

Sinan OKUR¹



¹ National Defense University, Turkish Air Force Academy, Department of Educational Sciences, İstanbul, Türkiye

Examining the Mediating Role of Doomscrolling in the Association between Earthquake Fear and Mental Well-being

ABSTRACT

This study examines the mediating role of doomscrolling behavior in the relationship between earthquake fear and mental well-being among adults. It is hypothesized that earthquake fear increases uncertainty and anxiety, triggering doomscrolling behavior, which in turn negatively affects mental well-being. Digital media use may be interrelated with psychological effects following disasters, and doomscrolling behavior can have a detrimental impact on individuals' well-being. In this context, the study was conducted with a total of 378 adult participants (313 female, 82.8%; 65 male, 17.2%), with a mean age of 22.44 ($SD = 5.45$). The Earthquake Fear Scale, Doomscrolling Scale, and Warwick-Edinburgh Mental Well-Being Scale were conducted in the study. The research data were collected online, and the analysis was carried out using structural equation modeling (SEM). Additionally, the bootstrapping method was employed to test the significance of the mediating variable. Correlation analysis revealed that earthquake fear was significantly and negatively associated with mental well-being and positively associated with doomscrolling. Furthermore, the relationship between doomscrolling and mental well-being was found to be significantly negative. Structural equation modeling confirmed that doomscrolling played a full mediating role in the relationship between earthquake fear and mental well-being. The study demonstrates that earthquake fear leads individuals to engage in doomscrolling behavior, which in turn negatively impacts their mental well-being. The findings highlight the need for intervention programs promoting mindful media consumption during disaster periods. Regulating digital media consumption during crises may serve as a crucial strategy for enhancing individuals' well-being.

Keywords: Earthquake fear, doomscrolling, mental well-being, structural equation modeling.

Received Date 11.04.2025
Accepted Date 11.07.2025
Publication Date 22.07.2025

Corresponding author:

Sinan Okur

E-mail: sinan.okur@msu.edu.tr

Cite this article: Okur, S. (2025). Examining the mediating role of doomscrolling in the association between earthquake fear and mental well-being. *Educational Academic Research*, 58, 39-47.



Content of this journal is licensed under a Creative Commons Attribution-Noncommercial 4.0 International License.

Introduction

Mankind has witnessed many natural disasters throughout history. The devastation caused by these disasters has not only resulted in physiological effects but has also significantly impacted individuals' psychological well-beings. Among various natural disasters, earthquakes stand out due to their potential to profoundly affect individuals. As sudden and unpredictable events, earthquakes pose a direct threat to human life. They can cause individuals to experience high levels of stress, anxiety and trauma reactions (Bonanno et al., 2007). Therefore, negative emotions and psychological distress can be observed especially in individuals who have experienced an earthquake (Sümer et al., 2005). Studies on the

psychological effects of earthquake commonly focus on mood problems such as post-traumatic stress disorder, anxiety and depression (Kiye et al., 2024; Norris et al., 2002). However, with the advancement of positive psychology, there has been an increase in research on the well-being of individuals after disasters. For instance, Fredrickson et al. (2003) conducted research on strengthening the well-being of individuals after the earthquake by focusing on issues such as well-being and posttraumatic growth.

Earthquake disaster is a natural event that can cause physical injuries, deaths and various psychological distress (Nakajima, 2012). Studies conducted on earthquake victims have identified fear as the most frequently reported emotional symptom among affected individuals. Several studies including Prati et al. (2012) in Italy, Khachadourian et al. (2016) in Armenia, O'Toole (2017) in New Zealand, and Salcioğlu et al. (2018) in Türkiye, emphasized that people experience a serious sense of fear after an earthquake. Related literature emphasize that the effects of earthquakes can make individuals more psychologically fragile and vulnerable. For instance, Ahorsu et al. (2022) state that people may often experience emotions such as anger, sadness or fear in the face of unexpected situations. Terpstra (2011) emphasizes that individuals often show fear reactions in situations of threat or danger. Based on all these research results, it can be concluded that earthquakes evoke fear in individuals and have a negative impact on their well-being.

Many studies show that earthquake seriously affects the mental well-being of individuals. For instance, Rowney et al. (2014) emphasize that earthquake survivors have higher levels of anxiety and fear. In a recent study conducted by Prizmić-Larsen et al. (2023), it was stated that individuals affected by the earthquake were more likely to show depressive symptoms. Similarly, recent studies by Okur et al. (2024) and Usta et al. (2024) also reveal that earthquake victims are more likely to experience mental problems. These findings collectively suggest that the mental well-being of individuals experiencing earthquake-related fear is at risk. While earthquake fear itself is a significant predictor of mental well-being, additional factors may also mediate this relationship. One such factor is doomscrolling behavior, which refers to the compulsive consumption of negative news or distressing content through digital media during periods of crisis or fear. Continuously following news about traumatic events such as earthquakes may negatively affect mental well-being by increasing the fear level of individuals.

The Mediating Role of Doomscrolling

Doomscrolling is a concept that emerged due to the development of technology and the ease of access to news through social media tools. This concept is defined as the excessive exposure of individuals to negative news content during periods of fear, and entering into a cycle that will drag them emotionally worse by switching between negative news (Ytre-Arne & Moe, 2021). Sharma et al. (2022) also define doomscrolling as the obsessive engagement with distressing or depressing news content. This concept can be manifested by individuals' increased

interest in negative content in online environments, especially during periods of crisis and disaster (Öksüz et al., 2023). Natural disasters such as earthquakes can cause intense fear and anxiety, and individuals may find themselves in search of information.

Purpose of the Study

In natural disasters, people may follow more news in order to keep up with the agenda and be aware of the changes and their surroundings. This may cause them to get caught in the doomscrolling cycle without realizing it. In the study conducted by Kartol et al. (2023), it was emphasized that individuals who are victims of earthquakes and who experience fear of earthquakes can show doomscrolling behavior. In the same study, it was also stated that doomscrolling behavior reinforces feelings of pessimism and negatively affects well-being. Anand et al. (2022) emphasized that the doomscrolling cycle is an important factor that seriously threatens well-being of individuals. When the literature is examined, it is found that individuals who are constantly exposed to bad news, thus those who fall into the doomscrolling cycle, experience problems such as stress, burnout and intolerance to uncertainty (e.g., Buchanan et al., 2024; Kaya & Griffiths, 2024; Nguyen et al., 2021; Taşkın et al., 2024; Türk-Kurtça & Kocatürk, 2025). Based on all these research results, this study aims to examine the mediating role of the concept of doomscrolling in the relationship between earthquake fear and mental well-being. All the above mentioned studies played an important role in establishing the rationality of this study. According to this rationality, it is thought that the fear of earthquakes can lead individuals to consume negative news uncontrollably and this can play a determining role on mental well-being. Although studies focusing on the binary relationships between concepts were encountered in the related literature, the scarcity of studies examining all three variables highlights a gap in the literature. This study seeks to bridge that gap by contributing growing body of research on mental well-being. In addition, it is important to use the concept of doomscrolling, which has been recently discussed in the psychology and educational sciences literature, in the hypothetical model. In this study, the following hypothesis will be tested:

- Doomscrolling mediates the relationship between earthquake fear and mental well-being.

Method

Research Model

This study aims to examine the mediating role of

doomscrolling in the relationship between earthquake fear and mental well-being. For this purpose, this study was designed as a quantitative study based on the correlational survey design. The independent variable of the study is earthquake fear, the mediating variable is doomscrolling and the dependent variable is mental well-being.

Participants

The study group consisted of Turkish adult participants. A total of 378 participants were included in the study, the majority of whom were female ($n = 313$, 82.8%). The study group was between the ages of 18 and 52, and the average age of the participants was 22.44. Most participants reported their socioeconomic status as medium ($n = 265$, 70.1%). Others reported being at low ($n = 65$, 17.2%), very low ($n = 14$, 3.7%), high ($n = 32$, 8.5%), or very high ($n = 2$, 0.5%) levels.

Data Collection Tool

Earthquake Fear Scale: This scale was developed by Satici et al. (2024) to determine individuals' fear of earthquakes. There are seven items in the scale (e.g., *"I'm very afraid of losing my life in an earthquake"*). There are no reverse items among the items of this one-dimensional scale. In the scale, 1 means strongly disagree and 5 means strongly agree. Possible high scores that can be obtained from the scale mean that individuals experience more fear of earthquakes. The construct validity of the scale was ensured by confirmatory factor analysis (CFI = .922, NFI = .914, IFI = .922, GFI = .900, SRMR = .053). In terms of reliability, Cronbach's alpha coefficient was calculated as .89. In this study, the Cronbach alpha value of the scale was calculated as .88.

Doomscrolling Scale-Short Form: This scale, developed by Sharma et al. (2022), was adapted to Turkish culture by Satici et al. (2023). The main purpose of this scale is to determine the behavior of engaging with negative news through digital media. In this study, the four-item short form of the scale was used (e.g., *"I find myself constantly looking at negative news."*). In the scale, 1 means strongly disagree and 7 means strongly agree. The scale consists of a single dimension. There is no reverse item in the scale, and the possible high scores that can be obtained from the scale indicate that doomscrolling behavior is high. It was reported that the scale had sufficient construct validity as a result of confirmatory factor analysis (CFI = .95, NFI = .94, IFI = .95, SRMR = .044). In the reliability analysis, the Cronbach alpha internal consistency value was reported as .81. In this study, the Cronbach alpha reliability value was .80.

Warwick-Edinburgh Mental Well-Being Scale: This scale was

developed by Tennant et al. (2007). The short form of the scale was originally adapted to Turkish culture by Keldal (2015), and later a shortened version was developed by Demirtaş and Baytemir (2019). The seven-item scale consists of a single dimension (e.g., *"I can make my own decisions"*). In the scale, 1 means never and 5 means always. There are no reverse items in the scale, and it has been reported that as the scores that can be obtained from the scale increase, the mental well-being of individual's increases. The fit index values of the scale are at a sufficient level (CFI = .99, NFI = .97, GFI = .97, AGFI = .94, SRMR = .033), and the Cronbach alpha coefficient is stated to be .86 in terms of reliability. The Cronbach alpha internal consistency coefficient of the scale in this study was found to be .83

Data Collection Process

Ethics committee approval was obtained from the National Defense University Social and Human Sciences Ethics Committee with the letter numbered E-35592990-050.04-4566311 dated March 7, 2025. In addition, the 1964 Helsinki Declaration and subsequent updates were complied with throughout the research. The target group of the study consisted of adults residing in Türkiye, and participants were recruited via e-mail and social media platforms (e.g. WhatsApp, Instagram, and Facebook). Data were collected from participants using an online form in March 2025. The form was prepared via Google Forms and includes an introduction section explaining the purpose of the study, ethical principles, estimated completion time, and contact information of the researchers. This form was designed so that participants could leave if they wished and could be completed when they answered all questions. All participants gave informed consent before participating in the research. The purpose of the research and voluntary participation were mentioned in this consent form. No fee was paid to the participants.

Data Analysis

In the data analysis process, firstly preliminary analyses were carried out. Within the scope of these analyses, descriptive statistics of the variables, normality values, reliability coefficient and correlation findings were calculated. Then, direct and indirect relationships between the variables were tested with structural equation modeling. In this context, a two-step modeling approach recommended by Anderson and Gerbing (1988) was followed. First, the measurement model was tested to evaluate whether the observed variables adequately represented the latent constructs. After achieving an acceptable level of fit, the structural model was analyzed to assess the hypothesized paths. In the established model,

demographic variables of age, gender and perceived socioeconomic level were added as covariance variables. The fit index values were examined for the verifiability of this model. The model fit was evaluated using several goodness-of-fit indices, including the Comparative Fit Index (CFI), Goodness of Fit Index (GFI), Tucker-Lewis Index (TLI), Incremental Fit Index (IFI), and Root Mean Square Error of Approximation (RMSEA). In accordance with established guidelines (e.g., Hu & Bentler, 1999), CFI, GFI, TLI, and IFI values of .90 or above are generally considered acceptable, while values above .95 indicate excellent fit. For RMSEA, values below .08 suggest reasonable fit, and values below .05 indicate good fit. Lastly, the significance of the mediator variable was determined by the bootstrapping method. SPSS 26 and AMOS 24 statistical programs were used within the scope of the research.

Results

After preliminary analyses including descriptive statistics of variables, normality values, and reliability coefficient and correlation findings, it was determined that all variables showed normal distribution and were reliable. In the correlation analysis, it was determined that there was a negative significant relationship between earthquake fear and mental well-being ($r = -.136, p < .01$) and a positive significant relationship between doomscrolling and mental well-being ($r = .427, p < .01$). In addition, doomscrolling was negatively significantly related to mental well-being ($r = -.185, p < .01$) (see Table 1).

Table 1.

Mean, Standard Deviation, and Correlation Values of the Study Variables (n = 378)

Variable	\bar{X}	df	1	2	3
1. Earthquake fear	26.06	6.53	—		
2. Doomscrolling	12.66	6.25	.427*	—	
3. Mental well-being	24.87	5.49	-.136*	-.185*	—
Skewness			-.445	.311	-.312
Kurtosis			-.713	-1.059	-.037
Cronbach's alpha			.88	.80	.83

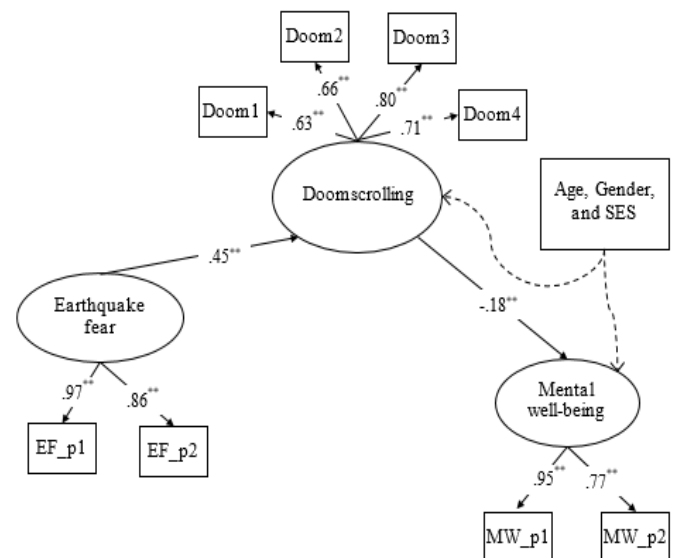
* $p < .01$

After the completion of the preliminary analyses, the model established with structural equation modeling was tested in line with the main purpose of the research. In this direction, firstly the measurement model and then the structural model were examined.

The measurement model consists of three latent constructs, namely fear of earthquake, doomscrolling and mental well-being, and eight observed variables. After analyzing the measurement model, it was determined that all factor loadings were significant. In addition, it was determined that the fit index values were at a good level ($\chi^2 (17, N = 378) = 35.65, p < .01, CFI = .98, GFI = .97, TLI = .97, IFI = .95, RMSEA = .05$). This result proves that the observed variables are strong representatives of the latent constructs. In the structural model, the mediating role of doomscrolling in the relationship between fear of earthquake and mental well-being was examined. As a result of the analysis, it was determined that the fit index values were at a good level ($\chi^2 (35, N = 378) = 93.66, p < .01, CFI = .96, GFI = .95, TLI = .93, IFI = .96, RMSEA = .07$). However, it was determined that the path from earthquake fear to mental well-being was not significant in the model. For this reason, this path was deleted and the analysis was repeated. As a result of the new analysis performed as a full mediator, it was determined that all paths were significant and the fit indices were at a good level ($\chi^2 (36, N = 378) = 93.70, p < .01, CFI = .96, GFI = .96, TLI = .96, IFI = .95, RMSEA = .06$). The visual related to the model is given in Figure 1:

Figure 1.

*Full Mediating Role of Doomscrolling in the Relationship between Earthquake Fear and Mental Well-being, ** $p < .01$*



Note. SES = Socioeconomic Status, EF_p = Parcels of Earthquake Fear, MW_p = Parcels of Mental Well-being.

Finally, bootstrapping method was used to determine the

significance of doomscrolling in this relationship. Statistical significance of the mediator variable was achieved in the analysis performed by performing 5000 resamples (bootstrapping value = $-.097$ 95% CI $[-.182, -.022]$). All these findings revealed that doomscrolling plays a full mediator role in the relationship between earthquake fear and mental well-being (see Table 2).

Table 2.

Standardized Bootstrapping Coefficients for the Model

Model pathways	Coefficient*	95% CI	
		Lower	Upper
Direct effect			
EF → Doom	.45	.34	.55
Doom → MW	-.18	-.31	-.05
Indirect effect			
EF → Doom → MW	-.097	-.182	-.022

* Because the CIs do not cover zero, all the coefficients are significant, *Note.* EF = *Earthquake fear*, Doom = *Doomscrolling*, MW = *Mental Well-being*.

Discussion

Earthquakes, one of the natural disasters, can have devastating effects on individuals. It is known that earthquake victims can later develop anxiety, stress, and fear reactions (Khachadourian et al., 2016; Salcioglu et al., 2018). The fear that individuals experience regarding earthquakes can negatively affect their mental health. Studies emphasize the destructive effect of earthquake fear on mental well-being (Prizmić-Larsen et al., 2023; Satıcı et al., 2024). This study examined the mediating role of doomscrolling behavior in the relationship between earthquake fear and mental well-being. Individuals experiencing earthquake fear may engage in doomscrolling behavior in order to follow the agenda and be aware of their surroundings. The doomscrolling cycle that begins to take place in the individual's daily life can further deteriorate mental well-being. The findings obtained from the study support this prediction. The findings obtained as a result of the study are discussed in detail below.

The first finding of the study emphasizes the direct relationship between earthquake fear and mental well-being. The results obtained show that individuals who fear earthquakes have lower levels of mental well-being. When the studies are examined, it is possible to come across research results that support the findings. For example, in the study conducted by Usta et al. (2024), it is emphasized that the fear of earthquakes threatens the well-being of individuals. The research by Satıcı et al. (2024) also revealed that mental well-being decreases in individuals who fear

earthquakes. Similarly, Prizmić-Larsen et al. (2023), who worked on the Croatian context, also supports the negative relationship reached in this study. Moreover, previous research has also identified that individuals who fear earthquakes experience various mood problems (Nakajima, 2012; Norris et al., 2002). All these findings are consistent with the finding of our study that individuals who fear earthquakes have low levels of mental well-being. Fears related to earthquakes can trigger individuals' concerns about losing their loved ones or their assets. This situation can negatively affect the mental well-being of individuals by leading to a more pessimistic and depressed mood. In addition, it is important to consider that earthquake fear may not only stem from the anticipation of physical destruction but also from a perceived lack of control and uncertainty about the future. These psychological components can amplify stress responses and disrupt individuals' emotional regulation processes. Therefore, beyond the direct impact of fear itself, the cognitive and emotional interpretations of threat may serve as key mechanisms that undermine mental well-being. This perspective highlights the need for interventions that foster emotional resilience and cognitive reframing among individuals living in earthquake-prone regions.

The second finding obtained from the study is about the relationship between earthquake fear and doomscrolling. It was concluded that individuals experiencing earthquake fear exhibit more doomscrolling behavior. Several studies have showed that doomscrolling increases in individuals showing fear and anxiety reactions (Kaya & Griffiths, 2024; Nguyen et al., 2021; Sharma et al., 2022). In addition, Kartol et al. (2023) reached the conclusion that earthquake fear increases doomscrolling behavior. Individuals may prefer to follow developments more and be informed about what is happening as a coping mechanism in order to overcome the feeling of fear. However, constantly engaging with negative news can cause individuals to get caught up in the doomscrolling cycle. This behavior, although initially perceived as a way to gain control, may paradoxically intensify feelings of helplessness and anxiety. Thus, doomscrolling in the context of earthquake fear may reflect a maladaptive coping strategy that perpetuates distress rather than alleviating it.

Another finding from the study is that doomscrolling behavior negatively predicts mental well-being. The well-being of individuals caught in the doomscrolling cycle tends to be negatively impacted. A review of the existing literature reveals several studies that support this finding. For instance, Anand et al. (2022) emphasize that doomscrolling behavior has a negative effect on mental

well-being. In the recent study by Taşkın et al. (2024), it was stated that people who exhibit doomscrolling behavior can reduce their mental well-being by showing symptoms such as stress and burnout. Kaya et al. (2024) also reported that doomscrolling has a detrimental influence on psychological well-being. Based on the results of all these studies, it can be said that doomscrolling behavior negatively predicts mental well-being.

The last and most important finding obtained from the study is related to the fact that doomscrolling behavior plays a full mediating role in the relationship between earthquake fear and mental well-being. This means that the negative effect of earthquake fear on mental well-being is not direct, but occurs entirely through the increase in doomscrolling behaviors. Individuals experiencing earthquake fear show an increase in the frequency of following negative news. This causes individuals to get caught up in the doomscrolling cycle. In this regard, doomscrolling functions as a cognitive-emotional bridge that transforms fear into psychological distress. Increased doomscrolling behaviors cause individuals to feel worse and as a result, experience problems such as anxiety, stress, and burnout, which decreases mental well-being. A review of the literature revealed a lack of studies examining the relationship between these concepts from this perspective. However, the literature findings regarding the bilateral relations summarized above can also serve as a reference for this finding reached in the study. This mediating mechanism highlights how modern digital behaviors can exacerbate psychological vulnerability during times of crisis, making the mental health impact of natural disasters more complex and multifaceted. The lack of comparable studies in the existing literature highlights the originality of the present research and its potential to make a unique scholarly contribution. Therefore, the findings can fill an important gap in understanding how earthquake fear affects individuals' mental well-being and emphasize the decisive role of doomscrolling behavior in this process. In conclusion, the full mediating role of doomscrolling behavior on mental well-being in individuals experiencing earthquake fear can be considered as one of the most important findings of this study. This underscores the need to develop digital hygiene strategies as part of psychosocial support efforts for individuals exposed to disaster-related fear and uncertainty.

Limitations and Suggestions

There are some limitations in this study. The first one is that the study was designed in a cross-sectional design. It is

recommended that longitudinal or experimental studies be conducted to better understand the causal effect between variables. Longitudinal analyses can be used in future studies, especially to understand long-term effects. Another limitation can be said to be the sample group. This study represents an adult sample. Including studies covering different age groups in future studies can increase the generalizability of the findings. Conducting similar studies especially on adolescents, elderly individuals or culturally different groups is important in terms of understanding the effects of variables in different contexts. Another limitation of the study can be said to be that the scales used are based on self-assessment. Participants may have given biased or prejudiced answers to the scales. Therefore, it is recommended that qualitative assessment methods be included in future studies. In-depth interviews, focus group studies and observational methods in particular can help understand the experiences of the participants more comprehensively. In addition, using biological or behavioral data collection methods can reduce bias caused by self-reporting and provide more reliable results. In addition, mixed method studies, in which different methodological approaches are used together, can contribute to addressing the subject from a multi-faceted perspective.

Implications

The findings of this study have important implications for both mental health practitioners and researchers working in the fields of disaster psychology, digital media, and mental well-being. The results highlight the need to address doomscrolling behaviors as a critical factor influencing the relationship between earthquake fear and mental well-being. For mental health professionals, the findings suggest that addressing doomscrolling behaviors in therapy and intervention programs may be crucial for individuals experiencing high levels of earthquake fear. Practitioners should incorporate psychoeducation about healthy media consumption habits into their therapeutic approaches, as doomscrolling serves as a maladaptive coping strategy that worsens rather than relieves distress. Cognitive-behavioral strategies can be used to help individuals recognize and modify doomscrolling tendencies and replace them with more adaptive coping mechanisms such as mindfulness, social media detox techniques, or structured information consumption routines. Additionally, crisis counseling programs, especially for communities in earthquake-prone areas, should include media literacy components that educate individuals about the psychological effects of excessive negative media exposure. Guided interventions

that encourage controlled exposure to disaster-related news, along with strategies to manage uncertainty and anxiety, may help reduce the negative impact of doomscrolling on mental well-being. Additionally, mental health practitioners working in disaster response teams should be aware of the digital behaviors of earthquake-affected individuals and consider providing support programs that moderate social media and news consumption. Incorporating strategies such as digital well-being coaching, self-regulation techniques, and encouraging resilience-building activities may reduce the harmful effects of doomscrolling and thus improve individuals' overall psychological well-being.

For researchers, these findings provide a basis for further investigation on digital media consumption patterns in the context of disaster-related psychological distress. Future research should investigate whether interventions targeting doomscrolling behaviors can buffer the decline in mental well-being caused by earthquake fear. Longitudinal studies examining the long-term psychological consequences of excessive disaster-related media exposure may provide valuable insights into how doomscrolling behaviors evolve over time and how they impact mental health resilience. Furthermore, investigating individual differences in susceptibility to doomscrolling may be another valuable research direction. Variables such as personality traits, cognitive biases, and prior trauma experiences may influence the extent to which individuals engage in doomscrolling. Investigating these factors may enhance the development of personalized intervention strategies. Additionally, comparative studies examining doomscrolling behaviors across different types of crises may provide a broader understanding of its psychological mechanisms and effects. Identifying patterns across crises may contribute to a more generalizable framework for reducing the negative impact of excessive negative media consumption on mental well-being. Finally, the study highlights the need for interdisciplinary collaboration between psychology, digital media studies, and disaster management to develop holistic strategies that integrate psychological insights into media policies. Researchers can work with policymakers and media organizations to design ethical guidelines and digital tools that encourage balanced information consumption, thereby reducing the harmful effects of doomscrolling on mental health. By integrating these insights, both practitioners and researchers can contribute to developing more effective strategies to protect mental health in the face of earthquake-related fears and digital media exposure.

Conclusion

This study shows that individuals with high earthquake fear are more likely to engage in the doomscrolling cycle, which in turn has a negative impact on their mental well-being. Since doomscrolling plays a full mediating role in the relationship between earthquake fear and mental well-being, implementing strategies to mitigate doomscrolling may play a crucial role in alleviating the adverse psychological effects associated with earthquake-related fear. The results revealed that digital media use should also be considered in post-disaster psychological support processes.

Ethics Committee Approval: Ethics committee approval was obtained from National Defense University Social and Humanitarian Ethics Committee (Date: 07.04.2025, Number: E-35592990-050.04-4566311)

Informed Consent: All participants in the study gave informed consent.

Peer-review: Externally peer-reviewed.

Author Contributions: Concept-SO; Design-SO; Supervision-SO; Resources-SO; Data Collection and/or Processing-SO; Analysis and/or Interpretation-SO; Literature Search-SO; Writing Manuscript-SO.

Conflict of Interest: The author declare that there is no conflict of interest with any individual or organization.

Financial Disclosure: The author received no financial support for the research, authorship, and/or publication of this article.

References

- Ahorsu, D. K., Lin, C. Y., Imani, V., Saffari, M., Griffiths, M. D., & Pakpour, A. H. (2022). The Fear of COVID-19 Scale: Development and initial validation. *International Journal of Mental Health and Addiction*, 20(3), 1537–1545. <https://doi.org/10.1007/s11469-020-00270-8>
- Bonanno, G. A., Galea, S., Bucciarelli, A., & Vlahov, D. (2007). What predicts psychological resilience after disaster? The role of demographics, resources, and life stress. *Journal of Consulting and Clinical Psychology*, 75(5), 671–682. <https://doi.org/10.1037/0022-006X.75.5.671>
- Buchanan, K., Akin, L. B., Lotun, S., & Sandstrom, G. M. (2021). Brief exposure to social media during the COVID-19 pandemic: Doom-scrolling has negative emotional consequences, but kindness-scrolling does not. *PLOS ONE*, 16(10), e0257728. <https://doi.org/10.1371/journal.pone.0257728>
- Demirtaş, A. S., & Baytemir, K. (2019). Adaptation of Warwick Edinburgh Mental Well-being Scale Short Form into Turkish: Validity and reliability study. *Electronic Journal of Social Sciences*, 18(70), 689–701. <https://doi.org/10.17755/esosder.432708>

- Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in crises? A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. *Journal of Personality and Social Psychology*, 84(2), 365–376. <https://doi.org/10.1037/0022-3514.84.2.365>
- Kaya, B., & Griffiths, M. D. (2024). Intolerance of uncertainty and mental wellbeing: The mediating and moderating role of doomscrolling. *Behaviour & Information Technology*, Advance online publication. 1–10. <https://doi.org/10.1080/0144929X.2024.2314747>
- Kaya, Y., Osmanoğlu, N., Satıcı, S. A., & Deniz, M. E. (2024). Self-compassion and death distress among individuals affected by the February 6, 2023, Türkiye Earthquake: The mediating role of doomscrolling and resilience. *Journal of Health Psychology*, 13591053241282129. Advance online publication. <https://doi.org/10.1177/13591053241282129>
- Keldal, G. (2015). Turkish Form of Warwick-Edinburgh Mental Well-Being Scale: Validity and Reliability Study. *The Journal of Happiness & Well-Being*, 3(1), 103–115.
- Khachadourian, V., Armenian, H., Demirchyan, A., Melkonian, A., & Hovanesian, A. (2016). A post-earthquake psychopathological investigation in Armenia: Methodology, summary of findings, and follow-up. *Disasters*, 40(3), 518–533. <https://doi.org/10.1111/disa.12166>
- Kiye, S., Doğan, B. G., & Coşkun, F. (2024). Latent profile analysis of earthquake victims: doomscrolling, psychological well-being, emotion regulation and resilience. *Current Psychology*, 43, 33867–33877. <https://doi.org/10.1007/s12144-024-06904-7>
- Nakajima, Ş. (2012). Post-earthquake psychology. *Okmeydanı Medical Journal*, 28(2), 150–155. <https://doi.org/10.5222/otd.sup2.2012.150>
- Nguyen, A., Smith, A., Jackson, D., & Zhao, X. (2021). Pandemic news experience: COVID-19, news consumption, mental health, and the demand for positive news. *Mental Health, and the Demand for Positive News*. <https://doi.org/10.2139/ssrn.3833891>
- Norris, F. H., Friedman, M. J., Watson, P. J., Byrne, C. M., Diaz, E., & Kaniasty, K. (2002). 60,000 disaster victims speak: Part I. An empirical review of the empirical literature, 1981–2001. *Psychiatry: Interpersonal and Biological Processes*, 65(3), 207–239. <https://doi.org/10.1521/psyc.65.3.207.20173>
- Okur, S., Aktepe, Z. G., Yılmaz, F. B., Kütük, H., & Satıcı, S. A., (2024). Earthquake fear and flourishing: serial mediation of meaningful living and psychological adjustment. *Environmental Hazards*, Advance online publication. 1–18. <https://doi.org/10.1080/17477891.2024.2354784>
- O'Toole, V. M. (2017). 'Fear would well up and it was just a luxury that you just didn't have time for': Teachers' emotion regulation strategies at school during the February 2011 Christchurch earthquake. *Social Psychology of Education*, 20, 513–542. <https://doi.org/10.1007/s11218-017-9383-0>
- Öksüz, H., Ertural, H., Çini, A., Satıcı, S. A., & Deniz, M. E. (2023). Psychological adjustment and wellbeing after an earthquake: The serial mediating role of doomscrolling and emotional regulation difficulty. *Authorea*, July 11, 2023. <https://doi.org/10.22541/au.168907683.38496268/v1>
- Prati, G., Catufi, V., & Pietrantonio, L. (2012). Emotional and behavioural reactions to tremors of the Umbria-Marche earthquake. *Disasters*, 36(3), 439–451. <https://doi.org/10.1111/j.14677717.2011.01264.x>
- Prizmić-Larsen, Z., Vujčić, M. T., & Lipovčan, L. K. (2023). Fear of COVID-19 and Fear of Earthquake: Multiple distressing events and well-being in Croatia. *Psychological Reports*, 128(2), 435–456. <https://doi.org/10.1177/00332941231156813>
- Rowney, C., Farvid, P., & Sibley, C. G. (2014). "I laugh and say I have 'earthquake brain!': Resident responses to the September 2010 Christchurch earthquake. *New Zealand Journal of Psychology*, 43(2), 4–13.
- Ryff, C. D., & Singer, B. H. (2008). Know thyself and become what you are: A eudaimonic approach to psychological well-being. *Journal of Happiness Studies*, 9(1), 13–39. <https://doi.org/10.1007/s10902-006-9019-0>
- Salcıoğlu, E., Özden, S., & Ari, F. (2018). The role of relocation patterns and psychosocial stressors in posttraumatic stress disorder and depression among earthquake survivors. *The Journal of Nervous and Mental Disease*, 206(1), 19–26. <https://doi.org/10.1097/NMD.0000000000000627>
- Satıcı, S. A., Okur, S., Deniz, M. E., Karaağaç, Z. G., Yılmaz, F. B., Kütük, H., Satıcı, B., & Kaya, Y. (2024). The development and initial validation of the Earthquake Fear Scale: Its links to personality traits, psychological distress, harmony in life, and mental wellbeing. *Stress and Health*, 40(2), e3306. <https://doi.org/10.1002/smi.3306>
- Satıcı, S. A., Gocet Tekin, E., Deniz, M. E., & Taşkın, S. (2023). Doomscrolling Scale: Its association with personality traits, psychological distress, social media use, and wellbeing. *Applied Research in Quality of Life*, 18, 833–847. <https://doi.org/10.1007/s11482-022-10110-7>
- Sümer, N., Karanci, A. N., Berument, S. K., & Gunes, H. (2005). Personal resources, coping self-efficacy, and quake exposure as predictors of psychological distress following the 1999 earthquake in Turkey. *Journal of Traumatic Stress*, 18(4), 331–342. <https://doi.org/10.1002/jts.20032>

- Taşkın, S., Yıldırım Kurtuluş, H., Satıcı, S. A., & Deniz, M. E. (2024). Doomscrolling and mental well-being in social media users: A serial mediation through mindfulness and secondary traumatic stress. *Journal of Community Psychology*, 52(3), 512–524. <https://doi.org/10.1002/jcop.23111>
- Tennant, R., Hiller, L., Fishwick, R., et al. (2007). The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS): Development and UK validation. *Health and Quality of Life Outcomes*, 5, 63. <https://doi.org/10.1186/1477-7525-5-63>
- Terpstra T. (2011). Emotions, trust, and perceived risk: affective and cognitive routes to flood preparedness behavior. *Risk Analysis*, 31(10), 1658–1675. <https://doi.org/10.1111/j.1539-6924.2011.01616.x>
- Türk-Kurtça, T., & Kocatürk, M. (2025). Beyond the scroll: exploring how intolerance of uncertainty and psychological resilience explain the association between trait anxiety and doomscrolling. *Personality and Individual Differences*, 233, 112919. <https://doi.org/10.1016/j.paid.2024.112919>
- Ytre-Arne, B., & Moe, H. (2021). Doomscrolling, monitoring and avoiding: News use in COVID-19 pandemic lockdown. *Journalism Studies*, 22(13), 1739–1755. <https://doi.org/10.1080/1461670X.2021.1952475>