



KEY WORDS

- ✓ Anxiety
- ✓ Experiential Avoidance
- ✓ Emotional Self Efficacy
- ✓ Self Critical Rumination
- ✓ Mental Health

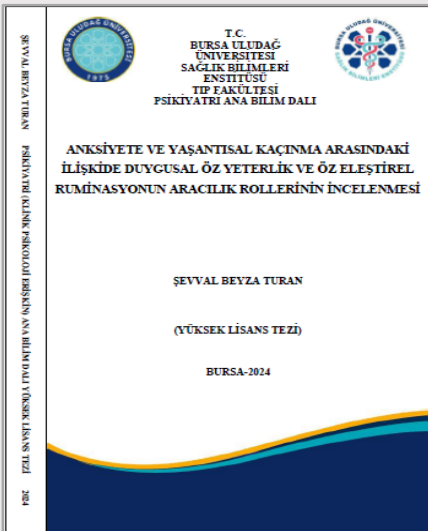
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Investigating the Mediation Role of Emotional Self Efficacy and Self Critical Rumination in the Relationship between Anxiety and Experiential Avoidance

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THESIS ABSTRACT

The study aimed to investigate whether emotional self-efficacy and self-critical rumination mediate the relationship between anxiety and experiential avoidance. The study was conducted with 268 participants living in Türkiye. After obtaining consent forms from the participants, the Demographic Information Form, Beck Anxiety Scale, Multidimensional Experiential Avoidance Scale – 30, Self-Critical Rumination Scale, and Emotional Self-Efficacy Scale were administered, respectively. SPSS package program and PROCESS macro were used to analyze the data. Analyses showed that emotional self-efficacy had a partial mediator role between anxiety and denial/suppression and a full mediator role between anxiety and distress tolerance. Self-critical rumination fully mediated the relationship between anxiety and procrastination, fully mediated the association between anxiety and distress aversion, and had a partial mediator role between anxiety and denial/suppression. In order to increase the generalizability of the results obtained from the study, future studies can be designed with larger samples and different research designs.

APPLICATION AREAS OF THE THESIS RESULTS

It is thought that the current study will benefit researchers who will conduct studies on anxiety, emotional self-efficacy, self-critical rumination and experiential avoidance, and clinicians dealing with the applications of these issues in psychotherapy.

ACADEMIC ACTIVITIES

The author of the thesis took part as a scholar in the project titled "The Effect of Parents Attitudes Regarding Child Raising and Formal Education on the Child's Academic, Cognitive and Social-Emotional Development", funded by TÜBİTAK 1003 Projects Support Program.