

## Araştırma Makalesi

**Turkish Validity and Reliability Study of Grandiose and Vulnerable Narcissism Fluctuation Scale**Ebru TEKÇE ÖRGEN<sup>1\*</sup>, Yıldız BİLGE<sup>2</sup><sup>1</sup> İstanbul Sabahattin Zaim University, Faculty of Humanities and Social Sciences, Department of Psychology, İstanbul, Türkiye<sup>2</sup> University of Health Sciences, Hamidiye Faculty of Life Sciences, Department of Psychology, İstanbul, Türkiye

## Makale Bilgisi

## Keywords:

narcissism,  
vulnerable  
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grandiose  
narcissism,  
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fluctuation,  
personality

## Abstract

The objective of this study was to adapt the FLUX and its short form g-FLUX, developed to measure fluctuations between grandiose and vulnerable narcissism, into Turkish as the Grandiose and Vulnerable Narcissism Fluctuation Scale (GVNFS) and its short form (GVNFS-SF), and to examine their validity and reliability. Two studies were conducted with participants aged 18–65 years. Study 1 included 307 participants, and Study 2 included 378 participants. The Five Factor Narcissism Inventory-Short Form, the Basic Personality Traits Inventory, and the Affective Lability Scale were used to assess convergent validity. Internal consistency, exploratory factor analysis (EFA), and confirmatory factor analysis (CFA) were performed. Findings revealed that the three-factor structure of the GVNFS did not show adequate model fit in CFA. However, considering the scale's high internal consistency and significant correlations with related measures, this misfit may be attributed to factors such as the number of items and the cognitive complexity of their wording rather than theoretical shortcomings. In contrast, the short form (GVNFS-SF), tested in Study 2, demonstrated strong internal consistency, significant convergent validity, and good model fit. Thus, although the GVNFS requires refinement to improve structural validity, its comprehensive item pool offers potential advantages for future scale development and theoretical contributions in narcissism research. Importantly, the GVNFS-SF emerges as a valid and reliable measure of narcissistic fluctuation for Turkish samples. It provides a brief, accessible, and practical tool for research adopting a dynamic view of narcissism and is suitable for both empirical studies and clinical practice.

## Öz

## Anahtar kelimeler:

narsisizm,  
kırılgan narsisizm,  
büyüklenmeci  
narsisizm,  
narsisistik  
dalgalanma,  
kişilik

Bu çalışmanın amacı büyüklenmeci ve kırılgan narsisizm arasındaki dalgalanmayı ölçmek üzere geliştirilmiş FLUX ve bu ölçeğin kısa formu g-FLUX'ı, Büyüklenmeci ve Kırılgan Narsisizm Dalgalanma Ölçeği (BKNDÖ) ve Büyüklenmeci ve Kırılgan Narsisizm Dalgalanma Ölçeği-Kısa Form (BKNDÖ-KF) adlarıyla Türkçe'ye uyarlamak ve bu ölçeklerin geçerlik ve güvenilirlik çalışmalarını gerçekleştirmektir. Araştırma, ölçeğin uzun ve kısa formlarını değerlendirmek üzere 18-65 yaş aralığındaki katılımcılarla yapılan iki ayrı çalışmadan oluşmaktadır; birinci çalışmaya 307, ikinci çalışmaya ise 378 katılımcı dahil edilmiştir. Yakınsak geçerlik analizleri Beş Faktörlü Narsisizm Ölçeği-Kısa Formu, Temel Kişilik Özellikleri Ölçeği ve Duygulanım Değişkenliği Ölçeği kullanarak değerlendirilmiştir; ayrıca, iç tutarlılık kat sayıları hesaplanmış ve açıklayıcı ve doğrulayıcı faktör analizleri (AFA ve DFA) uygulanmıştır. Bulgular, BKNDÖ'nün üç faktörlü yapısının DFA'da beklenen düzeyde uyum göstermediğini ortaya koymuş, ancak ölçeğin yüksek iç tutarlılık ve anlamlı yakınsak geçerlik bulguları elde ettiği göz önünde bulundurularak bu uyumsuzluğun ölçeğin kuramsal yapısından çok, artan madde sayısı ve karmaşık ifade biçimlerinin yarattığı bilişsel yük gibi etmenlerden kaynaklanabileceği düşünülmüştür. Nitekim, ikinci çalışmada değerlendirilen BKNDÖ-KF, hem iç tutarlılık hem de yakınsak geçerlik açısından güçlü sonuçlar vermiş, ayrıca model uyumu bakımından da iyi uyum değerlerine ulaşarak bu yorumu desteklemiştir. Sonuç olarak, BKNDÖ-KF'nin Türk örnekleminde narsisistik dalgalanmayı değerlendirmek için geçerli ve güvenilir bir araç olduğu kanıtlanmıştır ve araştırmacılara narsisizmi dinamik bir perspektiften araştırmak için kısa ve erişilebilir bir araç sunmaktadır. Diğer yandan BKNDÖ ise yapısal geçerlik açısından geliştirmeye açık olmakla birlikte, zengin madde havuzu sayesinde narsisistik dalgalanmayı ele alan gelecekteki ölçek geliştirme ve kuramsal modelleme çalışmalarına temel oluşturma potansiyeli taşımaktadır.

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## **Introduction**

Described in the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) narcissism is a personality disorder characterized by the feeling of being special and unique, expectations such as unlimited success, power, and beauty, the claim of righteousness, lack of empathy, and manipulation of others (American Psychiatric Association [APA], 2013). When the DSM-5 definition of narcissism is examined, it is noteworthy that grandiose characteristics are mostly defined. Moreover, the DSM-5's diagnostic criteria offer a limited and categorical representation of NPD and are inadequate to include the multifaceted clinical complaints observed in narcissistic pathology. Therefore, many researchers advocate for a dimensional understanding of NPD, proposing two distinct, though often co-occurring, forms of narcissism: grandiose narcissism and vulnerable narcissism (Dickinson & Pincus, 2003; Miller et al., 2011; Pincus & Roche, 2011; Wright et al., 1989). Therefore, the current diagnostic approaches in DSM-5, while focused observing grandiose narcissistic characteristics such as outward behaviors and interpersonal interactions, often fail to adequately recognize some psychological manifestations, including unstable self-worth, self-criticism, difficulty regulating emotions, internal distress, anxiety, depression seen in vulnerable narcissism (Miller et al., 2017; Weinberg & Ronningstam, 2022).

Despite their shared underlying dimensions, to understand the grandiose and vulnerable narcissists, it is crucial to distinguish between the two types of narcissism. Narcissistic grandiosity is a condition characterized by an inflated sense of self-worth, diminished capacity for empathy, and an exaggerated perception of one's abilities and importance. Individuals with high levels of narcissistic grandiosity are more likely to be free from shame, self-assertive, and focus on their development (Cain et al., 2008; Miller et al., 2017). Unlikely, narcissistic vulnerability is associated with hypersensitivity to and avoidance of shame and embarrassment, which manifests as insecurity, socially defensive withdrawal, and conditioned self-esteem. Vulnerable narcissists have characteristics such as low self-esteem, avoidance, defensiveness, insecurity, hypersensitivity, vulnerability, high anger, and hostility (Miller et al., 2017; Paulhus & Williams, 2002; Pincus et al., 2009). Also, individuals with vulnerable narcissism are often described as timid, defensive, and hypersensitive, as well as arrogant, bossy, and conceited (Wink, 1991). According to Cooper (1998), individuals with vulnerable narcissism also experience fantasies related to superiority, specialness, grandeur, and entitlement, although these may not be as pronounced in their interpersonal interactions compared to those with grandiose narcissism. He also suggested that vulnerable narcissists are conscious of the discrepancy between their fantasies and reality, experiencing their grandiose desires as unattainable and unacceptable, and also accepting their helplessness and weakness.

When the relationship between these two aspects of narcissism and basic personality traits is analyzed, it becomes evident that the grandiose dimension is positively associated with extraversion and negatively associated with neuroticism and agreeableness; however, while the vulnerability dimension is positively related to introversion and neuroticism, it is negatively related to agreeableness (Miller & Campbell, 2008; Miller et al., 2013). These patterns highlight that grandiose narcissism is aligned with a socially dominant and agentic interpersonal style, while vulnerable narcissism reflects an emotionally sensitive and socially withdrawn orientation. As revealed by Paulhus and Williams (2002), grandiose narcissists support high levels of antagonism as well as extraversion. Antagonism is a dimension that covers interpersonal negativities such as arrogance, aggression, manipulation and lack of empathy, and when evaluated from this perspective, it makes the distinction between fragile and grandiose narcissism more apparent.

The main perspective on narcissism is that the vulnerable and grandiose types of narcissism are generally unrelated to each other and that people exhibiting high levels of grandiose narcissism are often different from those high in vulnerable narcissism. This understanding reflects a static perspective on personality, conceptualizing personality primarily in terms of stability (Edershile, 2019). However, advances in personality psychology have expanded our perspective on personality (Giacomin & Jordan, 2018). Individuals may possess general personality traits (e.g., extraversion) that influence their behavior, yet they do not consistently exhibit the same patterns of behavior in every context or situation. Individuals behave differently over time or in different contexts (Giacomin & Jordan, 2018). According to Fleenon's (2001) Personality Intensity Distribution Model, people exhibit a typical average level of personality trait as well as a distinct variability over time (Giacomin & Jordan, 2018).

An alternative conceptualization of narcissism, reflecting a dynamic perspective on personality, suggests that narcissistic individuals fluctuate between states of grandiosity and vulnerability. Despite relative stability in average trait levels across individuals, this intraindividual variability in narcissistic traits aligns with leading theories of narcissism (Edershile & Wright, 2021). It also resonates with Fleenon's (2001) Personality Intensity Distribution Model, which suggests that people exhibit not only an average level of a personality trait but also distinct variability in that trait over time (Giacomin & Jordan, 2018). Gore and Widiger (2016) asked clinical psychology experts to think of someone who fits the description of a "grandiose narcissist" or a "vulnerable narcissist" and then evaluate these individuals in terms of their characteristics related to both dimensions of narcissism. The results of the study have indicated that individuals with grandiose narcissistic traits are also likely to show vulnerability tendencies. However, individuals identified as vulnerable narcissists did not exhibit grandiose traits for significant periods. Although some participants

reported that certain grandiose features were occasionally observed in these individuals, none of these traits were described as being present at a pronounced or sustained level (Gore & Widiger, 2016). Also, according to certain researchers, an exclusive emphasis on the trait-based conceptualization of narcissism disregards defining significant aspects of narcissism and falls short of accepting the fluctuation between vulnerable and grandiose personality states within individuals (Pincus & Roche, 2011). It is important for grasping fluctuations in the narcissistic state to provide a new perspective on narcissistic pathology. Theories concerning the fluctuation concept propose that the pathology of personality disorders arises, at least partially, from these fluctuations. In this context, some theorists have noted the diverse manifestations of different forms of anger as indicators of grandiosity or vulnerability. For example, Edershile and Wright (2021) suggest that grandiose anger may serve as a defense against a damaged interiority, while also suffering and withdrawal may be present when it is believed to be unfairly treated by others. Therefore, the authors argued that fluctuations between grandiosity and vulnerability can be considered a determining feature for a narcissistic portrait, and instead of focusing on enduring traits, exploring fluctuations at the level of current states and temporary changes may reveal novel and more impactful targets for intervention. In this context, fluctuations between grandiosity and vulnerability can be considered a defining feature of narcissism. In summary, a clear understanding of these fluctuations in narcissistic individuals is paramount for refining diagnostic accuracy and developing precisely tailored therapeutic interventions.

Based on the perspectives mentioned above and considering that existing narcissism scales are insufficient to assess this fluctuation, Oltmanns and Widiger (2018) developed the FLUX scales to measure the fluctuation between vulnerable and grandiose narcissism, using two independent samples ( $n = 282$  and  $n = 280$ ) consisting of adults who were currently in or had previously received mental health treatment. The FLUX scales differ from existing scales that tend to assess narcissistic traits that remain stable over time. Specifically, it consists of three factors that assess changes in indifference and anger, grandiosity and shame, and assertiveness and insecurity. Scores are generated for each factor, as well as a total score and a condensed nine-item version known as g-FLUX. The FLUX scales exhibited significant positive correlations with both vulnerable and grandiose narcissistic traits, concurrently demonstrating associations with affective lability and neuroticism. A study conducted by Edershile et al. (2021) demonstrated that the g-FLUX provides a reliable measure of the real fluctuations in the momentary images of narcissism. Besides that, the scale's adaptations to other countries and cultures have been studied for reliability and validity only in Finland (Henttonen et al., 2022) and France (Séguin & Descôteaux, 2024), with findings supporting the validity and reliability of the FLUX and g-FLUX scales.

Considering the contribution to academic and clinical studies in Turkey, the cross-cultural validation and assessment of the psychometric properties of the long (FLUX) and short (g-FLUX) versions of the scale that measure the fluctuation between grandiose and vulnerable narcissistic traits have been determined as the objectives of this research. In this article, the Turkish adaptation study of FLUX scales with the name “Grandiose and Vulnerable Narcissism Fluctuation Scale (GVNFS)” and the g-FLUX scale with the name of “Grandiose and Vulnerable Narcissism Fluctuation Scale-Short Form (GVNFS-SF)” was conducted on two different samples.

## Study 1

### Method

#### Participants

The sample of the study, which included individuals within the 18-65 age range ( $30.16 \pm 11.07$ ) and who were literate, consisted of a total of 307 participants (Table 1), of which 69.7% ( $n = 214$ ) were female and 30.3% ( $n = 93$ ) were male. The determination of the total number of participants was based on the principle of having "10 participants for each item of the scale" (MacCallum et al., 2001; Nunnally, 1978). Data collection was carried out through Google Forms by the snowball method from the relatives of the researchers and the people they could reach through the applications carried out voluntarily. For the test-retest reliability of the study, the scale was administered to a total of 38 university students, 10 of whom were male (26.3%), between the ages of 20-34 ( $22.55 \pm 2.55$ ) at 3-week intervals. For the convergent validity analysis of the scale, the Grandiose and Vulnerable Narcissism Fluctuation Scale (GVNFS) as well as the Five Factor Narcissism Inventory-Short Form, the Basic Personality Traits Inventory, and the Affective Lability Scale were conducted with a community sample of 122 participants, 37 of whom were male (30.3%), between the ages of 19-65 ( $28.91 \pm 9.33$ ).

Table 1.

*Demographic Information of the Participants*

| <b>Sex</b>            | <b>Study 1</b>  |          | <b>Study 2</b>  |          |
|-----------------------|-----------------|----------|-----------------|----------|
|                       | <b><i>n</i></b> | <b>%</b> | <b><i>n</i></b> | <b>%</b> |
| Female                | 214             | 69.7     | 271             | 71.7     |
| Male                  | 93              | 30.3     | 107             | 28.3     |
| <b>Marital status</b> |                 |          |                 |          |
| Single                | 188             | 61.2     | 264             | 69.8     |

Table 1. (cont.)

*Demographic Information of the Participants*

|                             |     |      |     |      |
|-----------------------------|-----|------|-----|------|
| Married                     | 106 | 34.5 | 110 | 29.1 |
| Separated/divorced          | 11  | 3.6  | 2   | .5   |
| Widowed                     | 2   | .7   | 2   | .5   |
| <b>Education status</b>     |     |      |     |      |
| Primary school              | 23  | 7.5  | 16  | 4.2  |
| High school                 | 35  | 11.4 | 49  | 13.0 |
| University and beyond       | 249 | 81.1 | 313 | 82.8 |
| <b>Socioeconomic status</b> |     |      |     |      |
| Low                         | 38  | 12.4 | 44  | 11.6 |
| Medium                      | 191 | 62.2 | 253 | 66.9 |
| High                        | 78  | 25.4 | 81  | 21.5 |

**Materials**

**Demographic Information Form.** In the research, a researcher-prepared demographic information form was used, including demographic information on gender, age, education, marital status, economic status, psychological or psychiatric disorder status, history of receiving psychological help, and need for psychological help.

**Grandiose and Vulnerable Narcissism Fluctuation Scale (GVNFS).** The scale, developed by Oltmanns and Widiger (2018) to assess fluctuations between vulnerable and grandiose subtypes of narcissism, consists of 30 items in a 5-point Likert-type format (1 = *strongly disagree*, 5 = *strongly agree*). Indifference/Anger, Grandiosity/Shame, and Assertiveness/Insecurity are the three subscales of the scale, with 10 items in each. The possible scores on the scale span from 30 to 120, and higher scores reflect a higher degree of fluctuation between vulnerable and grandiose narcissism. The scale does not contain any reverse-scored items. To assess the scale's construct validity, the sample was divided into two halves, and exploratory factor analysis (EFA) was applied in both halves. EFA results indicated that the scale explained 53% of the variance in 3 dimensions in the first sample and 61% of the variance in 3 dimensions in the second sample. Cronbach's alpha values were calculated as .92 for Indifference/Anger, .95 for Grandiosity/Shame, and .92 for Assertiveness/Insecurity. According to the confirmatory factor analysis (CFA), the fit indices for the bifactor model, where all items loaded on separate subscales as well as a single general factor were calculated as RMSEA = .065 (90% CI = .058, .071), SRMR = .046, CFI = .906.

**Five Factor Narcissism Inventory-Short Form (FFNI-SF).** The inventory, developed by Glover et al. (2012) and consisting of 148 items, was adapted into a short form

by Sherman et al. (2015), and this short form was adapted into Turkish by Ekşi (2016). The inventory is formatted on a 5-point Likert scale (1 = *strongly disagree*, 5 = *strongly agree*), with possible scores ranging from 60 to 300. As the score increases, it indicates higher levels of narcissism. The scale comprises 15 subscales, including arrogance, lack of empathy, approval-seeking, leadership/authority, entitlement, indifference, manipulateness, admiration seeking, exhibitionism, insecurity, thrill-seeking, shame, reactive anger, grandiose fantasies, and exploitativeness. In addition, the subscales of admiration seeking, reactive anger, and shame are summed to obtain scores for vulnerable narcissism, while the scores for the other 12 subscales are summed to obtain scores for grandiose narcissism. In the Turkish adaptation study conducted by Ekşi (2016), it was found that Cronbach's alpha for the entire scale was calculated as .87, and the sub-dimensions of Cronbach's alpha coefficients ranged between .56 and .79.

**Basic Personality Traits Inventory (BPTI).** Designed by Gençöz and Öncül (2012) to assess basic personality traits in line with McCrae and Costa's (2003) five-factor personality model, the scale consists of 45 items presented in a 5-point Likert format (1 = *not at all appropriate*, 5 = *very appropriate*). The scale encompasses five factors: extraversion with eight items, conscientiousness with eight items, agreeableness with eight items, neuroticism with nine items, and openness with six items, along with an additional sixth factor, negative valence, which includes six items. A higher score indicates a stronger appearance of the corresponding personality trait. In two separate studies conducted by Gençöz and Öncül (2012), the Cronbach's alpha coefficients for internal consistency of the dimensions ranged from 0.65 to 0.85 and from 0.71 to 0.89.

**Affective Lability Scale (ALS).** The Affective Lability Scale, developed by Harvey et al. in 1989, is a self-administered measure created to measure the change of people's normal moods to moods such as elevation, depression, anxiety, and anger and consists of 54 items. Oliver and Simons (2004) created a short form of scale with 18 items, comprising six sub-dimensions: depression, elevation, anger, anxiety, depression-elevation, and anxiety-depression. In the short form, the authors also stated that the scale is also suitable for a 3-subdimensional structure (depression-anxiety: 5 items, depression-elevation: 8 items, and anger: 5 items) and calculated Cronbach's alpha values as .87 for the depression-anxiety subscale, .81 for the depression-elevation subscale, and .82 for the anger subscale (Oliver & Simons, 2004). Within the scope of Uygun et al.'s (2020) study, three experts translated the scale into Turkish, including two specialists from the field of health sciences and one from outside the field with advanced English proficiency. The scale has not yet undergone validity and reliability testing. However, Uygun et al. (2020) used the scale in a study examining the relationship between affective lability, impulsivity, and aggression in bipolar disorder.

## Procedure

Prior to initiating the research, authorization for the adaptation study was obtained from the authors of the scale on 17/03/2022. Following authorization from the authors, three academics proficient in both English and Turkish, specializing in Turkish Language and Literature and English Language and Literature, translated the English form of the scale into Turkish. Subsequently, a form consisting of three alternative translation sentences for each item was prepared, and the translations were evaluated by four specialists in clinical psychology and with good knowledge of English to assess the congruence with the original text's meaning and suitability to Turkish culture. Based on the expert opinions, the scale was translated and finalized in Turkish. Following the completion of the translation process, ethical approval was obtained from İstanbul Sabahattin Zaim University Ethics Committee on [29/05/2023] with decision number [E-20292139-050.01.04-54536]. Then, four separate forms were prepared, and responses were collected through Google Forms, one consisting solely of the GVNFS, one including the scales to be used for convergent validity analyses in addition to the GVNFS, and the other two for test-retest reliability analysis. Participants received detailed information about the study and willingly consented to take part.

## Statistical Analysis

Skewness and kurtosis were analyzed as a preliminary step to assess whether the quantitative variables in the study conformed to a normal distribution. To determine the reliability of GVNFS, Cronbach's  $\alpha$  coefficients were calculated within the scope of the reliability analysis. Test-retest reliability and the associations among the subscales were analyzed using Pearson correlation coefficient analysis. Validity was examined through the application of Confirmatory Factor Analysis (CFA). To evaluate convergent validity, Pearson correlation analysis was employed to assess the associations between the GVNFS and the other scales used. SPSS 25.00 and AMOS 24.00 software programs were used for statistical analysis.

## Results

### Confirmatory Factor Analysis

The construct validity of GVNFS was assessed via CFA using the SPSS AMOS 24 program. According to Kline (2005), an acceptable fit for a model is indicated when the chi-square/degrees of freedom ratio ( $\chi^2/df$ ), one of the goodness-of-fit indices, is less than 5. Additionally, it is suggested that the acceptable fit values for the Goodness-of-Fit Index (GFI), Comparative Fit Index (CFI), Incremental Fit Index (IFI), and Adjusted Goodness-of-Fit Index (AGFI) are .90, with excellent fit values at .95. For the Root Mean Square Error of

Approximation (RMSEA) and the Standardized Root Mean Square Residual (SRMR), acceptable fit values are .08, whereas excellent fit values are .05 (Steiger, 2007). The first-level CFA with three factors yielded the following results:  $\chi^2/df = 3.52$ , GFI = .70, AGFI = .65, CFI = .73, IFI = .71, RMSEA = .09, and SRMR = .09. These values indicate that the scale's construct validity does not demonstrate a satisfactory fit, and the model requires modification. However, again after the necessary modifications were made, the expected fit values could not be achieved ( $\chi^2/df = 3.06$ , GFI = .75, AGFI = .71, CFI = .78, IFI = .79, RMSEA = .08, SRMR = .13, and SRMR = .09).

### Convergent Validity Analysis

Pearson correlation analysis was used to assess the correlations between the subscales and total scores of the GVNFS scale with the scales used in the convergent validity analysis (Table 2). The analysis revealed that the total and subscale scores of GVNFS show significant positive correlations with all dimensions of ALS. Additionally, BPTI-Neuroticism and BPTS-Negative Valence display statistically significant positive associations with all GVNFS subscales. Conversely, a slight inverse correlation was found between the GVNFS total score and BPTI-Extraversion as well as BPTI-Agreeableness. Furthermore, GVNFS and its subscales demonstrate weak to moderate positive associations with several subscales of FFNI, while both FFNI-Grandiosity and FFNI-Vulnerability exhibit moderate positive correlations. When examining the associations among the subscales, a significant positive correlation of .77 was found between Indifference/Anger and Grandiosity/Shame, and a significant positive correlation of .74 between Assertiveness/Insecurity and Grandiosity/Shame. Furthermore, the relationship between Grandiosity/Shame and Assertiveness/Insecurity is also significant at a level of .80.

Table 2.

*GVNFS and GVNFS-SF Correlations with FFNI, BPTI, and ALS Scores*

|                   | GVNFS       |              |               |           | GVNFS-SF    |              |               |           |
|-------------------|-------------|--------------|---------------|-----------|-------------|--------------|---------------|-----------|
|                   | Ind/An<br>g | Grnd/Sh<br>m | Assrt/In<br>d | Tota<br>l | Ind/An<br>g | Grnd/Sh<br>m | Assrt/In<br>d | Tota<br>l |
| <b>FFNI</b>       |             |              |               |           |             |              |               |           |
| Acclaim-Seeking   | .08         | .02          | .12           | .08       | .35***      | .35***       | .54***        | .53***    |
| Arrogance         | .30**       | .20*         | .28**         | .28**     | .40***      | .34***       | .54***        | .54***    |
| Authoritativeness | .21*        | .06          | .20*          | .17       | .20*        | .09          | .49***        | .32***    |
| Cynicism/Distrust | .37***      | .37***       | .36***        | .40***    | .28***      | .24***       | .20*          | .31***    |
| Entitlement       | .36***      | .37***       | .35***        | .40***    | .30***      | .37***       | .50***        | .50***    |
| Exhibitionism     | .17         | .30***       | .31***        | .29***    | .28***      | .33***       | .44***        | .45***    |

Table 2. (cont.)

|                     |        |        |        |        |        |        |        |        |
|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| Exploitativeness    | .18*   | .30*** | .25**  | .27**  | .35*** | .30*** | .41*** | .45*** |
| Grandiose Fantasies | .23*   | .29*** | .32*** | .31*** | .32*** | .49*** | .40*** | .53*** |
| Indifference        | .13    | -.03   | .01    | .03    | .10    | -.07   | .26*** | .11    |
| Lack of Empathy     | .13    | .27**  | .13    | .20*   | .27*** | .09    | .21*   | .24**  |
| Manipulativeness    | .25**  | .17    | .29*** | .26**  | .37*** | .20**  | .49*** | .44*** |
| Need for Admiration | .25**  | .50*** | .43*** | .44*** | .30*** | .53*** | .08    | .41*** |
| Reactive Anger      | .44**  | .36*** | .43*** | .45*** | .64*** | .36*** | .35*** | .58*** |
| Shame               | .24**  | .39*** | .37*** | .37*** | .37*** | .43*** | .23**  | .45*** |
| Thrill-Seeking      | .25**  | .19*   | .25**  | .25**  | .31*** | .20*   | .40*** | .38*** |
| Vulnerability       | .38*** | .45*** | .50*** | .51*** | .53*** | .53*** | .27**  | .58*** |
| Grandiosity         | .35*** | .33*** | .38*** | .39*** | .47*** | .40*** | .65*** | .64*** |
| Antagonism          | .42*** | .41*** | .44*** | .47*** | .56*** | .41*** | .60*** | .67*** |
| Neuroticism         | .16    | .38*** | .34*** | .33*** | .25**  | .44*** | .03    | .33*** |
| Extraversion        | .23**  | .23**  | .32*** | .29*** | .38*** | .42*** | .62*** | .60*** |

**BPTI**

|                   |        |        |        |        |        |        |        |        |
|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| Extraversion      | -.13   | -.28** | -.14   | -.21*  | -.19*  | -.10   | .14    | -.07   |
| Conscientiousness | -.25** | -.22*  | -.13   | -.22** | -.01   | -.10   | .18*   | .02    |
| Agreeableness     | -.16   | -.21*  | -.13   | -.19*  | -.11   | -.07   | .20*   | .00    |
| Neuroticism       | .45*** | .47*** | .45*** | .51*** | .57*** | .42*** | .33*** | .57*** |
| Openness          | -.04   | -.18   | -.01   | -.12   | .02    | .02    | .42*** | .18*   |
| Negative Valence  | .27**  | .44*** | .27**  | .37*** | .29**  | .28**  | .19*   | .33*** |

**ALS**

|                    |        |        |        |        |        |        |        |        |
|--------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| Anxiety            | .45*** | .58*** | .48*** | .56*** | .41*** | .45*** | .34*** | .52*** |
| Depression         | .40*** | .52*** | .44*** | .51*** | .40*** | .49*** | .41*** | .56*** |
| Anger              | .49*** | .57*** | .47*** | .57*** | .54*** | .40*** | .32*** | .55*** |
| Anxiety/Depression | .40*** | .47*** | .42*** | .48*** | .39*** | .43*** | .22*** | .45*** |
| Bipolar            | .34*** | .51*** | .43*** | .48*** | .46*** | .39*** | .34*** | .51*** |
| Elation            | .34*** | .51*** | .46*** | .49*** | .35*** | .53*** | .44*** | .57*** |
| Total              | .50*** | .64*** | .54*** | .63*** | .52*** | .52*** | .40*** | .63*** |

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ , GVNFS: Grandiose and Vulnerable Narcissism Fluctuation Scale, GVNFS-SF: Grandiose and Vulnerable Narcissism Fluctuation Scale-Short Form, FFNI: Five Factor Narcissism Inventory, BPTI: Basic Personality Trait Inventory, ALS: Affective Liability Scale, Ind/Ang: Indifference/Anger, Grnd/Shm: Grandiosity/Shame, Assrt/Ins: Assertiveness/Insecurity

## Reliability Analyses

The internal consistency of the GVNFS was assessed using Cronbach's alpha coefficients. The values obtained were .81 for Indifference/Anger, .86 for Grandiosity/Shame, .77 for Assertiveness/Insecurity, and .92 for the whole scale. The item-total correlation values of all items are found above 0.20.

The scale of GVNFS was administered twice with a 3-week interval to a sample group of 38 students to determine the test-retest reliability. The analysis revealed correlation coefficients of .70 for Indifference/Anger, .83 for Grandiosity/Shame, .61 for Assertiveness/Insecurity, and .78 for the overall scale score between the two administrations. Each of the coefficients demonstrated significance at  $p < .05$ . The average and standard deviation scores, Cronbach's alpha coefficients, skewness, and kurtosis values of the GVNFS are presented in Table 3.

Table 3.

*Mean and Standard Deviation Scores, Cronbach's Alpha Coefficients, Test-Retest Correlations, Skewness, and Kurtosis Values of GVNFS, GVNFS-SF and Their Subscales*

|         |                          | Cronbach's<br>alpha | Test-<br>retest | M     | SD    | Skewness | Kurtosis |
|---------|--------------------------|---------------------|-----------------|-------|-------|----------|----------|
| Study 1 | <b>GVNFS-Ind/Ang</b>     | .81                 | .70***          | 30.56 | 7.55  | -.16     | -.31     |
|         | GVNFS-Grnd/Shm           | .86                 | .83***          | 24.95 | 8.20  | .40      | -.20     |
|         | GVNFS- Assrt/Ins         | .77                 | .61***          | 28.78 | 7.21  | .08      | -.24     |
|         | GVNFS-Total              | .92                 | .78***          | 84.30 | 20.84 | .04      | -.20     |
| Study 2 | <b>GVNFS-SF- Ind/Ang</b> | .68                 | .60***          | 8.88  | 2.74  | -.07     | -.44     |
|         | GVNFS-SF- Grnd/Shm       | .60                 | .81***          | 8.30  | 2.82  | .09      | -.56     |
|         | GVNFS-SF- Assrt/Ins      | .51                 | .64***          | 9.34  | 2.39  | -.23     | -.14     |
|         | GVNFS-SF-Total           | .72                 | .81***          | 26.48 | 6.04  | -.03     | -.17     |

\*\*\* $p < .001$ , Ind/Ang: Indifference/Anger, Grnd/Shm: Grandiosity/Shame, Assrt/Ins: Assertiveness/Insecurity

## Discussion

The first study evaluated the validity and reliability of GVNFS. The results showed high levels of internal consistency Cronbach's alpha values (.77 and .86) and test-retest correlations (.61 and .83) applied at 3-week intervals. In the original study, test-retest was not conducted, and Cronbach's alpha values ranged between .92 and .95. The reliability results of the present study are consistent with the original study. The original study found that the 3-factor model had a good fit based on confirmatory factor analysis. However, the present study did not achieve this result. Despite making necessary modifications, the fit values did not reach the expected level.

Convergent validity analyses were conducted with FFNI-SF, BPTI, and ALS scales, and statistically significant relationships were found in the study. The subscales and the total score of GVNFS were positively correlated with both vulnerable and grandiose narcissism. The scales showed positive correlations with neuroticism, extraversion, and antagonism, and as in the original study, neuroticism was found to have a stronger relationship with Grandiosity/Shame and extraversion with Assertiveness/Insecurity subscales. In line with the original study, the present study found that the scales had moderate to high correlations with affective lability scales. Although the internal consistency and convergent validity results were satisfactory, the confirmatory factor analysis (CFA) indicated inadequate model fit for the long form. Nevertheless, the theoretical model underlying the scale appears to be conceptually coherent. The lack of model fit may be better explained by factors such as item redundancy, cultural or semantic mismatches in how certain items are interpreted, or the increased cognitive demands posed by item length and complexity. These factors likely affected the statistical performance of the long form. Interestingly, later analyses in the study suggest that the short form of the scale performs more effectively, providing early support for the validity of the core model when tested with fewer and more culturally appropriate items.

## Study 2

### Method

The study sample consisted of 378 participants who met the inclusion criteria of being literate and aged between 18 and 65 ( $27.67 \pm 8.92$ ). Among the participants, 71.7% ( $n = 271$ ) were female, and 28.3% ( $n = 107$ ) were male (Table 1). Like the GVNFS, in this study, the principle of "10 participants for each scale item" was used to determine the total number of participants, and a snowball sampling method was employed. For the test-retest reliability of the study, the scale was administered to 48 university students, 10 of whom were male (20.8%), between the ages of 19-31 ( $21.19 \pm 2.46$ ) at 3-week intervals. For the convergent validity analysis of the scale, in addition to the Grandiose and Vulnerable Narcissism Fluctuation Scale-Short Form (GVNFS-SF), the FFNI-SF, BPTI, and the ALS were administered to a community sample of 133 participants, 33 of whom were male (24.8%), with an average age of 25.08 ( $SD = 7.38$ ).

### Materials

In this section, since the same measurement tools were used as in the first study except for the GVNFS-SF, only the GVNFS-SF was introduced.

#### **Grandiose and Vulnerable Narcissism Fluctuation Scale-SF (GVNFS-SF).**

The scale was prepared by Oltmanns and Widiger (2018) to obtain a short and unidimensional

narcissistic fluctuation scale from the Grandiose and Vulnerable Narcissism Fluctuation Scale (GVNFS) developed by the authors in the same study. For this purpose, 9 items that loaded the highest level on both the general factor and the sub-factors were extracted from the 30 items of the GVNFS. The scale includes 9 Likert-type items (1 - *strongly disagree*, 5 - *strongly agree*) and a single factor. The possible minimum score is 9 and the possible maximum score is 45, and high scores indicate a high level of fluctuation between vulnerable and grandiose narcissism. The scale contains no items that require reverse scoring. The Cronbach's alpha value of this unidimensional scale was calculated as .88. To examine convergent validity, the GVNFS-SF showed significant correlations with both the grandiose dimension of narcissism ( $r = .44$ ) and the vulnerability dimension ( $r = .61$ ) and showed moderate to large correlations with antagonism, neuroticism, and extraversion.

### **Procedure**

Since the items of the GVNFS-SF were extracted from the 30 items of the GVNFS, no separate translation work was performed. Like GVNFS, four separate forms were prepared, and data were collected through Google Forms, one consisting solely of the GVNFS-SF, one including the scales to be used for convergent validity analyses in addition to the GVNFS-SF, and the other two for test-retest reliability analysis. All participants received information about the study and consented to participate on a voluntary basis.

### **Statistical Analysis**

Skewness and kurtosis values were calculated to check if the quantitative variables used in the research followed a normal distribution. To determine the reliability of GVNFS-SF, Cronbach's alpha coefficients were calculated as part of the reliability analysis. Test-retest reliability, the relationships between the subscales, and the relationships between the GVNFS-SF and other scales were examined using Pearson correlation coefficient analysis. EFA and CFA were applied for the construct validity analysis. SPSS 25.00 and AMOS 24.00 software programs were used for statistical analysis.

## **Results**

### **Exploratory Factor Analysis**

The data set collected to establish construct validity was randomly split into two groups, each consisting of 189 participants. For analyzing the construct validity of GVNFS-SF, before conducting Exploratory Factor Analysis (EFA), the appropriateness of the data for factor analysis was evaluated using the Kaiser-Malkin Olkin (KMO) test (.72) and Bartlett's test (333.48,  $p < .05$ ) and the results were found to be significant. The EFA revealed that the scale

items loaded on three factors with eigenvalues above 1, which accounted for 60.06% of the total variance (see Table 4). In the original study, when selecting the GVNFS-SF items, three items were chosen from each of the three subscales within the GVNFS scale. However, it was claimed that GVNFS-SF is a single-factor scale. In contrast, in this study, three factors were identified, and an examination was conducted on how the items loaded onto these factors. Items 2, 5, and 8 from the GVNFS-Grandiosity/Shame, as well as item 6 from the GVNFS-Assertiveness/Insecurity, loaded onto Factor 1. It can be observed that items 1, 7, and 9 from the GVNFS-Indifference/Anger merged into Factor 2, while items 3 and 4 from the GVNFS-Assertiveness/Insecurity merged into Factor 3. It was decided to name the factors the same as those in the GVNFS. Because, except for one item, the other items loaded onto the same factors as the original scale.

**Table 4.**

*Exploratory Factor Analysis, Item-Total Correlation, and Internal Consistency Analysis Results of GVNFS-SF*

| Items                                                                                                                      | Item total correlation | F1    | F2    | F3    |
|----------------------------------------------------------------------------------------------------------------------------|------------------------|-------|-------|-------|
| 2. My thoughts shift between expectations of greatness and expectations of total failure.                                  | .44                    | .80   |       |       |
| 8. My feelings of grandiosity and glory are interchanged with feelings of uselessness.                                     | .53                    | .78   |       |       |
| 5. Some days I feel so ashamed of myself, but other days I feel destined for great things.                                 | .35                    | .64   |       |       |
| 6. I switch between acting insecure and acting cocky.                                                                      | .50                    | .59   |       |       |
| 9. I don't bother with criticism, but I will occasionally lose my temper when it happens.                                  | .43                    |       | .80   |       |
| 1. When my character is attacked, I have been known to explode in rage, but at other times I am calm, cool, and collected. | .36                    |       | .70   |       |
| 7. I lose my temper when treated disrespectfully, but at other times I may be indifferent to it.                           | .48                    |       | .42   |       |
| 3. My strong assertiveness hides feelings of troubled insecurity.                                                          | .24                    |       |       | .81   |
| 4. I can at times be very uncertain and unsure, yet at other times very forceful.                                          | .30                    |       |       | .76   |
| <b>Eigenvalue</b>                                                                                                          |                        | 2.89  | 1.43  | 1.09  |
| <b>Variance (%)</b>                                                                                                        |                        | 32.06 | 15.93 | 12.08 |

### Confirmatory Factor Analysis

To evaluate the model fit of the structure obtained from EFA, a CFA was conducted using Amos 24.0. To remain faithful to the scale's original structure, item 6 was included in this factor during CFA. The CFA results revealed that the 3-factor model required one

modification (between item 3 and item 4) and achieved good fit values after this modification was applied ( $\chi^2/df = 1.525$ , GFI = .958, AGFI = .918, CFI = .949, RMSEA = .053, SRMR = .056, and Akaike Information Criterion [AIC] = 79.066). To assess whether the scale, as advocated by its original authors, demonstrated a one-factor structure or whether the three-factor structure identified in this study showed a better fit, a CFA was conducted for the one-factor model as well. The DFA results showed that the model required two modifications (between item 1, and item 7; item 3 and item 4), and after these modifications, the obtained fit values were  $\chi^2/df = 1.801$ , GFI = .952, AGFI = .913, CFI = .915, RMSEA = .065, SRMR = .064, and AIC = 85.015. The results suggest that satisfactory fit values were attained. Additionally, a CFA was applied to the hierarchical model. The analysis revealed that the model required one modification (between item 3 and item 4), and showed good fit after this adjustment ( $\chi^2/df = 1.566$ , GFI = .955, AGFI = .916, CFI = .942, RMSEA = .055, SRMR = .060, and AIC = 79.591). AIC values that are lower indicate a more optimal model fit (Loehlin, 2004). It has therefore been determined that the three-factor model achieves a better fit (Figure 1).

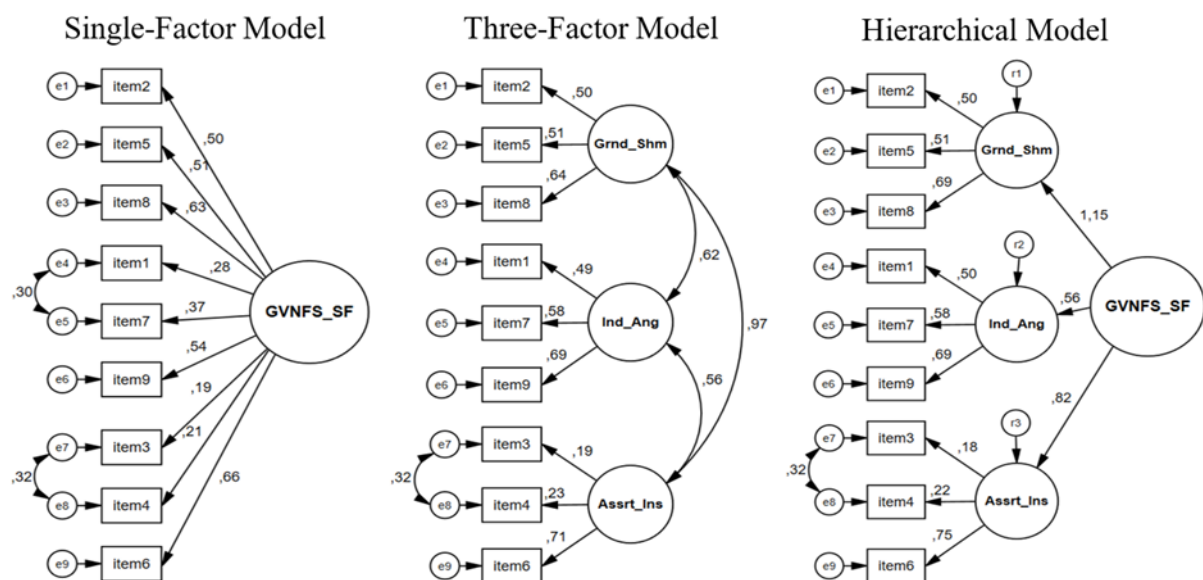


Figure 1.

### GVNFS-SF Confirmatory Factor Analysis Results

#### Convergent Validity

Pearson correlation analysis evaluated the associations between the subscale and total scores of the GVNFS-SF and the scales utilized in the convergent validity analysis (Table 2). According to the analysis results, weak to moderately significant positive relationships were found between the total score of GVNFS-SF and all subscales of FFNI except for FFNI-Indifference, as well as the BPTI-Neuroticism, BPTI-Openness to Development, and BPTI-

Negative Valence, and all subscales of the ALS. The relationships between Grandiosity/Shame and Assertiveness/Insecurity with other subscales appear to be structurally similar to the total score. However, it is noteworthy that there is a weak, significant negative relationship between Indifference/Anger and BPTI-Extraversion, and, unlike the total score of GVNFS-SF, subscales other than Assertiveness/Insecurity do not have a significant relationship with BPTI-Openness. The relationships of the subscales with the scales used for convergent validity are mostly similar to the relationships of the total score of the GVNFS-SF with other scales. All GVNFS-SF subscales showed significant positive relationships with all subscales of ALS. When examining the relationships between the subscales of GVNFS-SF, it was found that Indifference/Anger has a significant relationship with Grandiosity/Shame at a level of .35, and with Assertiveness/Insecurity at a level of .36. Likewise, the relationship between Assertiveness/Insecurity and Grandiosity/Shame is found at a level of .38. The results indicate that all coefficients are at  $p < .05$ .

### Reliability Analyses

As a result of the internal consistency analysis conducted to evaluate the reliability, Cronbach's alpha coefficients for the subscales were calculated between .43 and .61, and for the overall scale score it was calculated as .72.

The scale of GVNFS-SF was administered twice with a 3-week interval to a sample group of 48 individuals to determine the test-retest reliability. The coefficients of correlation between the two administrations were calculated as .81 for Grandiosity/Shame, .60 for Indifference/Anger, .64 for Assertiveness/Insecurity, and .81 for the overall score of the scale. All coefficients reached statistical significance at  $p < .05$ . The average and standard deviation scores, Cronbach's alpha coefficients, skewness, and kurtosis values of the GVNFS-SF are presented in Table 3.

### Discussion

Upon analysis of the results of the second study, which examined GVNFS-SF, a 3-factor structure was revealed, contradicting the original single-factor model proposed. The scale exhibited test-retest correlations ranging from .60 to .81, internal consistency Cronbach's alpha values ranging from .51 to .68 for subscales, and a Cronbach's alpha value of .72 for the overall score of the scale. The original study did not include a test-retest, and the Cronbach's alpha coefficient for the entire scale was .88. CFA was conducted for the single-factor, the three-factor, and hierarchical models of the GVNSF-SF in the present study. All three models demonstrated excellent fit, but the Akaike Information Criterion (AIC) value of the three-factor structure was lower, making it the preferred model. As previously mentioned, GVNFS-SF was

created in the original study by selecting the three items with the highest correlations from each subscale in GVNFS. Therefore, it is possible and expected that items collected in different subscales in the long form will also be collected in different subscales in the short form. In this study, although one item loaded on a different factor in EFA, CFA was performed, upholding the scale's original structure, resulting in very high fit values. This revealed that this structure of the scale is suitable for Turkish culture. In the study, the hierarchical model was also tested, and it was seen that this model also had good fit values, and it was revealed that a total score could be obtained from the scale.

It was observed that item 6 (*I switch between acting insecure and acting cocky*), which was included in GVNFS-Assertiveness/Insecurity in the original study, was loaded to Grandiosity/Shame subscale in EFA. This may be explained by variations in cultural norms between the countries where the scale was developed and adapted. While the United States, where the scale was developed, reflects the characteristics of an individualistic culture, Turkey, where the scale was adapted, reflects more of a collectivist culture. In individualistic societies, competition, individualistic orientation in social interactions, personal achievement motive, emphasis on personal attributions, self-serving bias, and the importance given to individualism and preferences are higher than in collectivistic societies (Kağıtçıbaşı, 1997). Being very confident and arrogant, which is expressed by the word "cocky", can be associated with assertiveness, which can be defined as the capacity to assert oneself and defend one's rights in interpersonal relationships in an individualistic culture where personal success motive and uniqueness are valued (Rutten et al., 2016) and expresses a more positive concept, but on the contrary, in a collectivist culture, this situation can be perceived as associated with a much more negative concept such as grandiosity. In the study of Séguin & Descôteaux (2024), who made the French adaptation of GVNFS, it was also observed that the item "*I switch between acting insecure and acting cocky*" was attributed to both Assertiveness/Insecurity and Grandiosity/Shame of GVNFS. For this reason and in order to preserve the original factor structure of the scale, item 6 was included in the Assertiveness/Insecurity subscale, and CFA was performed and very high fit values were obtained. This indicates that including item 6 in the Assertiveness/Insecurity subscale does not compromise the scale's appropriateness for Turkish culture, and it can be used in this manner.

Convergent validity analyses were conducted with the same scales in Study 1. Similar to the GVNFS, the GVNFS-SF showed positive correlations with both vulnerable and grandiose narcissism, as well as neuroticism, extraversion, and antagonism. In line with the original study, the present study found that the scales had moderate to high correlations with affective lability scales. When comparing the convergent validity analyses of GVNFS and GVNFS-SF, it

is noteworthy that GVNFS-SF had higher correlations with the grandiose and vulnerable aspects of narcissism.

In other countries, scale adaptation studies were conducted in Finland (Henttonen et al., 2022) and France (Séguin & Descôteaux, 2024), and the findings of both studies confirmed the scale's validity and reliability. In the study conducted in Finland, as in the current study, the 3-factor model proved to be the most appropriate fit.

### **General Discussion**

This study focuses on investigating the validity and reliability of the long (GVNFS) and short forms (GVNFS-SF) of the Grandiose and Vulnerable Narcissism Fluctuation Scale, designed to assess the fluctuation between grandiose and vulnerable dimensions of narcissism based on a psychodynamic perspective on personality. In line with this objective, validity and reliability assessments were conducted separately for GVNFS and GVNFS-SF. The results indicate that while the internal consistency values and convergent validity results were sufficient, the CFA results of the GVNFS did not reach good fit values. In contrast, GVNFS-SF demonstrated adequate internal consistency and convergent validity findings, as well as a very high model fit. This difference suggests that the core model of the scale is conceptually sound, and the problems observed in the long form may be related to specific items, such as item redundancy, cultural or semantic misunderstandings, or the cognitive difficulty of longer statements. These factors may have weakened the statistical performance of the long form in the Turkish context. Additionally, the short form offers practical advantages due to its brevity and ease of use, making it a more efficient and accessible tool for both research and clinical settings (Widaman et al., 2011).

In both studies, the results of the convergent validity analyses supported the theoretical structure of the scales. Specifically, the GVNFS and GVNFS-SF showed significant positive correlations with both grandiose and vulnerable dimensions of narcissism, as well as with neuroticism, extraversion, and antagonism—personality traits frequently associated with narcissistic dynamics. These findings are consistent with prior literature suggesting that grandiose narcissism tends to co-occur with extraversion and antagonism, while vulnerable narcissism shows stronger associations with neuroticism (Miller et al., 2011; Cain et al., 2008). Moreover, both scales demonstrated moderate to high correlations with affective lability, reinforcing the view that mood instability is a core feature of narcissistic fluctuation. Notably, the short form yielded stronger correlations with narcissism dimensions compared to the long form, indicating that the GVNFS-SF not only preserves theoretical integrity but may also offer a more psychometrically efficient assessment of narcissistic fluctuation.

In Study 1, conducted to assess the validity of the GVNFS, no significant relationship was observed between the vulnerable and grandiose dimensions of narcissism. On the other hand, Study 2, which examined the validity of GVNFS-SF, found a significant relationship at the .25 level. Despite this, both the long and short forms of the scale had moderate and strong relationships with the two dimensions of narcissism (.39 to .64). This research lends evidence to the hypothesis that individuals with grandiose and vulnerable narcissistic traits may fluctuate between grandiosity and vulnerability. However, current measures of narcissism are inadequate in detecting this fluctuation as they only ask participants whether they characteristically exhibit grandiose or vulnerable traits. Scales such as the Five Factor Narcissism Inventory-Short Form (Ekşi, 2016), Pathological Narcissism Scale (Şen & Barışkın, 2019), Narcissistic Personality Inventory-13 (Doğan & Çolak, 2020), and Hypersensitive Narcissism Scale (Şengül et al., 2015), which are widely used in Turkey, may not fully capture the fluctuation between grandiosity and vulnerability. In contrast, one of the distinctive features of the GVNFS-SF is its ability to capture fluctuations between grandiosity and vulnerability over time. By recognizing that these states may coexist and shift within the same individual across different situations, the GVNFS-SF offers a more nuanced and context-sensitive assessment of narcissism. Therefore, the GVNFS-SF introduced into Turkish literature through this study provides a valuable tool for researchers seeking to explore narcissism from a dynamic perspective.

One limitation associated with this study is that the first study only conducted CFA due to the insufficient number of participants. Additionally, a large majority of participants in both studies consisted of women and university students. While the ratio of female participants in the sample resembles that in the original study, the average age and the proportion of participants with psychological diagnoses and/or psychological help in the current study are lower than in the original study. Although the Affective Instability Scale used in the convergent validity analysis was translated into Turkish and used in a previous study, the validity and reliability of the measure remain unexamined. Therefore, it is important to consider this situation when examining the relationship between the adapted scale and affective lability in the current study.

### **Conclusion**

The study demonstrated that the GVNFS-SF is a valid and reliable tool for measuring the fluctuation between grandiose and vulnerable narcissism. However, improvements are required for the GVNFS. Analyses revealed that the long form did not demonstrate an adequate level of model fit. Although such a result would normally suggest the need for structural revisions, such as eliminating or rewriting certain items, these procedures were considered

beyond the scope of the current study. This study was designed to both preserve the original structure of the scale in the process of Turkish adaptation and to examine the validity and reliability of the short form. The inadequate model fit of the long form may be attributed to factors such as item redundancy, semantic or cultural differences, or cognitive burden due to item length. In contrast, the short form yielded strong results in terms of both model fit and internal consistency. It also offers practical advantages due to its brevity and ease of administration, making it a more efficient and accessible tool. Overall, the GVNFS-SF can be considered a suitable tool for researchers investigating vulnerable and grandiose narcissism from a dynamic perspective, which suggests that individuals fluctuate between the two dimensions, rather than a static perspective that views them as unchanging personality traits.

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**Compliance with Ethical Standards:**

All participants were informed about the requirements of the study and proceeded to answer the questions asked after agreeing to participate. Ethical approval was obtained from İstanbul Sabahattin Zaim University Ethics Committee on [29/05/2023] with decision number [E-20292139-050.01.04-54536].

**Conflict of Interest:**

There are no conflicts of interest to disclose.

**Informed Consent:**

Participants were informed about the purpose of the study by the author(s) before the administration of the measurements and were asked whether they volunteered to participate in the study. Then, the measurements were administered only to the volunteers. Informed consent was obtained from all participants before the measurements were completed.

**Financial Disclosure:**

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## **Büyüklenmeci ve Kırılğan Narsisizm Dalgalanma Ölçeği'nin (BKNDÖ) Türkçe Geçerlik ve Güvenirlik Çalışması**

### **Özet**

Narsisizm üzerine yapılan araştırmalar, narsisizmin “kırılğan” ve “büyüklenmeci” olmak üzere iki alt boyuttan oluştuğunu öne sürmektedir (Pincus ve Roche, 2011; Wright ve ark., 1989). Büyüklenmeci narsisizm, kendini beğenmişlik, empati eksikliği ve abartılı bir benlik algısıyla tanımlanırken kırılğan narsisizm, güvensizlik, koşullu özsaygı, utanç ve mahcubiyete aşırı duyarlılık ile bu duygulardan kaçınma davranışları ile ilişkilidir. Geleneksel yaklaşımlar, bu iki narsisizm türünün birbirinden bağımsız olduğunu ve farklı bireylerde gözlemlendiğini öne sürmektedir (Edershile, 2019). Bununla birlikte, kişilik patolojisine dinamik bir bakış açısı getiren alternatif bir hipotez, büyüklenmeci ve kırılğan narsisizm alt boyutlarının birbiriyle ilişkili olduğunu ve narsisist bireylerin bu iki uç arasında dalgalanma yaşadıklarını savunmaktadır (Edershile ve Wright, 2021). Bu alternatif görüşe göre kırılğan bir narsisist bünyesinde büyüklenmeci özellikleri de barındırmakta, benzer şekilde büyüklenmeci bir narsisist de kırılğan özellikler taşımakta ve bu iki uç arasındaki dalgalanma narsisistik bir tablonun belirleyici bir özelliği olarak öne çıkmaktadır. Dalgalanma kavramına ilişkin teoriler, kişilik bozukluklarının patolojisinin en azından kısmen bu dalgalanmalardan kaynaklandığını öne sürmektedir.

Bu bağlamda Oltmanns ve Widiger (2018), büyüklenmeci ve kırılğan narsisizm arasındaki dalgalanmayı ölçmek amacıyla FLUX adını verdikleri 30 maddelik bir ölçek geliştirmiş ve bu ölçeğin 9 maddeden oluşan kısa formunu (g-FLUX) oluşturmuşlardır. FLUX ölçeği, kayıtsızlık ile öfke, büyüklenmecilik ile utanç ve atılganlık ile güvensizlik arasındaki dalgalanmaları ölçen üç alt boyuttan oluşurken, kısa formu (g-FLUX) bu iki narsisizm türü arasındaki genel dalgalanmayı tek bir boyut üzerinden değerlendirmektedir.

Bu çalışma, FLUX ve g-FLUX ölçeklerinin Türkçe'ye uyarlanmasını ve psikometrik özelliklerinin incelenmesini amaçlamaktadır. Bu doğrultuda, ölçeklerin faktör yapıları, iç tutarlılıkları, yakınsak geçerlikleri ve test-tekrar test güvenirlikleri iki farklı çalışma kapsamında değerlendirilmiştir.

Birinci çalışmada, FLUX ölçeği "Büyüklenmeci ve Kırılğan Narsisizm Dalgalanma Ölçeği" (BKNDÖ) adıyla Türkçe'ye çevrilmiş ve 18-65 yaş aralığında 307 katılımcıdan oluşan bir toplum örnekleminde doğrulayıcı faktör analizi (DFA) ile faktör yapısı incelenmiştir. DFA sonuçları, ölçeğin orijinal üç faktörlü yapısının tatmin edici bir uyum göstermediğini ortaya koymuştur. Bunun yanı sıra, ölçeğin Beş Faktörlü Narsisizm Envanteri-Kısa Formu, Temel Kişilik Özellikleri Ölçeği ve Duygulanım Değişkenliği Ölçeği ile korelasyonları incelenmiş ve beklenen yönde anlamlı ilişkiler tespit edilmiştir. 38 üniversite öğrencisine 3 hafta ara ile

uygulanan test-tekrar test korelasyonları da anlamlı sonuçlar ortaya koymaktadır. Cronbach alfa iç tutarlılık katsayıları, alt boyutlar için sırasıyla .81, .86 ve .77; ölçeğin tamamı için ise .92 olarak hesaplanmıştır. Elde edilen bulgular, BKNDÖ'nün iç tutarlılık ve yakınsak geçerlik açısından yeterli psikometrik özellikler sergilediğini, ancak üç faktörlü modelin doğrulayıcı faktör analizinde beklenen düzeyde model uyumu göstermediğini ortaya koymuştur. Bu uyum sorununun, ölçeğin teorik modelinden ziyade bazı maddelerin kültürel ya da anlamsal düzeyde farklı şekillerde yorumlanması veya artan madde sayısı ve karmaşıklığının bilişsel yük yaratması gibi nedenlerden kaynaklanabileceği düşünülmektedir. Nitekim, bu duruma yönelik çıkarımları destekleyen bulgular, çalışmanın ikinci aşamasında elde edilmiştir.

İkinci çalışmada, ölçeğin kısa formu olan g-FLUX ölçeği "Büyükleme ve Kırılma Narsisizm Dalgalanma Ölçeği-Kısa Form" (BKNDÖ-KF) adıyla Türkçe'ye çevrilmiş ve 378 katılımcıdan oluşan bir toplum örnekleminde veri toplanmıştır. Açımlayıcı faktör analizi (AFA) ve DFA sonuçları, kısa formun orijinal çalışmada öne sürülen tek faktörlü yapısından ziyade, toplam varyansın %60.06'sını açıklayan üç faktörlü bir yapıya işaret etmiştir. Maddelerin faktörlere dağılımı incelendiğinde, 6. madde dışında tüm maddelerin uzun formdaki alt boyutlara yüklendiği gözlemlenmiş ve bu nedenle kısa formdaki alt boyutlar, uzun formdaki isimlendirme ile uyumlu hale getirilmiştir. DFA sonuçları, üç faktörlü yapının iyi uyum değerlerine sahip olduğunu göstermiştir. Yakınsak geçerlik analizlerinde, BKNDÖ-KF alt boyutlarının duygulanım değişkenliği, temel kişilik özellikleri ve kırılma ile büyükleme narsisizm ile anlamlı ilişkiler gösterdiği tespit edilmiştir. Ölçeğin toplam puanı için Cronbach alfa katsayısı .72 olarak; alt boyutları için ise .43 ile .61 arasında hesaplanmıştır. 48 üniversite öğrencisine 3 hafta ara ile uygulanan test-tekrar test korelasyonları da anlamlı sonuçlar ortaya koymaktadır.

Sonuç olarak, psikodinamik kişilik perspektifine dayanarak narsisizmin büyükleme ve kırılma boyutları arasındaki dalgalanmayı ölçmek amacıyla geliştirilen BKNDÖ'nün kısa ve uzun formlarının Türkçe'ye uyarlanarak geçerlik ve güvenilirlik analizlerinin yapıldığı bu çalışma, önemli bulgular sunmaktadır. Çalışmanın sonuçları, kısa formun Türk kültürüne uygun, geçerli ve güvenilir bir ölçme aracı olduğunu ortaya koymuştur. BKNDÖ-KF, narsisizmi sabit bir kişilik özelliği olarak değerlendiren statik yaklaşımların aksine, bireylerin büyükleme ve kırılma boyutları arasında dinamik bir şekilde geçiş yaptığını vurgulayan bir perspektifi benimseyen araştırmacılar için etkili bir ölçüm aracı olarak değerlendirilebilir. Diğer yandan, BKNDÖ'nün kapsamlı madde içeriği, narsistik yapılanmanın ve bu yapıdaki değişkenliğin daha derinlemesine incelenmesini amaçlayan gelecekteki araştırmalar için değerli bir kuramsal ve metodolojik temel sunmaktadır.