor construct of the scale is also supported. Lambda (factor load), t, and R^2 values taken into account in interpreting the confirmatory factor analysis findings are also given in Table 3.

Table 3

Standardized Lambda (λ), t ve R^2 Values According to CFA Results for EISS

FACTORS	ITEMS	Λ	t	R^2
Internal Shame (IS)	M2	0.77	18.15	0.59
	M4	0.76	17.94	0.58
	M7	0.68	15.41	0.47
	M8	0.57	12.24	0.32
External Shame (ES)	**M1**	**0.65**	**14.32**	**0.42**
	M3	**0.59**	**12.79**	**0.35**
	M5	**0.72**	**16.36**	**0.51**
	M6	**0.73**	**16.79**	**0.53**

p<.05

In Table 3, Lambda (λ), t ve R^2 values are significant at the .05 level. According to the table, Lambda (λ) values seem to vary between .59 and .77, and factor loads of items are of an acceptable level considering these values. It is also seen that R^2 values, expressing the variance regarding the factors explained in the

items, range from .32 to .59. It is seen that all findings support the construct validity of EISS, and the construct with 8 items and 2 factors is confirmed as a model.

3.1.3. Correlations between sub-factors

The total score and correlations between sub-factors of EISS are given in Table 4.

Table 4

Correlation Results Between Total Score and Sub-Factors of EISS

	Internal Shame	External Shame
Internal Shame	-	
External Shame	.78**	-
EISS Total	.94**	.95**

**p<.01

In Table 4, it was seen that the correlation coefficient between the sub-factors was .78. This coefficient was found to be significant at the .01 level. In this case, it is seen that these two sub-factors belong to the EISS construct.

3.1.4. Criterion-related validity study

In order to carry out the criterion-related validity study, 434 university students were administered the Forms of Criticism/Self-Attacking and Self-Reassuring Scale (BENS), Other as Shamer Scale-2 (OSS-2) and the Depression Anxiety Stress Inventory-21 (DASI-21), in addition to the EISS. The correlation values obtained as a result of the application are given in Table 5.

Table 5

Correlation Values Obtained for the Criterion-Related Validity of the EISS

	1	2	3	4	5	6
1- ES	1					
2- IS	.78**	1				
3- EISS	.94**	.94**	1			
4- BENS	.51**	.63**	.61**	1		
5- OSS-2	.74**	.78**	.81**	.58**	1	
6- DASI-21	.40**	.47**	.46**	.61**	.48**	1

**p<.01 (EISS: External and Internal Shame Scale; ES: External Shame Sub-scale; IS: Internal Shame Sub-scale; BENS: Forms of Criticism/Self-Attacking and Self-Reassuring Scale; OSS-2: Other as Shamer Scale-2; DASI-21: Depression Anxiety Stress Inventory-21)

With regard to Table 5, positive, medium and high-level significant relationships were measured between the EISS total score (r= .46 to .81), the internal shame subscale (r= .47 to .78), and the external shame subscale (r= .40 to .74) and all scales examined within the scope of criterion-related validity studies.

In light of all the results obtained, it is seen that the EISS and its subscale scores are at an acceptable level in terms of criterion-related validity.

3.1.5. Reliability studies on the scale

Within the scope of the reliability studies of EISS, The Cronbach Alpha internal consistency reliability coefficient, item-total test correlation coefficient, and test-retest correlation coefficient regarding the item validity and homogeneity of the scales were calculated, and the results are given in Table 6.

Table 6

Results of Cronbach Alpha Internal Consistency Reliability Coefficient, Item Total Test Correlation Coefficient, and Test-Retest Correlation Coefficient of EISS

	Internal Shame	External Shame	Total Shame
Cronbach Alpha	.77	.76	.87
ITTC	.64	.62	.71
Test-Retest	.79**	.78**	.81**

**p<.01

The Cronbach alpha internal consistency reliability coefficient of the EISS for which the adaptation study was made was calculated as .87, and the item-total test correlation coefficients ranged between .56 and .71, and the test-retest reliability coefficient was found to be .81. Similarly, the Cronbach alpha internal consistency reliability coefficient for the internal shame subscale of the scale was calculated as .77 and for the external shame subscale as .76, while the item-total test correlation coefficients ranged between .49 and .64 for the internal shame subscale, and between .49 and .62 for the external shame subscale.

In addition, the test-retest reliability coefficients were calculated as .79 for the internal shame subscale and .78 for the external shame subscale. The results were evaluated as evidence for the reliability of the scale items, and they measured the same construct. It was also seen that the reliability indexes of the scale were within acceptable limits. In light of all these findings, the results obtained from the Turkish version of the EISS indicate that they have a valid and reliable construct that can measure the external and internal shame levels of university students.

4. Discussion

The aim of this study is to adapt the scale, originally called the "External and Internal Shame Scale" developed by Ferreira, Moura-Ramos, Matos, and Galhardo (2020), to Turkish culture and reveal its psychometric properties. For this purpose, after the translation studies, a confirmatory factor analysis of the scale was performed. The fit indices obtained as a result of the confirmatory factor analysis were calculated as X^2=72.24, sd=19, X^2/sd=3.79, GFI=.96, RMSEA=.08, CFI=.98, SRMR=.036, TLI(NNFI)=.97 . The fit indices obtained as a result of confirmatory factor analysis in the study of adapting the EISS to Arabic language by Fekih-Romdhane et al. (2023) were calculated as X^2=66.71 sd 18, X^2/sd = 3.71, RMSEA = .09, SRMR = .03, CFI = .95, TLI = .93. The fit indices obtained as a result of the confirmatory factor analysis by Ferreira et al. (2020) were calculated as CFI = .96, GFI = .95, TLI = .94, RMSEA = .09, SRMR = .04. When the fit indices obtained as a result of the confirmatory factor analysis of the current study and the original study were compared, it was seen that the values obtained were similar. In addition, the fact that the correlation value between the sub-factors was found to be .78 in the study and that this value was statistically significant supports the confirmation of the two-factor construct of the scale.

To provide evidence for the validity of the scale, a criterion-related validity study was conducted similar to the studies carried out for the original scale. As a result of Ferreira et al's. study (2020), it has been observed that there is a positive and significant relationship between the total scores of the external and internal shame scale (r= .84), the self-criticism forms score (r= .70) and the depression scale score (r= .61). While it was observed that there was a positive and significant correlation between the external shame score, which is a sub-factor of the EISS, and others as shamer scale score (r= .80), the self-criticism forms score (r= .62), and the depression scale score (r= 57), a positive significant correlation was also seen between internal shame scores, which is another sub-factor, and others as shamer scale

score (r= .80), forms of criticism/self-attacking and self-reassuring scale score (r= .62), and the depression scale score (r= 57). Fekih-Romdhane et al. (2023) found that there was a positive and significant correlation between EISS total scores and depression scale scores (r=36) in the study of adaptation to the Arabic language. In the adaptation study, it is seen that there is a positive and significant relationship between the EISS total scores and the others as shamer scale score (r= .81), forms of criticism/self-attacking and self-reassuring scale score (r= .61), and depression scale score (r= .46). It is seen that there is a positive and significant relationship between the external shame score, which is a sub-factor of the EISS, and the others as shamer scale score (r= .74), forms of criticism/self-attacking and self-reassuring scale "score (r= .51), and depression scale score (r= 40). It is seen that there is a positive and significant relationship between the other sub-factors of the EISS, internal shame, and others as shamer scale (r= .78), forms of criticism/self-attacking and self-reassuring scale (r= .63), and depression scale scores (r= 47). Considering all these, it can be said that the results are similar, and the scale is at an acceptable level in terms of criterion-related validity.

As a result of the studies conducted to test the reliability of the EISS, the Cronbach alpha internal consistency coefficient obtained from the overall scale was calculated as .87, .77 for the internal shame sub-factor and .76 for the external shame sub-factor. In the original study, the Cronbach Alpha internal consistency coefficient was calculated as .89 for the overall scale, .80 for the external shame sub-factor, and .82 for the internal shame sub-factor. When the item-total test correlation values of the original study were examined, it was seen that the factor loads varied between .55 and .66 for the internal shame sub-factor, between .58 and .75 for the external shame sub-factor, and between .55 and .75 for the overall scale. In the study, it was observed that factor loads varied between .49 and .64 for the internal shame sub-factor, between .49 and .62 for the external shame sub-factor, and between .56 and .71 for the overall scale. In addition, although it was not done in the original study, in this current adaptation study, the results of test-retest reliability were also included in order to provide evidence for the time invariance of the scale, and it was calculated as .81 for the EISS, .78 for the external shame sub-factor and .79 for the internal shame sub-factor. Matos et al. (2023) conducted a study with adults in five countries, France, Portugal, Australia, Japan, and Singapore, to test the international validity of the EISS. As a result of this study, in Japan, the Cronbach Alpha internal consistency coefficient was .85 for the overall scale, .77 for the external shame sub-factor and .74 for internal shame sub-factor; in Portugal, .89 for the overall scale, .81 for external shame sub-factor and .82 for internal shame sub-factor; in France, .81 for the overall scale, .65 for external shame sub-factor and .75 for internal shame sub-factor; in Australia, .89 for the overall scale, .83 for external shame sub-factor and .82 for internal shame sub-factor; in Singapore, .91 for the overall scale, .84 for external shame sub-factor and .87 for internal shame sub-factor. When the results are evaluated, it can be argued that there is consistency between the current study, the study conducted in five different countries, and the original study in terms of reliability studies. In addition, the scale serves its purpose in terms of reliability and provides an acceptable level of evidence for its reliability.

When all the results of this adaptation study are reviewed, it is seen that the 8-item two-factor construct of the External and Internal Shame Scale is a valid, reliable, and useful measurement tool for measuring the internal shame, external shame, and general shame of the university students in Türkiye. In future studies, it is thought that this measurement tool may facilitate the examination of the relationship between shame and other variables, and it may be a pioneer in giving more space to internal and external shame, which has recently gained importance in the literature. It is thought that the reliability and validity studies of this scale with different sample groups can contribute to the literature.

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