



**THE RELATIONSHIP BETWEEN NARCISSISM,  
PERCEIVED MATERNAL NARCISSISM, SELFOBJECT  
NEEDS AND ATTACHMENT**

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Master's Thesis

Graduate School

Izmir University of Economics

Izmir

2022

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## ABSTRACT

# THE RELATIONSHIP BETWEEN NARCISSISM, PERCEIVED MATERNAL NARCISSISM, SELFOBJECT NEEDS AND ATTACHMENT

Dündar, Başak

Master Program in Clinical Psychology

Advisor: Prof. Dr. Falih Köksal

July, 2022

The purpose of this research is to investigate the relationship between narcissism, perceived maternal narcissism, selfobject needs and attachment. For this purpose, data was collected from 260 participants between ages of 18-60. Self Psychology Inventory (SPI), Selfobject Needs Inventory (SONI), Perceived Maternal Narcissistic Characteristics Scale (PMNCS) and Experience in Close Relationships-Revised

(ECR-R) were used to gather data. For the data analysis, the effect of gender on narcissism, selfobject needs, perceived maternal narcissism and attachment were investigated by using independent sample t-test. Correlation analysis was used to investigate relationships between study variables. Results indicated that narcissism positively correlated with perceived maternal narcissism, attachment anxiety, attachment avoidance, hunger for selfobject needs and avoidance of idealization/twinship. On the other hand, it was negatively correlated with avoidance of mirroring. Moreover, three parallel mediation analyses were studied. Mediation analyses revealed that selfobject needs mediated the relationship between perceived maternal narcissism and narcissism. On top of that, avoidance of selfobject needs mediated the relationship between attachment anxiety. All findings were discussed according to the literature framework.

Keywords: Narcissism, Selfobject Needs, Perceived Maternal Narcissism, Self Psychology, Attachment

# ÖZET

## NARSİSİZM, ANNENİN ALGILANAN NARSİSİZMİ, KENDİLİKNESNESİ İHTİYAÇLARI VE BAĞLANMA ARASINDAKİ İLİŞKİ

Dündar, Başak

Klinik Psikoloji Yüksek Lisans Programı

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Temmuz, 2022

Araştırmanın amacı narsisizm, anneden algılanan narsisizm, kendiliknesnesi ihtiyaçları ve bağlanma arasındaki ilişkiyi incelemektir. Bu nedenle 18-60 yaş aralığında 260 katılımcıdan bilgi toplanmıştır. Bilgiler toplanırken Kendilik Psikolojisi Envanteri (KPE), Kendiliknesnesi İhtiyaçları Envanteri (KIE), Anneden Algılanan Narsisistik Özellikler Ölçeği (AANÖÖ) ve Yakın İlişkilerde Yaşantılar Envanteri-II (YIYE-II) kullanılmıştır. Data analizinde cinsiyetin değişkenler

üzerinde etkisinin incelenmesi için t testi uygulanmıştır. Aynı zamanda deęişkenler arasındaki ilişkinin incelenmesi için korelasyon analizi yapılmıştır. Sonuçlara göre narsisizmle, anneden algılanan narsisizm, bağlanmada kaygı, bağlanmada kaçınma, kendiliknesnesi ihtiyaçlarına açlık ve idealizasyon/ikizlikten kaçınmayla pozitif korelasyon bulunmuştur. Narsisizmle aynalanmadan kaçınma arasında ise negatif korelasyon bulunmuştur. Aynı zamanda üç paralel mediasyon modeli çalışılmıştır. Mediasyon analizi bulgularına göre kendiliknesnesi ihtiyaçlarının anneden algılanan narsisizmle narsisizm arasındaki ilişkiye aracılık ettiği bulunmuştur. Buna ek olarak, anneden algılanan narsisizmin bağlanmada kaygıyı kendiliknesnesi ihtiyaçlarından kaçınma üzerinden yordadığı sonucuna varılmıştır. Son olarak, idealizasyon/ikizlikten kaçınma anneden algılanan narsisizmle bağlanmada kaçınma arasında aracı rolü oynamıştır. Tüm bulgular literatürle beraber tartışılmıştır.

Anahtar Kelimeler: Narsisizm, Kendiliknesnesi İhtiyaçları, Annenin Algılanan Narsisizmi, Kendilik Psikolojisi, Bağlanma

Dedicated to Saadet and Mia...

## ACKNOWLEDGEMENTS

First and foremost I would like to give my special thanks to my dear advisor Prof. Falih Köksal for his everlasting containment and optimism. Needless to say, I have learned a great deal from his wisdom and experience. He believed in me more than I do most of the time.

I would also like to thank Asst. Prof. Yasemin Meral Ögütçü for her guidance. She always worked hard for us to get the best out of this programme and looked out for us.

I would like to thank Dr. Görkem Gökçelioğlu for trying so hard to teach me and for sharing all his experience. I would also like to thank him for developing my interest in Heinz Kohut.

I would like to give my thanks to my best friend Nazlı who have always been there through the best and worst times. I would like to thank her for being my selfobject and for her limitless support. I would also like to thank my friend Dilara for keeping me sane in this process and for being the only one keeping me in real life. I would also like to give special thanks to my dear friend Yiğit for putting up with me and my millions of questions even at the most inappropriate hours. I would also like to thank my friend Beste because I always knew she was there when I needed her. I also would like to thank Ayşenur for sharing the supervision process with me, for her friendship. I also would like to thank Cemre, for being my little sister that I never had and for putting up with my nagging. I would like to thank Öykü for always being there, for the times we shared.

Finally, I would like to thank my mother Gül for her support and for her trust in me. I know I haven't be the easiest to get along with during this process.



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## **LIST OF SYMBOLS AND ABBREVIATIONS**

APA : American Psychological Association

DGS: Defensive Grandiose Self

DIPI: Defensive Idealized Parental Imago

HGS: Healthy Grandiose Self

HIPI: Healthy Idealized Parental Imago

ECR-R: Experience in Close Relationships Questionnaire - Revised

SONI: Selfobject Needs Inventory

SPI: Self Psychology Inventory

PMNCS: Perceived Maternal Narcissistic Characteristics Scale

SPSS: Statistical Package for Social Sciences

## **CHAPTER 1: INTRODUCTION**

There is narcissism in all of us. A thin line is drawn between healthy and pathological narcissism. Pathological narcissism is a ubiquitous phenomenon and it is one of the main psychopathologies in excessive need of selfobjects. On the other hand, many of the theorists including Winnicott, Kohut, Kernberg and Masterson, have pointed out to parental narcissistic exploitation of the child where parents treat their children as their narcissistic extensions while being unable to meet their needs (Elkind, 1991). According to Kohut (1977), narcissistic parents are not able to respond to their children's idealizing and grandiose needs which contributes to child's own pathology. According to attachment theory, the communication between the baby and the caregiver is extremely important and will affect the person's relationship with others and psychological adaptation in the future (Bowlby, 1982). Kohut (1971) stresses out the importance of caregivers in early childhood for a cohesive self, similar to attachment theorists. There have been many articles written on narcissism and maternal narcissism, narcissism and selfobject needs and there have been a few on attachment and selfobject needs. However, given that no research was found on the relationship between narcissism, maternal narcissism, selfobject needs and attachment, we wanted to test if selfobject needs mediated the relationship between perceived maternal narcissism and narcissism. In this study, we also wanted to see if selfobject needs mediated the relationship between perceived maternal narcissism and attachment. In the following section, narcissism, selfobject needs, maternal narcissism and attachment will be discussed in detail.

### ***1.1. History and Significance of Narcissism***

The first mention of narcissism in the literature was by Havelock Ellis in 1898. He associated narcissism with a Greek mythological character, Narcissus. According to the myth, Echo, a fairy girl, falls in love with Narcissus who doesn't love her back. Narcissus only admires himself and no one else. Echo, with the pain of her platonic love vanishes. A Greek goddess, Nemesis, gets upset and curses Narcissus to fall in love with his reflection on the water. Narcissus dies looking at his own reflection (Anli, 2005). On the other hand, Ernest Jones was the first psychoanalytic writer to mention of narcissism. He published an article named "God Complex – 1913" and discussed about the omnipotent phantasies of becoming a God-like person

(McWilliams, 1994). Unlike previous descriptions of narcissism, he pointed out to the qualities of politeness and being distant (Jones, 1913).

Sigmund Freud (1905) first mentioned of narcissism as self-love in his book “Three Essays on the Theory of Sexuality”. Next, in his article “On Narcissism” published in 1914, Freud divided narcissism into two: primary and secondary narcissism. In this same article, he also governs that the roots of the ego ideal lies in narcissism. The ego ideal is necessary for a healthy narcissism. It also plays an important role for future purposes (Fine, 1986).

William Reich was affected by the works of Freud. He was the person to extend the discussions of Freud and the person to stress out the importance of healthy narcissism. He described the concept of “phallic – narcissistic personality” as someone who is arrogant, who forms erratic sexual ties, has sadistic tendencies, a high risk for substance abuse with an inadequate superego. According to him, these individuals react to emotional injury, wounds and intimidations with aggressive behavior (Reich, 2014).

Melanie Klein was also affected from Freud’s works. She gave attention to the relationship between objects and drives. However, Klein’s theory part ways with classical psychoanalysis and ego psychology. According to Klein, developmental periods are divided into two: paranoid-schizoid and depressive. The baby uses active splitting and reflects the narcissistic love creating good breast against bad breast. However she refuses Freud’s primary narcissism period. She depicts narcissism as a libidinal investment resulting from the ego’s previous identifications with the libidinal object (Stirling, 2000).

After Klein, there came two very important names in the discussion of narcissism apart from Freud: Otto Kernberg and Heinz Kohut. Kernberg accepted the influence of drives to psychopathology and investigated narcissism starting from Heinz Hartmann’s definition (Kernberg, 1967). On the other hand, Kohut invented a whole new definition as “selfobject” and proposed a different explanation on the topic of objects and narcissistic libido (Kohut, 1979). These two theories will be discussed further in detail under the following headline, Theories on Narcissism.



Karen Horney (1939) was also a psychoanalyst to contribute to the concept of narcissism. She defined narcissism simply as self-inflation. In another words, a narcissist adores him/herself with no obvious reason (Horney, 1939). This self-inflation refers to self-love, self-appreciations and putting too much value on the self even when there are no appropriate conditions for inflation. Horney disagreed with Freud on the point that a narcissistic individual can only love one's self. She believed that they were unable to love others and themselves.

Masterson, in his views on narcissism, stressed out the importance of defense mechanisms and Mahler's separation-individuation process of child development. He argued that for pathological narcissism to develop, there must be an unsuccessful separation period. While making the differentiation between healthy and pathological narcissism he stressed the importance of perception of self and the relationship between self and others. Realistic perception of self points to health narcissism, whereas constant usage of defense mechanisms points to pathological narcissism (Masterson, 1993).

## ***1.2.Theories of Narcissism***

Starting from Freud, narcissism has been the topic of many theorists. In this section, narcissism will be examined through Sigmund Freud's, Heinz Kohut's and Otto Kernberg's theories. Then, narcissistic personality disorder will be defined.

### ***1.2.1. Narcissism in Freud's Psychoanalytic Theory***

Freud was interested in narcissism. He used the word to explain several psychological processes. The first time he mentioned narcissism was in Totem and Taboo (1955), where he associated narcissism with the period where omnipotent thinking was dominant (Freud, 1955). However, in 1957, he also considered narcissism as a way of choosing a love object and called it narcissistic object choosing. Along with that, Freud considered narcissism as a type of character. This narcissistic character had aggressive outbursts, impressed other people and seemed independent from the outside (Freud, 1961).

Freud (1957) considered narcissism mainly as the libidinal investment of the self. In another words, it meant loving solely one's self. He addressed the concept of libido

in several of his works. He defined libido and three stages that go along with it: the auto-erotic period, primary narcissism and secondary narcissism. Libido was defined as a psychic energy which held a meaning of both love and sexuality. The first libidinal stage was called auto-erotic period. In this period, there was no love object, therefore the baby used his own body as a love object and a means to satisfaction (Volkan, 1997). Then came primary narcissism. Freud defined primary narcissism as the stage where one chooses his/her own body as a love object and channels all the libido to self (Freud, 1957). Following this process, one starts to invest the libido into the external world and starts to form love for another object, mainly the primary caregiver. Afterwards, the libido is withdrawn from the object and directed back to self and this process was called the secondary narcissism (Freud, 1957).

### ***1.2.2. Narcissism in Kernberg's Object Relations Theory***

Otto Kernberg, as one of the most well-known object relations theorists, supposed that the connection between psychoanalytic drive theory and object relations theory came from the association of self-representations with internalization processes and with the bond with caregiving objects (Kernberg, 1975). In his theory, Kernberg argued that early life experiences with the objects are internalized and stored and that these experiences are made up of three parts. He defined these three parts as self, object and the affect that arises between them. He named this triad as *object relations dyad*. Kernberg also accepted the period of separation-individuation by Jacobson (1964) and Mahler (1975), and put great emphasis on this period (Kernberg, 1975). Kernberg conceptualized this period of separation-individuation between the months of 0-18 proposed by Mahler, as an entwined period of the baby and the primary caregiver since the baby is unaware of the self and the feeling of having one. In this period, the baby starts to develop skills of self and lays the foundations of a private self. If this period is successfully achieved, the self and object representations get separated. As a result of this separation, good and bad parts integrate and tolerance to ambiguity and ambivalence between self and the object is increased. In a lot of the times when a baby is frustrated during early life experiences, there is a caregiver who is unresponsive to the baby's needs. In the scope of object relations dyads, the more these needs are met, the more satisfying and positive self and object representations are formed. On the other end, the more the needs of the baby are impinged, the more

the self and object representations are formed of needy, uncared for and deprived parts (Kernberg, 1970).

On the assumption that the baby experiences part of the self with satisfactory experiences with idealized objects and other part of the self with frustrated experiences with devalued objects, one expects an active splitting. One of the main reasons of this split is to protect the feelings of idealized objects from the feelings of devalued objects. Idealized representations raise love to the satisfying object, whereas the devalued representations raise anger and hate to the depriving object. Splitting defense mechanism sets its roots in this train of thought (Kernberg, 1970).

Kernberg talked about how the good-bad representations of self should be integrated between ages of 1-2 in normal development and how these representations should be present in the baby's internal world. The emergence of this mechanism protects the baby from harmful experiences and from the danger of getting harmed in his relationship with the external world. If the baby is easily adapted to the external world, then he/she will have more flexible relationships and personality. If this integration period is not achieved successfully, then the use of splitting defense mechanism continues. According to Kernberg, this is what causes borderline personality organization. He puts borderline organization between neurotic and psychotic organizations. He also stresses out that they are more primitive personalities than neurotics and that they use primitive, splitting based defense mechanisms while distorting the truth (Kernberg, 1970).

While examining groups of patients Kernberg mainly focused on borderline organizations. He realized that there was a group of patients similar to that of Kohut's who did not fit directly into a category of personality disorders. He called these patients with narcissistic characteristics as having borderline personality organizations too. There were similarities between these group of narcissistic patients and borderline personality organizations. The main difference between these two groups of patients was that in borderline personality organizations good and bad representations of the self and others were completely split. To Kernberg, this was pathological (Kernberg, 1970). However, in narcissistic personality organizations self-representations were found to be integrated.

Narcissistic individuals are deprived by their unloving and cold mothers in their early life experiences (Kernberg, 1975). Kernberg talked about the existence of a grandiose self in respect to borderline personalities. Kernberg and Kohut agreed on the fact that narcissistic organizations are built on grandiose selves. However, they differed in their opinions about the root of these self-representations. What was a pathological organization to Kernberg (1975) was a developmental arrest in normal psychological growth to Kohut (1971).

Kernberg described narcissistic personality organization very thoroughly. According to him, these individuals tend to talk about themselves in an unusual manner. They have shallow emotional lives, and they cannot show empathy towards others. They care about appreciation enormously and they enjoy life to the point where they can build their grandiose fantasies. When they are not in an interaction with an object, they tend to feel anxious and distressed. Ergo, they have low tolerance to being alone and not doing anything. One of their main emotions is envy. If any object is tried to be idealized other than their idealized objects, they try to prevent it and make excuses. They generally have a very hard time accepting another object being more glamorous, grand and admirable than themselves. There is excessive exploitive behavior. Their main aim is to form interactions with those whom they can feel superior to. From far, they may look sympathetic, charming and intimate, but up close they begin to feel distant and like a hypocrite. Most of the time, they are available and suitable for dependent connections because of their search for admiration from others. They may act aggressively in their relationships in order to feel better and more respectable. Kernberg named this aggressive behavior as oral-sadism. When performing oral-sadistic behaviors, the narcissist does not care if the other is hurt or not. Moreover, their behavior to keep the other dependent to himself holds oral-sadistic fantasies and desires within (Kernberg, 1975).

One of the main qualities of narcissists is their inability to mourn. Even when they lose someone that they love very much, they hold a grudge and have feelings of revenge that particular person because they stopped investing in them. They lack the ability of loving others just as they are, valuing them and feeling sad for them (Kernberg, 1975).

Narcissists use their close circles as their own narcissistic defense. What they try to achieve is not only to look perfect but also to find others who believe they are perfect. Their main goal is to find these others and arrange all their surroundings with this perfection (Kernberg, 1975).

Kernberg (1975, p. 233) believes that relationships for narcissists are like

*“squeezing a lemon and then dropping the remains”*

What he means is that they experience others either with potential narcissistic nourishments or empty and worthless. They don't have long-lasting relationships. However much the other shows narcissistic satisfaction to the narcissistic person, eventually the narcissist starts not to get enough from that idealization and gets bored of the object. Then, he/she changes the object and develops need for admiration from new others. Therefore, they have a hard time forming emotional, close and intimate relationships. On the other hand, they get scared that the person they are in a close relationship with will see who they really are and how they really have a worthless and unhappy self. That is another reason for them to stay out of close relationships. All these processes occur at an unconscious level (Kernberg 1975).

In 1975, Kernberg agreed with Kohut on the opinion that what we see as oedipal conflict in the narcissistic organizations is an emotion of competition caused by the fragility of the grandiose self. From time to time, this results in the avoidance of competition. In deeper investigation, although these individuals look like they have great self-love and they invest in themselves enormously, they are the ones who mostly devalue and insult themselves (Kernberg,1975). If the superego that has been shaped in the oedipal period is well integrated, then their oral aggression might not harm the others. They are stoppable conscientiously. However, if these individuals have also superego pathologies, if their superego is not well-integrated, they feel free and independent to do whatever they want to others in order to feel good or not to feel bad. He named this low level of narcissistic pathology as antisocial personality disorder (Kernberg, 2006).

According to Kernberg, the only difference between antisocial personality disorder and narcissistic personality disorder is their superego pathology. Antisocial personality is a subcategory of narcissistic personality (Kernberg, 2006). The

narcissist is afraid of his possible destructive anger amongst others. Fundamentally, it embodies the anxiety and fear to be harmed. Their desire to destroy the other object that might devalue them is named narcissistic rage. In order not to act in these rageful behaviors, they believe that they should be perfect and act accordingly. They believe they can only be loved as such (Kernberg, 1975).

Kernberg stressed out that narcissists generally consulted to therapy with the feelings of uneasiness and emptiness. Their efforts to be perfect expose their aggression and anger towards others. For example, they might apply to therapy because of their discomfort of an imperfect part of the self. Mainly, they complain of meaninglessness. Unfortunately, no matter what, they will never be able to reach their ideals and therefore never reach a peaceful place. They continue their lives with a never-ending search for success, admiration, ideal love and ideal partner. They are never able to reach ultimate happiness because their ideals are so high (Kernberg, 2012).

According to Kernberg, the defense mechanisms mostly used by narcissists are idealization and devaluation. The defenses serve as a mechanism to protect self-esteem. They split everything and everybody in the world into two as ideal and perfect or worthless and deficient. In their internal worlds they separate people as lovable and unlovable others. Therefore, their defenses are both split-based and repression-based defense mechanisms. The degree of where the narcissistic personality stands on the neurotic, borderline, psychotic spectrum relies on their usage of the type of defense mechanisms. If one primarily uses split-based defense mechanisms, that person will be closer to borderline organization. On the other hand, if one primarily uses repression-based defense mechanisms, that person will be closer to a higher-level of personality organization (Kernberg, 1985).

In narcissistic pathology, differential diagnosis lies in object relations. To Kernberg, narcissism is the defensive relationships that the child develops as a cause of disappointing and frustrating object relations in his early life experiences. Therefore, the focus of this pathology is the need to be loved in order to maintain the investment from the self to the object evenly (Kernberg, 1985).

### ***1.2.3. Narcissism in Kohut's Self Psychology***

Kohut stressed out the importance of empathy and introspection of the person in therapy. To him, first the therapist should master psychoanalytic concepts and transference. Then, he/she should trust his/her intuitions if he/she feels that the patient will benefit from it. In the relationship with patient, he/she advises to hold back 'knowing' and 'explaining' and instead put forward 'hearing' and 'sensing' while gathering psychoanalytic information (Kohut,1959).

In his theory, self psychology, Kohut refers to the emergence of sexuality or aggression on a pathological level as analysis of the self. He put almost no emphasis on aggression in his theory. Once the baby is born into the world the first thing he/she wants is to be understood and responded to by the object. These drives, whether libidinal or aggressive, are all about being understood. The baby, waiting to be understood for what goes on in his inner world, will show his aggressive impulses when he/she feels he/she is not understood or contained. The aim and the technique of the theory puts aggression in the background and inspects less of it. No matter what the affect and drive is, Kohut says that it is all about being understood, heard and contained (Erten, 2004). Essentially, not being contained enough will be crucial for the emergence and strengthening of the self. Contained or not, the baby will expose libidinal and aggressive impulses.

Kohut, is the first person to talk about narcissistic personality disorder in the literature. He defined and studied this disorder independently from the object relations theory. Kohut studied the description of primitive narcissism on the assumption that it turns into secondary functional qualities like empathy, humor, creativity and virtue (Erten, 2004).

Kohut, in his self psychology, explained the concept of self in three components, the tripartite self: ambitions, ideals and the layer between ambitions and ideals. Ambitions consist of the child's potential power, capacity and the efforts he/she puts in them. Ideals consist of all the idealized parent figures and idealized parental imagos. The layer between ambitions and ideals consists of the tension between the ambitions and the ideals (Kohut and Wolf, 1978). The higher the person's ideals and ambitions, the tension between these two will make that person pursue. However, if a

person has high ambitions but frustrated ideals, or if a person has high ideals but low ambitions, that person will be restless. A solid self is composed of these three parts and it is achieved with optimal levels of these three components. (Kohut and Wolf, 1978).

One of the important concepts that Kohut added to literature is transmuting internalization (Kohut and Wolf, 1978). It is one of the concepts that the theory relies on. A baby waits for a response from the ideal object. This object will act as the ego of the newborn baby which will in time turn into the ego ideal. Baby's selfobject also serves as the functions of the ego. It is extremely important for the baby's self-esteem that the selfobject is ideal, strong, beautiful and admirable. The baby exists with the selfobject forming an idealized parental imago. The selfobject should be able to slowly pull back these ideals and omnipotence from the baby. The baby then realizes that his ideal object is not the world's most powerful, so he, himself, has to get stronger to fight the external world. While the selfobject gets weaker and weaker, the baby puts himself into a more powerful position. This process of withdrawal from the object and channeling to self should happen simultaneously (Kohut and Wolf, 1978). For transmuting internalization to take progress the object's ideal part should be slowly taken away from the baby. If it happens so suddenly the process will fail. Transmuting internalization refers to the process to turn back to the gratified state before the failures of the selfobject (Erten, 2004). What is lost can never be fully made up for, the need continues. Moreover, this process does not necessarily mean that one is in a narcissistic pathology. Whenever the self-esteem is low, selfobjects step in and take the responsibility of regulating the self-esteem (Kohut and Wolf, 1978).

Another concept that Kohut gained to the literature are the concepts of transference. Narcissists have specific kinds of transferences and in therapy these transferences should be monitored and worked upon. There are two types of transference, and they have their subtypes. One type of transference is called mirroring transference and it occurs when the grandiose-exhibitionist self is activated. The other type called idealized transference occurs in the presence of an idealized figure. These transferences are related to selfobject needs which will be discussed in detail under the section Selfobject Needs.



Kohut, treated narcissism as a part of the developmental process. He considered pathological narcissism as an arrest in normal development. To him, pathological narcissism is a self, personality disorder and is developed when a selfobject does not see and respond to the needs of a child in preoedipal period (Kohut, 1971).

### ***1.3. Narcissistic Personality Disorder***

There is narcissism in all of us. However, to which point narcissism is normal and to which point it is pathological has been a topic of debate between theorists. The usage of mature and adaptive defense mechanisms to continue a positive view of self is counted as the main base to decide whether narcissism is normal or pathological (Roche et. al., 2013). Masterson (1993) was also interested in narcissism. He governed that normal and pathological narcissism should be separated and that this separation should be based on the relationship between self and object and perception of the self.

Narcissism was first classified as “Narcissistic Personality Disorder” in DSM-III (APA, 1980). The works of Kohut and Kernberg on narcissism had a significant impact in this classification. The criteria for diagnosis, although with minor differences, have been kept in a similar shape in DSM-III-R, DSM-IV, DSM-IV-TR and DSM-V (APA, 1987; APA, 1994; APA, 2000; APA 2013). The criteria mainly reflect themes of grandiosity and have been criticized for being on the grandiose side of narcissism and ignoring the vulnerable side of narcissism completely (Gabbard, 2009).

In DSM-V, “Narcissistic Personality Disorder” stands in B cluster personality disorders. It is described as a psychological disorder that can manifest itself in different areas of life. For diagnosis, one should meet at least five of the nine criteria. These criteria are grandiosity, overoccupation of grandiose dreams, belief that one is special, a will to be admired, feelings of deserving a privilege, taking advantage of others, weak empathy, envy and disrespect towards others (APA, 2013).

### ***1.4. Selfobject Needs***

The concept of selfobject is the main psychic construct according to Heinz Kohut’s theory of self psychology. In this section, selfobject will be explained in detail, including selfobject types and the literature background.

#### ***1.4.1. The Definition of Selfobject***

One of the most important concepts that Kohut added to literature is the concept of selfobject. He described selfobject as others perceived as a part of the self. These selfobjects can be the person that gives birth to the child, the primary caregiver (the mother), the secondary caregiver (the father). In the following years of life these selfobjects become other objects one keeps around in order to preserve self-esteem. The first objects that make up the personality of a person are called selfobjects (Kohut and Wolf, 1978).

#### ***1.4.2. Types of Selfobject Needs***

Conceptually, the actual selfobject is the caregiver at birth who helped the creation of the self (Kohut and Wolf, 1978). According to this, there can be three types of interaction with the baby and the selfobject. These interactions are transferences between the self and the selfobject. The first of these transferences are called *the need for mirroring*. The baby puts on a show to impress the caregiver. This can be dancing or showing something to the caregiver. In return, the baby expects a smile, a support or a “well done”. Whilst this show, the baby also puts on a grandiose behavior to draw attention on how beautiful his act is. He/she wants to be admired for his accomplishments. This is the first kind of interaction between the baby and the selfobject (Kohut and Wolf, 1978). The baby with the admiration he/she has received from the selfobject, feels seen and contained. He/she feels like a loved, respected, admired being. This need and the emergence of this show represents the beginning of investment into the object. Narcissism occurs when the object does not admire the baby (Kohut and Wolf, 1978).

The second interaction of the self and the selfobject is *the need of idealizing parental imago* (Kohut and Wolf, 1978). There is a pole of the child’s ideals in the structures of the id, the ego and the superego. This pole is called the ego ideal. The ego ideal consists of three layers: ideal self, ideal object and real self (Kohut, 1971). The idealized objects and the idealized self in the ego ideal are formed through the idealized parental imagos, through his interactions with the selfobject. He/she takes these ideals, looks at them, admires them and tries to reach that level of respect he/she sees in the object. However, they are called idealized parental imagos rather

than ideal parts (Kohut and Wolf, 1978). The idealized parental imago is only a part of the ego ideal. These images will later form parts of the ego consisting of the child's ideals. A child with a well-formed idealized parental imago will have good and healthy ideals. In other words, he/she will have a well-formed ego ideal (Kohut and Wolf, 1978).

The third type of transference is *the need for twinship*. Twinship represents being more glorious with others, friends, sisters or peers (Erten, 2004). It involves the need to succeed together and to be like others. It is an effort to elevate self-esteem through feeling better together. This again involves a need to elevate the self-esteem. The child will be protected from pathological narcissism only if his needs of twinship is achieved on an optimal level by his selfobjects. If these needs are oversatisfied or not satisfied enough, the emergence of a damaged self will be inevitable causing narcissism (Kohut and Wolf, 1978). In the presence of a damaged, deficient self the child will try to develop secondary constructs to stand tall. When the shows he/she performs are not cared for, he/she will look for another way. When he/she can't build idealized parental imagos, he/she will turn to his peers trying to be perfect with them. When he/she can't find the respect he/she is looking for with his peers, he/she will start building and developing secondary mechanisms starting with uneasiness (Kohut and Wolf, 1978).

#### ***1.4.3. Relationship Between Narcissism and Selfobject Needs***

Kohut (1971) described narcissism as a normal developmental process. He did not regard it as pathological. However, he advocated that when significant others, whom he called selfobjects, did not satisfy the baby's needs of mirroring, idealization and twinship in a sensitive manner pathological narcissism may develop. As a result, they can be in hunger of selfobject provisions, or in denial of them.

The relationship between narcissism and selfobject needs was studied by several researchers. First support was found by Banai et. al. (2005) in their study where they constructed the Selfobject Needs Inventory (SONI). According to the results of their study, Banai et. al. concluded that hunger for selfobject needs and denial of them determined low self-esteem, which is connected to pathological narcissism. They have also found that hunger and denial of these provisions had a significant effect on

the development of narcissism. In 2016, Friedemann, Tolmacz and Doron investigated the relationship between selfobject needs and narcissistic symptoms with pathological concern. Researchers have found a full mediation of covert narcissism between hunger for twinship and hunger for mirroring with pathological concern. They have also suggested that unsatisfied selfobject needs of mirroring was a predictor of covert narcissism.

In 2015, Van Buren and Meehan studied the relationship between narcissism and child maltreatment. One of their results showed a full mediation effect of avoidance of selfobject needs on the relationship between vulnerable narcissism and maltreatment of children in parallel with Kohut's theory (Van Buren and Meehan, 2015). Later, in 2019, Nehrig, Ho and Wong investigated the relationship between Selfobject Needs Inventory, narcissism, attachment and childhood maltreatment. In their research, they mixed the items of SONI and divide them into two different groups: approach affiliation and conflicted self-efficacy. Approach Affiliation consisted of 10 items from hunger for twinship and two items from hunger for idealization. Whereas Conflicted Self-efficacy consisted of all items from hunger for mirroring and half of the items from avoidance of idealization/twinship. According to their results, they have found a positive significant relationship between approach affiliation and narcissism, also a negative significant relationship between conflicted self-efficacy and narcissism (Nehrig, Ho and Wong, 2019).

#### ***1.4.4. Research on Selfobject Needs***

There have been a few studies investigating Kohut's theory of narcissism. One of the main reasons for such a limited number of research is the lack of practical scales measuring selfobject needs. In order to solve this issue, Robbins and Patton (1985) developed a scale assessing idealization and grandiosity. The researchers and their colleagues concluded that higher scores on idealization and grandiosity subscales were indicators of higher scores of narcissism, problems in interpersonal relationships and lower scores on self-esteem (Robbins, 1989; Robbins, Lee and Wan, 1994). Following Robbins and Patton, in 1995, Lee and Robbins conducted a study where they measured social assurance and social connectedness. These variables are associated with Kohut's idea of selfobject needs for belongingness. In relation with this study Lee, Draper and Lee (2001) concluded that the relationship

between psychological distress and social connectedness was mediated by a third variable, dysfunctional interpersonal relations. All the studies given above revolve around the same selfobject need. Therefore, Banai et al. (2005) designed a scale where they can measure all selfobject needs. Their measure was called the Selfobject Needs Inventory (SONI) and was formulated using seven different studies to measure hunger for and denial of selfobject provisions. Their study resulted in a measure with five subscales in accordance with Kohut's theory: need for mirroring, need for idealization, need for twinship, avoidance of idealization/twinship and avoidance of mirroring. They have shown that these subscales had acceptable test-retest reliability and internal consistency. They have also shown that these subscales were not in significant relation with differences in age and gender. In 2018, Yurduşen and Gençöz investigated the psychometric properties of the Turkish adaptation of SONI. They have worked with two groups to test the validity of the scale and reliability of the scale through Principal Component Analysis. They have shown moderate to good reliability between five subscales.

### ***1.5. Maternal Narcissism***

Several studies showed that environmental factors are influential in the development of narcissism (Livesley et. al., 1993; Jang et. al., 1996). On the other hand, according to most psychoanalytic theorists the early dyadic relationship between the caregiver and the baby is extremely important for shaping the child's psyche. In this section perceived maternal narcissism will be investigated in the context of development of narcissism. First, the concepts will be explained, then previous literature will be presented.

#### ***1.5.1. Characteristics of Maternal Narcissism***

Maternal narcissism can manifest itself in different shapes. Moreover, characteristics of a narcissistic mother has a wide range. Wetzel and Robins (2016) defined some of these characteristics as exploitative behaviors, lack of empathy, feelings of superiority and exhibitionism. On the other hand, Rappoport (2005) defined these mothers as individuals who are self-oriented, who communicate in a accusing manner and who are unable to notice their children's needs. Miller (1981) pointed out that narcissistic mothers do not satisfy their children's narcissistic needs and that this gets carried from generation to generation. In 1991, Elkind defined instrumental

narcissism as a syndrome where parents try to turn their child into geniuses and that it generally manifests itself in vulnerable narcissistic parents. Espasa (2004) also agreed with this view and added that they use their children as aids to support their self-esteem. In families where children are seen as narcissistic extensions, their abilities are devalued (Elkind, 1991). Likewise, Cooper and Maxwell (1995) stated that since these children are seen as extensions of self they are not supported for independent development. Therefore, these mothers can create dependency.

### ***1.5.2. Relationship Between Maternal Narcissism and Narcissism***

Many theorists and clinicians assert that narcissistic traits of the parent can affect the narcissistic traits of their children. Kohut (1971) pointed out to the unfulfilled selfobject needs of narcissistic mothers and how that can result in narcissism. Kernberg (1975), mentioned the narcissistic parent who has high expectations from the child and who is interested in the child only when her expectations are met. In order to describe this relationship Rappoport (2005) set forth a new concept he called co-narcissism. He described these co-narcissistic behaviors as behaviors which encourage and support the narcissistic behaviors of the parent. According to him, these children will act in one of three ways. They will either submit to their parents trying to avoid conflict; or they will rebel and act the opposite; or else, they can develop narcissistic traits identifying with the narcissistic parent (Rappoport, 2005). In line with literature, Shaw (2010) also stated that these children can inherit these qualities through identification with their narcissistic parents. This process can either happen consciously or subconsciously.

### ***1.5.3. Research on Maternal Narcissism***

In the literature, there have been quite a number of research investigating the relationship between parental narcissism and parenting attitudes and also the relationship between parental narcissism and narcissistic traits of the child. In a study by Horne (1998), the relationship between parental depression and narcissistic qualities of the child has been studied. It has been found that mother's narcissistic characteristics have significantly predicted narcissistic characteristics of the adolescent participants who were between the ages of 10-12. Sukenick (2002) also found a positive relationship between narcissistic characteristics of the parent and the

narcissistic characteristics of the adolescent. Monk (2001) investigated the effects of growing up in a narcissistic family in later romantic relationships. His findings support that these children struggle with having and maintaining healthy romantic relationships as a result of basic trust issues and lack of intimacy (Monk, 2001).

A study by Breg-Nielsen and Wichström (2012) tested the effects of personality disorders of parents, including narcissistic personality disorder, on the feelings and behaviors of preschool children. Narcissistic characteristics of the parent have been found to predict behavioral and internalizing problems of the child. Also, these symptoms have been found to be significantly higher in children whose parents were separated. In 2015, Dentale et. al. studied the mediating effect of child rearing practices on the relationship between parental narcissism and depression and anxiety. They have found that narcissistic characteristics of both the mother and the father were the antecedents of depression and anxiety in their children.

Leggio (2018) have studied the relationship between perceived maternal narcissism and depression and self-esteem. In this study it has been observed that participants who perceived their caregivers as narcissistic have scored significantly higher on their depression scores and significantly lower on their self-esteem scores compared to the participants who did not perceive their caregivers as narcissistic.

In Turkey, Türker (2018) investigated the relationship between perceived maternal narcissism and grandiose and vulnerable narcissistic characteristics of their children. She resulted that perceived narcissism of the mother predicted vulnerable narcissistic characteristics of the child but not grandiose ones. Alpay (2020) have studied the effect of self-criticism on the relationship between perceived maternal narcissism and psychopathology of their children. He has found that self-criticism, through feelings of inadequacy and self-hate, have mediated between perceived maternal narcissism and psychopathology.

### ***1.6. Attachment***

To this day, various research findings indicated that attachment has been linked with a wide range of phenomena. However, in this study we have only focused on its relationship with narcissism and selfobject needs. Under this section, well-accepted

attachment theories will be discussed in detail. Then, the relationship between attachment and selfobject needs will be investigated.

### ***1.6.1. Attachment Theory***

Attachment theory focuses on the tendency to form strong emotional bonds with significant others (Bowlby, 1979). John Bowlby studied the behaviors of babies to their caregivers especially when the primary caregiver was absent. He found that these babies experienced anxiety especially when they were taken away from their caregivers by a strange person. He proposed to investigate the bonds of children with their caregivers to understand their reaction to separation (Bowlby, 1980). In attachment theory, Bowlby (1973) named that bond as attachment and the figures as the attachment figures. The baby is born with the motivation to create proximity with the caregiver and to pursue this closeness. How the mother responds to the baby's motivation plays a crucial role in determining the quality of the attachment relationship. If the caregiver responds in a correct and sensitive way when the baby needs her and fulfills those needs, then secure attachment experiences are formed. However, in situations when the caregiver cannot give good enough positive reaction, insecure attachment experiences are formed. As a result of concurrent repetitions of these experiences, the baby starts to develop internal working models which includes the mental representations of self, other and their relation (Bowlby, 1982). Bowlby defines these internal working models as mental representations as a result of the interaction between the child and the mother. Internal working models are divided into two: those about one's self and those about the others. These models act as a prototype for the baby's social relations in following phases. Internal working models of the self constitute beliefs and expectations of one's lovability, whereas those of others constitute beliefs and expectations about the caregiver being reachable and sensitive when the baby is in need (Bowlby, 1973; Bowlby, 1980). Both these types of models affect a person's expectations and behaviors towards self and others (Bowlby, 1979).

### ***1.6.2. Attachment in Childhood***

Attachment styles formed in childhood affect that person's attachment styles in adulthood. These styles generally get carried into adulthood without much change.



This tendency is crucial both for baby's development and for continuity of life. The baby tries to keep his proximity to the caregiver. Any threat or disturbance to that proximity will result in a reaction from the baby (Bowlby, 1982).

There are four characteristics of attachment between the baby and the caregiver. These characteristics are proximity maintenance, safe haven, secure base and separation distress. If the primary caregiver is reachable, in harmony and has consistent behaviors secure attachment is formed. A person with secure attachment will feel secure under stressful situations and have a will to explore. On the contrary, if the caregiver is negligent and insensitive, primary attachment strategies will not suffice. Moreover, if the primary caregiver is overly intrusive, these strategies will not suffice (Main, 1990).

Mary Ainsworth contributed to attachment theory with her famous *Strange Situation* experiment. In this experiment she studied reciprocal behaviors of babies and their mothers. She also examined how the baby responded to stressful situations. These investigations first started in a familiar environment, in their homes. Then the investigation was carried into the laboratory called the Strange Situation. The babies and their mothers were observed in seven different situations. First, the baby and the mother were in the same room. Then, a stranger came in the room when both the baby and the mother were present. After a while the mother left the room. After that she came back in the room and then left the room one more time. In all these stages babies' responses were recorded. Considering these findings, Ainsworth specified three behavior patterns: secure attachment, insecure/avoidant attachment and insecure/ambivalent attachment (Ainsworth et. al., 1978).

When babies who showed secure attachment were studied, it was observed that they paused playing when their mother has left the room and that they have calmed down when their mothers came back into the room. The caregivers of these babies were seen to respond to the baby with sensitivity. Whereas babies who showed an insecure/avoidant attachment displayed maturity. They have acted nonchalant when the mother was in the room, started exploring with the toys. When the mother has left the room, they were upset, however, they have stayed nonchalant to the mother when they came back. These mothers were found to be refusing, negligent or overly intrusive. Finally, babies who showed an insecure/ambivalent attachment have

shown overly anxious behavior when the mother has left the room, and they could not be calmed down when the mother came back. These mothers have been observed to show inconsistent behaviors. Their babies were unsure if their mother would come back (Ainsworth et. al., 1978).

### ***1.6.3. Attachment in Adulthood***

Mary Ainsworth's classification of attachment was for children. A model for adults was needed. Therefore, Hazan and Shaver (1987) produced a three-category model of attachment. They proposed to group adult attachment styles. In order to do that they developed a scale measuring attachment style. In their study, they have proven that mental representations formed in babyhood based on internal working models have significant effect on relationships in adulthood and on the determination of personal attachment styles.

After Hazan, Shaver and Bowlby came Bartholomew. In light of the previous findings, Bartholomew (1990) developed another model of adult attachment. His model was classified into two dimensions as *the model of self* and *the model of other*. Positive model of self points to positive views about one's self. This model is characterized by high levels of self-respect, self-worth and feelings of lovability. However, individuals with a negative model of self perceive themselves in a negative way, in contrast to the positive model of self. On the other hand, positive model of others is characterized by positive views about others. Individuals who have a positive model of others find other people as reachable, trustworthy and ready for help and support. However, those with a negative model of others have negative views about other people. They avoid others' help and stay indifferent in their relationships (Bartholomew and Horowitz, 1991).

In summary, Bartholomew and Horowitz (1991) combined Hazan and Shaver's (1987) classification with Bowlby's attachment theory. On top of that, they added opposite dimension of self and other which signify attachment models. This way they resulted in a four-category model, pairing the two dimensions and the opposite poles with each other. These four categories consist of four attachment styles: secure, dismissing, preoccupied and fearful.

#### ***1.6.4. Relationship Between Attachment and Selfobject Needs***

Heinz Kohut (1984) put great emphasis on the relation between the child and the caregiver. According to him, responses of the caregivers towards the child's basic needs are extremely important in the shaping of adult relationship patterns. These needs are need for identifying with an idealized other, need for admiration and need for belonging. Like Kohut, Bowlby also puts emphasis on the relationship between the child and the caregiver in early life experiences with his attachment theory (Bowlby, 1980; Bowlby, 1982; Bowlby, 1988).

In order to investigate the relationship between attachment and selfobject needs Banai, Mikulincer and Shaver (2005) developed a study where they measured attachment avoidance and attachment anxiety, as well as selfobject needs. The researchers found significant relationship between attachment anxiety and rejection sensitivity with hunger for all three selfobject needs. Another finding in this study was the significant relationship between attachment avoidance and fear of intimacy with avoidance of selfobject needs. In light of these findings, Banai et. al. found that both avoidance of selfobject needs and attachment avoidance and hunger for selfobject needs and attachment anxiety were significantly related. The first relationship served as a protection from frustration of selfobject needs and the latter as a way of relief from stress (Banai et. al., 2005).

In 2013, Lopez et. al. developed another study where they investigated the relationship between attachment and selfobject functions in a group of university students. In this study, the researchers found avoidance of idealization and twinship to be a significant predictor of attachment anxiety. On the other hand, significant predictors of attachment anxiety were both avoidance of idealization and twinship and need for mirroring. These results indicate that those who have high levels of avoidance of twinship and idealization have more of an avoidant attachment style with a will to be distant from others. On the other hand, those with high levels of avoidance of selfobject needs with a high level of need of approval have more of an anxious attachment style with their ambivalent feelings.

In 2014, Marmarosh and Mann have studied outpatients in a clinical environment. The results showed moderate correlation between avoidance of idealization and

twinship and avoidant attachment. On the other hand, there was no significant correlation between avoidant attachment and avoidance from mirroring. On top of that, they have found significant relationship between attachment anxiety and need for mirroring. Therefore, as previous research supported, hunger for mirroring had a significance in prediction of anxious attachment and avoidance of idealization had a significance in prediction of avoidant attachment.

### ***1.7.The Aim and Hypotheses of the Present Study***

#### ***1.7.1. Aim of the Study***

Under the scope previous literature and what has been discussed above, researchers have studied the effect of parental behaviors on children's behavior and their attachment patterns. Narcissism, being one of the most prevalent psychopathologies of today, can be both the cause and the result. Therefore, one of the most significant factors that accompany is the narcissism of the mother. Many of the theorists including Winnicott, Kohut, Kernberg and Masterson, have pointed out to parental narcissistic exploitation of the child where the parents treat their children as their narcissistic extensions while being unable to meet their needs (Elkind, 1991). The relationship between maternal narcissism and the narcissism of the child is not news to us. Similar to that, the correlation between a person's narcissism and selfobject needs have been studied and been proven several times. However, the link between maternal narcissism and narcissism remains unknown. In this study, it is proposed that selfobject needs lies in between maternal narcissism and narcissism. No research has been found to study the relationship between maternal narcissism and narcissism with the mediating effect of selfobject needs. To our knowledge, this study is a first. It is a new effort to understand their association.

Second aim of this study is to understand the relationship between maternal narcissism and attachment with the mediating effect of selfobject needs. According to attachment theory, the communication between the baby and the caregiver is extremely important and will affect the person's relationship with others and psychological adaptation in the future (Bowlby, 1969). Kohut (1971) stresses out the importance of caregivers in early childhood for a cohesive self like attachment theorists. There are a few studies on the connection between attachment and

selfobject needs. However, the effect of maternal narcissism is not present in these models. Given that no research was found on the relationship between maternal narcissism, selfobject needs and attachment, this study aims to investigate such. To our knowledge, this is the first study to work on these three variables together.

### ***1.7.2. Research Questions and Hypotheses***

In line with the purpose of the study, the research questions are as follows:

Q1: Do selfobject needs mediate the relationship between perceived maternal narcissism and narcissism?

Q2: Do selfobject needs mediate the relationship between perceived maternal narcissism and attachment?

Q3: Are there significant relationships between perceived maternal narcissism, narcissism, attachment and selfobject needs?

Based on the research questions of the study the following hypotheses will be tested:

H1: Selfobject needs are expected to mediate the relationship between perceived maternal narcissism and narcissism.

H2: Selfobject needs are expected to mediate the relationship between perceived maternal narcissism and attachment anxiety.

H3: Selfobject needs are expected to mediate the relationship between perceived maternal narcissism and attachment avoidance.

Secondary Research Questions:

Q4: What is the effect of gender on narcissism, selfobject needs, attachment and perceived maternal narcissism?

Q5: What is the effect of age on narcissism?

## **CHAPTER 2: METHOD**

### ***2.1. Sample***

A total of 260 people participated in the study. Participation was on a voluntary basis. 13 of them were excluded since they did not meet the inclusion criteria of being between the ages of 18 and 60. The sample included in the analysis consisted of 247 individuals. 174 (70.4%) of these individuals were women, 72 (29.1%) of them were men and 1 (0.4%) of them were non-binary. The mean age for participants was 32.64.

The frequency and percentage values regarding the socio-demographic information of the participants will be given under the Results section.

### ***2.2. Instruments***

In this study four measurement tools and a Demographic Information Sheet were used. These measurement tools have been used in previous studies and have proven to have good to excellent psychometrics. The Demographic Information Sheet was developed by the researcher of the study to obtain socio-demographic information of the participants. Self Psychology Inventory (SPI) was used to measure pathological narcissism. Selfobject Needs Inventory (SONI) was given in order to measure selfobject needs. Experience in Close Relationships Questionnaire-Revised (ECR-R) was used to obtain attachment orientations. Finally, Perceived Maternal Narcissistic Characteristics Scale (PMNCS) was used to measure perceived maternal narcissism. In this section of the study, all measurement tools will be examined in detail.

#### ***2.2.1. Demographic Information Sheet***

After receiving informed consent from participants, participants were asked to complete the Demographic Information Sheet where they responded to questions concerning their gender, age, perceived socioeconomic status, parents' marital status, parents' education level, parents' working status during participants' childhood (see Appendix C).

### **2.2.2. *Self Psychology Inventory (SPI)***

Slyter (1989) have developed this inventory to measure pathological and healthy narcissism. The inventory investigates two developmental dimensions: the grandiose self and the idealized parental imago. The scale is based on Kohut's self psychology and was published as Slyter's doctorate thesis.

SPI consists of two healthy and two defensive subscales, with a total of 4 subscales. Healthy subscales measure the narcissistic development which posits the integrity of the self and maintains it. Defensive subscales measure the narcissistic development in which the self struggles to stay as a whole and needs the presence of external sources or others to ensure continuity. These 4 subscales of the inventory are as follows:

1. **Healthy Grandiose Self (HGS):** This subscale measures the realistic and stable positive self-confidence. Those people high on this subscale can have realistic purposes and they can pursue their dreams despite of disappointment (Anlı, 2005).
2. **Defensive Grandiose Self (DGS):** This subscale is significant with shatterings in self-confidence. The grandiose self in a defensive manner shows its self as thoughts of being unique, perfect or special, and with exaggerated self-confidence and beliefs of superiority from others (Anlı, 2005).
3. **Healthy Idealized Parental Imago (HIPI):** This subscale includes healthy envy to others' realistic qualities. Those people high on this subscale can regulate their internal tension and can soothe themselves in stressful situations (Anlı, 2005).
4. **Defensive Idealized Parental Imago (DIPI):** This subscale consists of desires to be powerful, perfect and unique like others and desires to be at one with significant others, building a life with them. Others are wanted and needed as a result of problems with regulating internal tension. The people high in DIPI are sensitive to separation and rejection (Anlı, 2005).

The inventory has 60 items in total, each subscale consisting of 15 items. Participants are expected to rate the most appropriate statement in each item in a 6-point Likert type scale (6= "totally true", 1= "totally not true"). SPI was adapted to Turkish by Hanna R. Levi (1994) and standardization, reliability and validity measures were

completed. The internal consistency coefficients of the scale were found to be between .74 and .86. Reliability coefficients of the scale were found to be between .79 and .93. In the present study, the total Cronbach alpha score is .81 for the total scale, .88 for HGS, .87 for DGS, .77 for HIPI and .83 for DIPI.

Anlı (2005), studied the SPI on inpatients in the clinic diagnosed with narcissistic personality disorder and borderline personality disorder. In her study, she resulted that those high in DGS subscale show more grandiose narcissistic characteristics and those high in DIPI show more vulnerable narcissistic characteristics. In the literature, there have been several studies where narcissism was measured by DGS subscale. Kahvecioğlu (2020), measured pathological narcissism by DGS subscale of SPI. Therefore, in this study pathological narcissism will be measured with DGS subscale.

### **2.2.3. *Selfobject Needs Inventory (SONI)***

SONI was developed by Banai and colleagues (2005) based on the theory of Heinz Kohut (Kohut, 1971; Kohut, 1977; Kohut, 1984). The scale was developed in order to measure hunger for selfobject needs and denial of selfobject needs. The scale consists of 38 items and they are rated on a 7-point Likert type scale (1= “not at all”, 7= “very much”). The original SONI has five subscales: hunger for mirroring, hunger for idealization, hunger for twinship, avoidance of mirroring and avoidance of idealization/twinship. Banai et. al. (2005) reported Cronbach’s alpha for internal consistency as .79 and .91 for the two dimensions. Test-retest reliability for all five subscales were found to be between .84 and .87.

The scale was adapted to Turkish by Yurduşen (2016) in her doctorate thesis. When the validity and reliability measures were applied by the researcher, several attempts on scree-plot and item distribution were made. Eventually, it was concluded that the scale gave better results when the items were loaded on three factors rather than five factors. Therefore, the adapted Turkish version of SONI consists of 3 subscales: approach orientation toward selfobject needs, avoidance orientation toward idealization/twinship and avoidance orientation toward mirroring. Approach orientation toward selfobject needs measures hunger for all selfobjects needs: idealization, twinship and mirroring. Whereas avoidance orientation toward idealization/twinship measures the urge to avoid idealized figures and twinship



needs. Finally, avoidance orientation toward mirroring subscale measures the urge to avoid mirroring needs. Yurduşen (2018) studied the psychometric qualities of the Turkish adapted version of SONI and found Cronbach's alpha coefficients for internal validity as .84, .79 and .65 for three subscales, respectively. The item-total correlation coefficients were found to be between .25 and .60. Concurrent validity was supported with Basic Personality Traits Inventory (BPTI) and Scale of Dimensions of Interpersonal Relationships (SDIR). In the present study, the total Cronbach's alpha score is .76 for the total scale, .88 for approach orientation towards selfobject needs, .83 for avoidance of idealization/twinship and .81 for avoidance of mirroring.

#### ***2.2.4. Experience in Close Relationships Questionnaire Revised (ECR-R)***

Experiences in Close Relationships Inventory was developed by Brennan, Clark and Shaver in 1998 and has been one of the most commonly used scales measuring attachment. It measures two dimensions of attachment, namely avoidance and anxiety. Later, in 2000, the inventory has been revised by Fraley, Waller and Brennan. In this study, the researchers set aside traditional psychometric techniques and instead used an item response theory that resulted in the development of ECR-R. ECR-R was adapted to Turkish by Selçuk and colleagues (Selçuk et. al., 2005).

The test consists of 36 items all rated on a 7-point Likert type scale (1= "do not agree at all", 7= "totally agree"). 14 of the items are reversed. Two scores are obtained from the scale: attachment anxiety and attachment avoidance. Attachment anxiety refers to excessive needs of approval and fear of rejection and stress in the absence of a significant other (Wei et. al., 2007). Higher scores on the anxiety subscale show negative view of self and positive view of others in close relationships (Erişti, 2010). On the other hand, attachment avoidance refers to fear of intimacy with a significant other and worry about dependence (Wei, et. al., 2007). Higher scores on the avoidance subscale show positive view of self and negative view of others in close relationships (Erişti, 2010). Cluster analysis made on two different dimensions of the scale investigate for attachment styles (secure, fearful, avoidant and preoccupied). Those who score low on both avoidance and anxiety can be labeled as securely attached, those who score high on both avoidance and anxiety can be labeled as fearfully attached, those who score high on anxiety and low on avoidance can be

labeled as preoccupiedly attached, and lastly, those who score low on anxiety and high on avoidance can be labeled as avoidantly attached (Brennan, et. al., 1998). Internal consistency scores of the scale were found to be .90 for avoidance and .86 for anxiety subscale. The scale was also found to have a high test-retest reliability. In the present study, the total Cronbach alpha score is .95 for the total scale, .92 for attachment avoidance and .93 for attachment anxiety.

#### ***2.2.5. Perceived Maternal Narcissistic Characteristics Scale***

Perceived Maternal Narcissistic Characteristics Scale was developed by Alpay (2020) to evaluate narcissistic characteristics of mothers in childhood. The scale consists of 32 items and five subscales: criticism/accusation, lack of empathy, grandiosity/exhibitionism, parentification/ exploitation and control/interventionism. All items on the scale are rated on a 4-point Likert type scale (1= “never”, 4= “always”). Cronbach alpha coefficients of the scale were .89 for lack of empathy, .85 for grandiosity/exhibitionism, .85 for criticism/accusation, .89 for control/interventionism and .73 for parentification/ exploitation. Total Cronbach alpha score was found to be .94. In the present study, the total Cronbach alpha score is .96 for the total scale, .94 for lack of empathy, .89 for grandiosity/exhibitionism, .89 for criticism/accusation, .88 for control/ interventionism and .77 for parentification/exploitation.

### ***2.3. Procedure***

After getting approval from the Izmir University of Economics Ethics Committee data collection has started. The data was collected online through Google Forms. The link was reached out to participants through instant messaging and through online social media channels. Each participant was given instructions in the very first page. Then, each participant was asked for an informed consent to participate in the study and they were informed that they could leave the study any time they wanted. Confidentiality information was also shared with the participants. The test took approximately thirty minutes.

#### ***2.4. Statistical Analysis***

Data analysis of this study was conducted using the Statistical Package for Social Sciences (SPSS) version 20 for Windows and PROCESS 3.5 by Andrew Hayes (Hayes, 2013). First of all, the data was checked to see if there were any missing values. No missing value was found. One participant was excluded because he was under the age of 18, and 12 participants were excluded because they were over the age of 60. After that, the variables were checked for normality. The distribution of the data was investigated and examined for skewness and kurtosis scores. For a normal distribution, skewness and kurtosis values should fall between +1.50 and -1.50 (Tabachnick and Fidell, 2013). Skewness and kurtosis levels of all scales were in this range.

Next, descriptive statistics were examined. In addition to that, Pearson Correlation Analysis was used in order to study the relationship between scales of Self Psychology Inventory, Selfobject Needs Inventory, Perceived Maternal Narcissistic Characteristics Scale and Experience in Close Relationships-Revised Scale. For the main analysis, mediation analysis was conducted using PROCESS version 3.5 (Hayes, 2013) to see whether selfobject needs have a mediating role on the relationship between perceived maternal narcissism and narcissism and between perceived maternal narcissism and attachment, respectively.

## CHAPTER 3: RESULTS

Under this section, first the frequency distribution of participants will be given. Then, descriptive statistics will be reported. Later, the effect of age on narcissism and the effect of gender on variables will be discussed. T-test analyses of demographic variables other than age and gender are not presented since they were found insignificant.

### *3.1. Frequency Distribution of Participants*

The frequency and percentage values regarding the socio-demographic information of the participants are presented in Table 1.

Table 1. The Sociodemographic Information of the Participants

Variable	Levels	Frequency	Percentage
Gender	Women	174	70.4
	Men	72	29.1
	Nonbinary	1	0.4
Mother's Education	Elementary School	21	8.5
	High School	66	26.7
	Undergraduate	13	5.3
	University	73	29.6
	Master's	6	2.4
	Doctorate	6	2.4
Parent's Marital Status	Married	174	70.4
	Divorced	47	19
	Widowed	8	3.2
	Other	18	7.3
Your Mother	Birth Mother	241	97.6
	Deceased	6	2.4
Your Father	Birth Father	235	95.1
	Deceased	12	4.9
Birth Order in Family	1	120	48.6
	2	94	38.1

Table 1. The Sociodemographic Information of the Participants (Continued)

	3	20	8.1
	Other	17	5.22
Number of Siblings Including You			
	1	48	19.4
	2	126	51
	3	47	19
	Other	26	10.4
Mother's Working Status in Childhood			
	Worked	121	49
	Did Not Work	126	51
Father's Working Status in Childhood			
	Worked	241	97.6
	Did Not Work	6	2.4

### 3.2. Descriptive Statistics of Variables

The mean, standard deviation, minimum and maximum values of the scores obtained from the scales assessing narcissism, selfobject needs, perceived maternal narcissism and attachment including their subscales scores are presented in Table 2.

Table 2. The Descriptive Statistics of Variables

	<i>N</i>	<i>MIN</i>	<i>MAX</i>	<i>MEAN</i>	<i>SD</i>
HGS	247	33	89	60.72	10.80
DGS	247	21	82	48.66	11.81
HIPI	247	45	85	66.40	7.87
DIPI	247	20	78	48.45	10.88
Hunger for Selfobject Needs	247	29	135	92.99	17.70
Avoidance of Idealization/Twinship	247	11	71	28.13	9.12
Avoidance of Mirroring	247	8	42	23	7.03
Lack of Empathy	247	9	36	17.51	7.04
Grandiosity/Exhibitionism	247	6	24	9.72	4.35

Table 2. The Descriptive Statistics of Variables (Continued)

Criticism/Accusation	247	6	24	9.58	4.19
Control/Interventionism	247	6	24	12.50	4.60
Parentification/Exploitation	247	5	20	8.41	3.10
PMNC	247	32	126	57.73	19.40
Attachment Avoidance	247	.33	5.06	2.11	1.01
Attachment Anxiety	247	1	6.72	3.55	1.23

HGS: Healthy Grandiose Self, DGS: Defensive Grandiose Self, HIPI: Healthy Idealized Parental Imago, DIPI: Defensive Idealized Parental Imago, PMNC: Perceived Maternal Narcissistic Characteristics

### 3.3. The Effect of Age on Narcissism

An independent samples t-test analysis was conducted in order to investigate whether there is an age differentiation in narcissism. As shown in Table 3, participants were clustered into two categories as participants who are under the age of 30 and participants who are 30 or older than 30 years old. According to the analysis, there was a significant difference between two groups,  $t(245) = -2.76, p < .05$ . Those who were younger than 30 ( $M = 51.30, SE = 12.12$ ) were more narcissistic than those who were older than 30 ( $M = 47.07, SE = 11.38$ ).

Table 3. Independent Sample T-Test Comparing Narcissism with Age

	Group	<i>N</i>	Mean	SD	<i>t</i>	<i>df</i>	<i>p</i>
DGS	≥ 30	154	47.07	11.38	-2.76	245	.01*
	< 30	93	51.30	12.12			

\*\* $p < .001$ , \* $p < .05$

DGS: Defensive Grandiose Self

**3.4. The Effect of Gender on Narcissism, Perceived Maternal Narcissism, Selfobject Needs and Attachment**

An independent samples t-test was conducted to identify whether there is a significant difference between women and men on levels of narcissism, selfobject needs, perceived maternal narcissism and attachment. As shown in Table 4, there were no significant differences of gender in DGS,  $t(244) = .06, p = .24$ . Last of all, there were no significant differences of gender in attachment avoidance,  $t(244) = .99, p = .32$ . Furthermore, on HGS, men ( $M = 62.90, SE = 11.28$ ) scored higher than women ( $M = 59.78, SE = 10.52$ ), and this difference was found significant,  $t(244) = -2.08, p = .04$ . On top of it, women ( $M = 94.48, SE = 17.83$ ) scored significantly higher than men ( $M = 89.31, SE = 17.08$ ) on hunger for selfobject needs subscale,  $t(244) = 2.10, p = .04$ . In addition, men ( $M = 30.13, SE = 10.24$ ) had higher avoidance of idealization/twinship than women ( $M = 27.29, SE = 8.53$ ). This difference was found to be significant,  $t(244) = 2.10, p = .03$ . On top of that, men ( $M = 25.76, SE = 7.04$ ) had higher avoidance of mirroring than women ( $M = 21.84, SE = 6.74$ ). This difference was also found to be significant,  $t(244) = -4.10, p = .00$ . Also, women ( $M = 59.87, SE = 20.08$ ) had a higher perception of maternal narcissism than men ( $M = 52.39, SE = 16.74$ ). This difference was found to be significant  $t(157.75) = 3.00, p = .01$ . Likewise, women ( $M = 3.70, SE = 1.25$ ) also had higher attachment anxiety than men ( $M = 3.15, SE = 1.10$ ), with a significant difference  $t(244) = 3.30, p = .00$ .

Table 4. The Mean Differences of Variables to Gender

	<i>Gender</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>p</i>	<i>df</i>
HGS	Female	174	59.78	10.52	-2.08	.04*	244
	Male	72	62.90	11.28			
DGS	Female	174	49.76	12.23	0.06	.24	244
	Male	72	46.01	10.46			
Hunger for Selfobject Needs	Female	174	94.48	17.83	2.10	.04*	244
	Male	72	89.31	17.08			

Table 4. The Mean Differences of Variables to Gender (Continued)

Avoidance of Idealization/Twinship	Female	174	27.29	8.53	-2.24	.03*	244
	Male	72	30.13	10.24			
Avoidance of Mirroring	Female	174	21.84	6.74	-4.10	.00**	244
	Male	72	25.76	7.04			
PMNC	Female	174	59.87	20.08	3.00	.01*	157.75
	Male	72	52.39	16.74			
Attachment Avoidance	Female	174	2.15	1.03	0.99	.32	244
	Male	72	2.01	.97			
Attachment Anxiety	Female	174	3.70	1.25	3.30	.00**	244
	Male	72	3.15	1.10			

\*\*  $p < .001$ , \*  $p < .05$

HGS: Healthy Grandiose Self, DGS: Defensive Grandiose Self, PMNC: Perceived Maternal Narcissistic Characteristics

### 3.5. Correlation between Variables

Pearson Correlation analysis between Perceived Maternal Narcissistic Characteristics Scale, SONI, Self Psychology Inventory and ECR-R is given in Table 5. All subscales of SONI, ECR-R, PMNCS and defensive subscales of SPI are given.

According to the results presented in Table 5, there is a statistically significant correlation between DGS and all other measures. Only strong correlations are given in detail. A positive and strong correlation have been found between DGS and DIPI,  $r = .80$ ,  $p = .00$ , showing that the higher the DGS the higher DIPI. A positive and strong correlation have also been found between DGS and hunger for selfobject needs,  $r = .60$ ,  $p = .00$ , showing that the higher the DGS the more the hunger. Moreover, there is a statistically negative and strong correlation between DGS and avoidance of mirroring,  $r = -.54$ ,  $p = .00$ , showing that the higher the DGS the lower



the avoidance of mirroring. Finally, a strong and positive correlation have been found between DGS and attachment anxiety,  $r = .72, p = .00$ , showing that the higher the DGS the higher the attachment anxiety.

Next, DIPI has been found to be significant with all other measures. A positive and strong significant correlation have been found between DIPI and hunger for selfobject needs,  $r = .55, p = .00$ . As the DIPI of the participants increases, their hunger increases. Also, a positive and strong significant correlation have been found between DIPI and attachment anxiety,  $r = .72, p = .00$ . As the DIPI of the participant increases, their attachment anxiety also increases. Furthermore, DIPI has been found to have a significant negative correlation with avoidance of idealization/twinship,  $r = -.37, p = .00$ , showing as the DIPI increases, avoidance of idealization/twinship decreases.

Furthermore, no significant relationship has been found between hunger for selfobject needs and avoidance of idealization/twinship,  $r = .12, p = .07$ . Also, no significant relationship has been found between hunger for selfobject needs and attachment avoidance,  $r = .11, p = .08$ . Hunger for selfobject needs has been found to be significantly correlated with avoidance of mirroring at a negative and strong level,  $r = -.61, p = .00$ . As the hunger for selfobject needs of the participant increases, the avoidance of mirroring decreases. Hunger for selfobject needs also has a significant correlation with attachment anxiety at a positive and strong level,  $r = .52, p = .00$ . As the hunger for selfobject needs increases, attachment anxiety increases as well. Finally, a positive small correlation has been found between hunger for selfobject needs and perceived maternal narcissism,  $r = .19, p = .01$ . As mothers perceived narcissistic characteristics increase, hunger for selfobject needs also increases.

On the other hand, avoidance of idealization/twinship have been found to have no significant relationship with avoidance of mirroring,  $r = .12, p = .95$ . Avoidance of idealization/twinship and perceived maternal narcissism has a moderate positive correlation,  $r = .30, p = .00$ . As avoidance of idealization/twinship increases, perceived maternal narcissism increases. There is also a moderate positive correlation between avoidance of idealization/twinship and attachment anxiety,  $r = .33, p = .00$ . As the need increases, so does attachment anxiety. Finally, a moderate

positive correlation has been found between avoidance of idealization/twinship and attachment avoidance,  $r = .38$ ,  $p = .00$ . As avoidance of idealization/twinship increases, so does attachment avoidance .

There is a negative significant correlation between avoidance of mirroring and attachment avoidance,  $r = -.18$ ,  $p = .00$ , showing as the attachment avoidance increases, avoidance of mirroring decreases. On the other hand, there is a significant moderate negative relationship between avoidance of mirroring and attachment anxiety,  $r = -.46$ ,  $p = .00$ . As avoidance of mirroring increases, attachment anxiety decreases. Also, there is a small negative relationship between avoidance of mirroring and mother's perceived narcissism,  $r = -.22$ ,  $p = .00$ . As the need increases, perceived maternal narcissism decreases.

There is a moderate positive relationship between perceived maternal narcissism and attachment avoidance,  $r = .41$ ,  $p = .00$ . As mother's perceived narcissism increases, attachment avoidance also increases. Moreover, there is a moderate positive relationship between perceived maternal narcissism and attachment anxiety,  $r = .35$ ,  $p = .00$ . With mother's increasing perceived narcissism, participants experience higher levels of attachment anxiety.

Table 5. The Relationship Between Perceived Maternal Narcissistic Characteristics, Selfobject Needs, Narcissism and Attachment

	1	2	3	4	5	6	7	8	9	10	11	12	13
1 DGS	1												
2 DIPI	.80**	1											
3 SONI_1	.60**	.55**	1										
4 SONI_2	.37**	.43**	.12	1									
5 SONI_3	-.54**	-.37**	-.61**	.01	1								
6 M_1	.34**	.28**	.13*	.33**	-.14*	1							
7 M_2	.30**	.24**	.17**	.22**	-.22**	.79**	1						
8 M_3	.32**	.28**	.14*	.30**	-.17**	.84**	.82**	1					
9 M_4	.29**	.27**	.29**	.15*	-.21**	.47**	.59**	.60**	1				
10 M_5	.26**	.19**	.06	.16**	-.17**	.41**	.53**	.50**	.35**	1			
11 M_TOTAL	.37**	.31**	.19**	.30**	-.21**	.90**	.91**	.93**	.73**	.62**	1		
12 AAV	.36*	.37*	.11	.38**	-.18**	.38**	.36**	.38**	.27**	.31**	.41**	1	
13 AAN	.72**	.72**	.52**	.33**	-.46**	.32**	.27**	.34**	.26**	.26**	.35**	.55**	1

\*\* $p < .001$ , \* $p < .05$ ; N = 247; DGS: Defensive Grandiose Self, DIPI: Defensive Idealized Parental Imago, SONI\_1: Hunger for Selfobject Needs, SONI\_2: Avoidance of Idealization/Twinship, SONI\_3: Avoidance of Mirroring, M\_1: Lack of Empathy, M\_2: Grandiosity/Exhibitionism, M\_3: Criticism/Accusation, M\_4: Control/Interventionism, M\_5: Parentification/Exploitation, M\_TOTAL: Mother's Perceived Narcissistic Characteristics Total, AAV: Attachment Avoidance, AAN: Attachment Anxiety

### **3.6. Mediation Analyses**

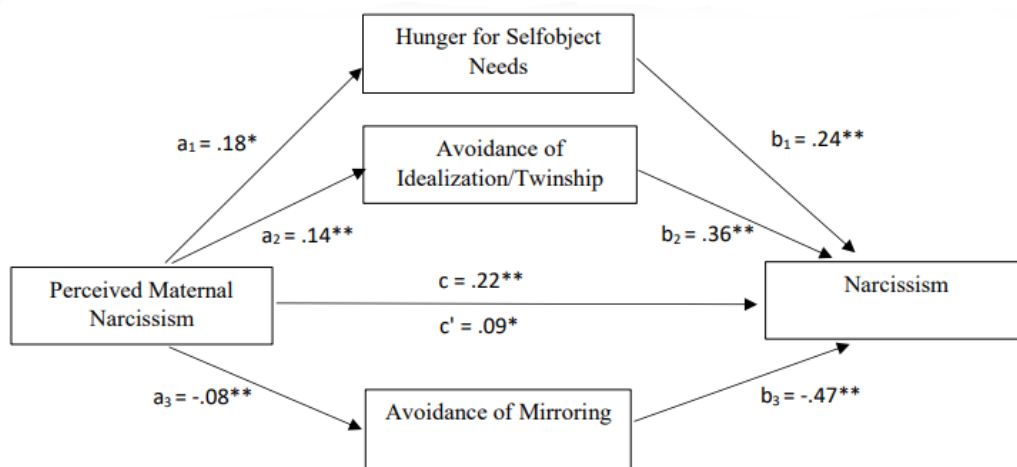
In all mediation analyses of this study PROCESS version 3.5 by Hayes was used (Hayes, 2013). In all models perceived maternal narcissism was included as the independent variable. To test for hypotheses 1, narcissism was included in the model as the dependent variable and selfobject needs were included as mediators. To test for hypotheses 2 and 3, attachment anxiety and attachment avoidance were included as dependent variables respectively. Selfobject needs were included as mediators. A parallel mediation analysis was conducted and the effect of mediators were studied in three different models. As suggested by Andrew Hayes, 5000 bootstrap samples and 95% confidence intervals were used.

#### **3.6.1. The Mediating Role of Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Narcissism**

A parallel mediation analysis was performed to investigate the mediating role of selfobject needs on the relationship between perceived maternal narcissism and narcissism. The mediators were hunger for selfobject needs, avoidance of idealization/twinship and avoidance of mirroring. The parallel mediation model is shown in Figure 1.

According to the analysis of the model, the model significantly predicted and explained %53 of the variance in narcissism,  $R^2 = .53$ ,  $F(4, 242) = 68.35$ . In detail, perceived maternal narcissism significantly predicted ( $a_1$  path) hunger for selfobject needs,  $b = .18$ ,  $t = 3.03$ ,  $p < .05$ . Mother's perceived narcissism predicted 4% of the variance in hunger for selfobject needs. Perceived maternal narcissism significantly predicted ( $a_2$  path) avoidance of idealization/twinship,  $b = .14$ ,  $t = 4.87$ ,  $p = .00$ . Perceived maternal narcissism explained 9% of the variance in avoidance of idealization/twinship. Perceived maternal narcissism significantly predicted ( $a_3$  path) avoidance of mirroring,  $b = -.08$ ,  $t = -3.43$ ,  $p < .001$ . Perceived maternal narcissism explained 5% of the variance in avoidance of mirroring. On the other hand, ( $b_1$  path) hunger for selfobject needs,  $b = .24$ ,  $t = 11.16$ ,  $p = .00$ , ( $b_2$  path) avoidance of idealization/twinship,  $b = .37$ ,  $t = 4.74$ ,  $p = .00$  and ( $b_3$  path) avoidance of mirroring,  $b = -.47$ ,  $t = -9.10$ ,  $p = .00$ , significantly predicted narcissism. The total effect of perceived maternal narcissism on narcissism ( $c$  path) was significant,  $b = .22$ ,  $t =$

6.20,  $p = .00$ . Moreover, the direct effect of perceived maternal narcissism on narcissism ( $c'$  path) was also significant,  $b = .09$ ,  $t = 3.29$ ,  $p < .05$ . Therefore, we can conclude that selfobject needs partially mediated the relationship between perceived maternal narcissism and narcissism. The results indicated significant indirect effects of ( $a_1b_1$  path) hunger for selfobject needs,  $b = .04$ , 95% CI = [.015, .076], ( $a_2b_2$  path) avoidance of idealization/twinship,  $b = .05$ , 95% CI = [.021, .087], and avoidance of mirroring,  $b = .04$ , 95% CI = [.014, .064] on the relationship between perceived maternal narcissism and narcissism.



\* $p < .05$ , \*\*  $p < .001$

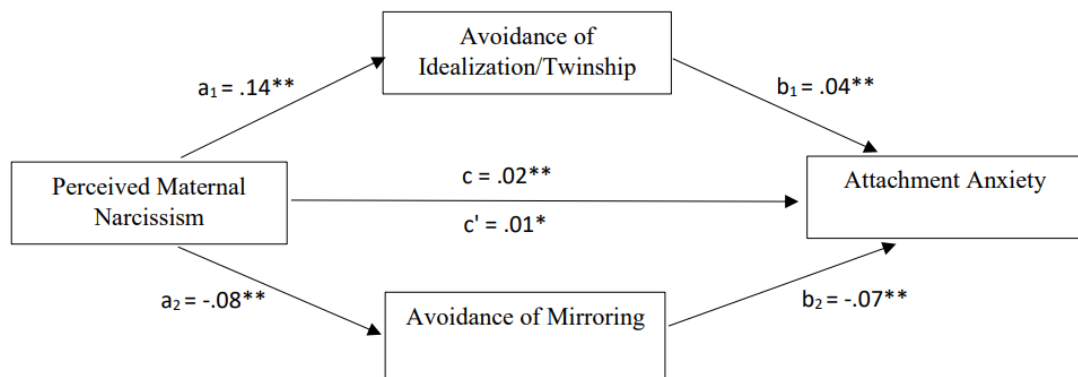
Figure 1. Parallel Mediation Analysis Model for Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Narcissism

### 3.6.2. *The Mediating Role of Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Attachment*

Two other parallel mediation analyses were performed to investigate the mediating role of selfobject needs on the relationship between perceived maternal narcissism and attachment. However, hunger for selfobject needs was not included as a mediator in the models because it did not satisfy the necessary conditions. The regression analysis between the attachment anxiety and hunger for selfobject needs was

significant but did not satisfy the conditions of Durbin-Watson,  $F(1,245) = 91.21$ ,  $p = .00$ . Therefore, there was no ground for mediation. Likewise, the regression analysis between attachment avoidance and hunger for selfobject needs was not significant,  $F(1,245) = 3.02$ ,  $p = .08$ . Therefore, there was no ground for meditation as well.

In the first model, attachment anxiety was the outcome variable. The mediation model is given in Figure 2. According to the analysis of the model, the model significantly predicted and explained %35 of the variance in attachment anxiety,  $R^2 = .35$ ,  $F(3, 243) = 44.24$ . In detail, perceived maternal narcissism significantly predicted ( $a_1$  path) avoidance of idealization/twinship,  $b = .14$ ,  $t = 4.87$ ,  $p = .00$ . Perceived maternal narcissism explained 9% of the variance in avoidance of idealization/twinship. Perceived maternal narcissism significantly predicted ( $a_2$  path) avoidance of mirroring,  $b = -.08$ ,  $t = -3.43$ ,  $p < .001$ . Perceived maternal narcissism explained 5% of the variance in avoidance of mirroring. On the other hand, ( $b_1$  path) avoidance of idealization/twinship,  $b = .04$ ,  $t = 5.21$ ,  $p = .00$  and ( $b_2$  path) avoidance of mirroring,  $b = -.07$ ,  $t = -8.05$ ,  $p = .00$ , significantly predicted attachment anxiety. The total effect of perceived maternal narcissism on attachment anxiety ( $c$  path) was significant,  $b = .02$ ,  $t = 5.86$ ,  $p = .00$ . Moreover, the direct effect of perceived maternal narcissism on attachment anxiety ( $c'$  path) was also significant,  $b = .01$ ,  $t = 3.28$ ,  $p < .05$ . Therefore, we can conclude that selfobject needs partially mediated the relationship between perceived maternal narcissism and attachment anxiety. The results indicated the significant indirect effects of ( $a_1b_1$  path) avoidance of idealization/twinship,  $b = .01$ , 95% CI = [.002, .009], and ( $a_2b_2$  path) avoidance of mirroring,  $b = .01$ , 95% CI = [.002, .009], on the relationship between perceived maternal narcissism and attachment anxiety.

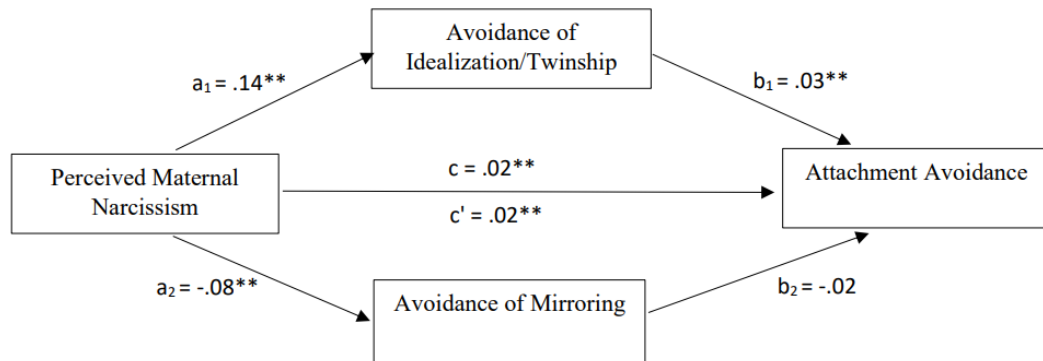


\* $p < .05$ , \*\*  $p < .001$

Figure 2. Parallel Mediation Analysis Model for Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Attachment Anxiety

In the second model, attachment avoidance was the outcome variable. The mediation model is given in Figure 3. According to the analysis of the model, the model significantly predicted and explained %35 of the variance in attachment avoidance,  $R^2 = .35$ ,  $F(3, 243) = 44.24$ . In detail, perceived maternal narcissism significantly predicted ( $a_1$  path) avoidance of idealization/twinship and ( $a_2$  path) avoidance of mirroring as given in the previous model. On top of that, ( $b_1$  path) avoidance of idealization/twinship significantly predicted attachment avoidance,  $b = .03$ ,  $t = 5.01$ ,  $p = .00$ . However, ( $b_2$  path) avoidance of mirroring did not significantly predict attachment avoidance,  $b = -.02$ ,  $t = -1.99$ ,  $p = .05$ . The total effect of perceived maternal narcissism on attachment avoidance ( $c$  path) was significant,  $b = .02$ ,  $t = 7.10$ ,  $p = .00$ . Moreover, the direct effect of perceived maternal narcissism on attachment avoidance ( $c'$  path) was also significant,  $b = .02$ ,  $t = 5.08$ ,  $p = .00$ . The results indicated the significant indirect effect of ( $a_1b_1$  path) avoidance of idealization/twinship,  $b = .01$ , 95% CI = [.002, .009], on the relationship between perceived maternal narcissism and attachment avoidance. However, no significant indirect effect was found of ( $a_2b_2$  path) avoidance of mirroring on the relationship between perceived maternal narcissism and attachment avoidance,  $b = .01$ , 95% CI =

[-.002, .006]. Therefore, we can conclude that only avoidance of idealization/twinship is a significant mediator in this model.



\* $p < .05$ , \*\*  $p < .001$

Figure 3. Parallel Mediation Analysis Model for Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Attachment Avoidance

In summary, age significantly differentiated narcissism. Also, gender significantly differentiated hunger for selfobject needs, avoidance of idealization/twinship and avoidance of mirroring. In another words, selfobject needs significantly differentiated in terms of gender. Moreover, gender was a significant differentiator of perceived maternal narcissism and attachment anxiety. Furthermore, DGS had a significant correlation with DIPI, hunger for selfobject needs, avoidance of mirroring and attachment anxiety. Also, hunger for selfobject needs correlated with avoidance of mirroring, attachment anxiety and perceived maternal narcissism. Finally, perceived maternal narcissism had a significant correlation with attachment avoidance and attachment anxiety.

In the main analyses, selfobject needs partially mediated the relationship between perceived maternal narcissism and narcissism. All paths had significant indirect effects. Moreover, avoidance of selfobject needs partially mediated the relationship between perceived maternal narcissism and attachment anxiety. Finally, avoidance of



idealization/twinship partially mediated the relationship between perceived maternal narcissism and attachment avoidance. However, avoidance of mirroring did not.



## **CHAPTER 4: DISCUSSION**

This study was designed to investigate the mediating effect of selfobject needs on the relationship between perceived maternal narcissism and narcissism. Furthermore, the mediating effect of selfobject needs on the relationship between perceived maternal narcissism and attachment is also investigated. Under this section discussions on the results will be presented. First of all, results from gender differences between variables will be discussed. Then, the discussion of the correlation between variables will be summarized. Finally, the main analysis, the mediation analysis will be discussed. After the discussions, limitations of the study, suggestions for future studies and clinical implications will be presented.

### ***4.1. The Interpretation of Age Differentiation of Narcissism***

In our study, participants who were under 31 scored significantly higher than those who were older than 30 in narcissism. In the literature, there are several studies that support our findings. In 2020, in a longitudinal research by Wetzel et. al., researchers concluded that as age increases grandiose narcissism decreases. Another study by Wilson and Sibley (2011), also supported our findings. The researchers were uncomfortable with the fact that all research on age differentiation of narcissism were conducted in the United States. Ergo, they conducted a study in New Zealand. They found that older age was connected to lower scores on narcissism in New Zealand as well. Wilson and Sibley (2011) explained these findings as older individuals being more equipped to handle with the negative outcomes of narcissism. Chopik and Grimm (2019) conducted a study where they found that narcissism was stable in a sample of 747 participants. However, they also found that in more maladaptive forms of narcissism age was significant and it decreased. These finding were also supported by Cramer (2011) in her longitudinal study where she found hypersensitive narcissism decreased with age, whereas autonomous narcissism increased and willfulness narcissism stayed the same. Therefore, our findings were parallel to the findings of previous literature.

#### ***4.2. The Interpretation of Gender Differences of Narcissism, Perceived Maternal Narcissism, Selfobject Needs and Attachment***

First of all, we investigated the effect of gender on mother's perceived narcissistic characteristics. Our results showed a significant difference between women and men in the perception of mother's narcissistic characteristics. Women scored significantly higher than men. Even though there is a lack of literature in this topic, our findings are in line with them. Brown (2008) and Apter (2012) made clinical observations of mothers and daughters. They observed that daughters were more exposed to mother's narcissistic behaviors (Alpay, 2020). According to psychoanalytic theory, this might be because of unresolved oedipal rivalry between the mother and daughter and oedipal love between the mother and son. The unconscious rivalry between the mother and her daughter can result more narcissistic behavior of the mother.

Our results indicated a significant difference between men and women on attachment anxiety. Women had higher attachment anxiety than men. However, interestingly there was no significant difference between genders on attachment avoidance. According to literature women show more attachment anxiety than men, and men show more attachment avoidance than women as stated by Mikulincer and Shaver (2007). On top of that, women show higher levels of anxiety than men in general. Alonso-Arbiol, Balluerke and Shaver (2007) constructed the Spanish version of Experience in Close Relationships Scale and also found supporting results. In 2011, Del Giudice worked on a meta-analysis including 100 research administering romantic attachment scales. His meta-analysis resulted those men showed significantly higher attachment avoidance, whereas women showed significantly higher attachment anxiety. In 2017, Arpacı, Baloğlu, Özteke Kozan and Kesici investigated the relationship attachment and nomophobia and found a significant difference between genders on attachment. Even though, there is a small difference across genders in their adulthood attachment styles, men score higher on avoidance scale and women on anxiety scale across countries. Del Giudice (2018) explains this through an evolutionary perspective where women respond to life events with anxious strategies in order to gain prolonged investment from others.

Our results indicated no significant difference between genders in narcissism. However, the literature is controversial on this topic. There are numerous studies that

found men to have significantly higher narcissism scores than women. For example, Tschanz, Morf and Turner (1998) studied gender differences in a multi-sample analysis and found small but significant difference between genders, men higher than women. Another common finding was supported by Üzümcü (2016) where she studied characteristics of vulnerable and grandiose narcissism. She concluded that men were significantly higher than women in grandiose narcissism. However, there was no significance between genders in vulnerable narcissism. Her findings are in line with numerous research (Otway and Vignoles, 2006). Likewise, in a meta-analytic review by Grijalva et. al. (2015), gender differences of narcissism were investigated and same results were supported. Morf and Rhodewalt (2001) also explains that men show narcissistic characteristics more openly than women. On the other hand, women might be showing more naïve narcissistic characteristics in harmony with society's conventional female model.

Our results showed a significant gender difference between hunger for selfobject needs, avoidance of idealization/twinship and avoidance of mirroring. Women scored significantly higher than men on hunger for selfobjects needs. Whereas men scored significantly higher than women on both avoidance of idealization/twinship and avoidance of mirroring. Even though the researcher could not find any previous literature analyzing gender differences of selfobject needs, the results were not unexpected. In the previous paragraphs we have stated how women have higher attachment anxiety than men and how men have higher attachment avoidance than women. When we look at Kohut's (1971) theory, we can see that hunger for selfobject needs results in staying proximate to selfobjects in order to regulate self-esteem. Likewise, according to attachment theory, anxiously attached individuals stay close to significant others as a result of fear of abandonment. Moreover, avoidance of selfobjects provisions result in staying away from selfobjects, denying their presence or their benefit to self-esteem. This is similar to people who are attached in an avoidant manner. Ergo, these results of gender differences in selfobject needs and attachment complement each other.

#### ***4.3. The Interpretation of Correlation between Variables***

Our results indicated a strong positive correlation between narcissism and attachment anxiety. Our results also indicated a moderate positive correlation between

narcissism and attachment avoidance. Therefore, attachment anxiety was found to be more associated with narcissism than attachment avoidance. As narcissism increases so does attachment anxiety and attachment avoidance. These results are consistent with many of the previous studies. Dickinson and Pinkus (2003) conducted a research where they found that individuals with covert narcissistic characteristics showed more avoidant and fearful attachment which are linked to high anxiety and avoidance behaviours. In a study by Meyer et. al. (2001) where they investigated the relationship between attachment styles and personality disorders, they have found a significant positive correlation between narcissism and borderline features- a characteristic of anxious attachment. They have also found a negative significant correlation between narcissism and secure attachment. Accordingly, Pistle (1995) resulted in his study that those who were securely attached to their partners showed significantly less narcissistic characteristics than those who were insecurely attached. Moreover, in a research where they studied personality disorders from an attachment theory perspective, researchers found that narcissistic characteristics were more associated with avoidant and fearful attachment styles (Lyddon and Sherry, 2001). In 2020, Sezer and Murat found a small but significant correlation between narcissism and both attachment avoidance and attachment anxiety. However, she argued that her sample was low on narcissism and therefore correlations were also lower than expected. Narcissistic individuals are in a constant need of approval and appreciation from others to keep their grandiose selves. Therefore, they both try to stay close to others in an anxious manner and they avoid them out of envy (Banai et. al., 2005).

Our results showed a moderate significant correlation between narcissism and perceived maternal narcissistic characteristics. As perceived maternal narcissism increases, so does their child's narcissism. Theorists like Kernberg, Kohut, Masterson have supported this finding as discussed in the introduction. This finding was also supported by the literature. In a study, Lootens (2010) found results that supported a significant relationship between maternal authoritarianism and narcissism. Recently, Türker (2018) found positive significant correlation between perceived maternal narcissism and vulnerable narcissism.

Our results showed that perceived narcissistic characteristics of the mother was significantly correlated with attachment anxiety and attachment avoidance. There are

many previous research on the relationship between parenting styles and attachment. However, we could not find a research that directly focuses on the relationship between mother's narcissism and attachment. Therefore, we can say that these results were expected looking from a theoretical perspective. Narcissism is associated with anxiety and avoidance in attachment. On top of that, adulthood attachment patterns are associated with the relationship with parents in childhood. Since there is evidence of insecure attachment patterns for children with narcissistic mothers (Brennan and Shaver, 1995), from this perspective, it can be passed on to their children. Supporting our findings, there is one study by Molitor (1987) in the literature where she found that mothers with higher narcissistic characteristics had children who had low attachment security.

Our results indicated that narcissism had a strong positive correlation with hunger for selfobject needs, a moderate positive correlation with avoidance of idealization/twinship and a strong negative correlation with avoidance of mirroring. In another words, as narcissism increases, both hunger for selfobject needs and avoidance of idealization/twinship increases, whereas avoidance of mirroring decreases. There have been a few studies concerning this relationship. Arble and Barnett (2017) conducted a new selfobject needs scale, Arble Estimate of Selfobject Pursuits (AESOP). In their study, they found significant positive correlations between both grandiose and vulnerable narcissism and hunger for all selfobject needs and avoidance of idealization/twinship. However, consistent with our findings they found a significant negative correlation between grandiose narcissism and avoidance of mirroring. Another study by Tekneci (2020) replicated the same results where he studied the relationship between vulnerable narcissism and approval dependence. In another study, Gruber (2019) found a relationship between approach to idealization and both overt and covert narcissism. However, she failed to find any more significant relationships with any other orientation to selfobject needs. On the other hand, Levi (1994) found mixed results. She found a negative relationship between defensive grandiose self and number of selfobjects as predicted. However, she did not find a significant relationship between defensive grandiose self and importance of selfobjects as hypothesized. She concluded that these scales do not account for the variation of importance and number of selfobjects by themselves. The positive correlation between narcissism with both hunger for and avoidance of

idealization/twinship can be explained by the ambivalent manner of narcissistic individuals where they both want to stay close to idealized figures and feel better about themselves and also where they try to avoid their advice which would make them feel inferior to others (Banai et. al., 2005; Tondar et. al., 2016).

Our results showed that hunger for selfobject needs had a strong significant negative correlation with avoidance of mirroring. As hunger for selfobject needs increases, avoidance of mirroring decreases. The literature has mixed findings on this topic. The negative correlation that was found in our study between hunger for selfobject needs and avoidance of mirroring was supported by a few studies (Arble and Barnett, 2017; Tekneci, 2020). Other researchers found no significant correlation between these two dimensions (Yurduşen, 2016; Lopez et. al., 2013; Banai, Mikulincer and Shaver, 2005). This might be because three subdimensions of hunger for selfobject needs were measured under the same category. Moreover, our results indicate no relationship between avoidance of idealization/twinship and hunger for selfobject needs. Our finding was supported by several research (Banai, Mikulincer and Shaver, 2005; Tekneci, 2020; Tondar et. al., 2016). Unfortunately, there is a lot of controversy of the relationship of selfobject needs. There are also a lot of different findings. The reason for this controversy could be the scales or the meaning given to the concepts. Finally, avoidance of idealization/twinship and avoidance of mirroring showed no significant correlation in our study. In most of the previous literature these concepts have been found to have no correlation (Yurduşen, 2016; Lopez et. al., 2013; Banai, Mikulincer and Shaver, 2005).

Our results indicated that there is a significant positive correlation between avoidance of idealization/twinship with both attachment avoidance and attachment anxiety. As avoidance of idealization/twinship increases, attachment anxiety and attachment avoidance also increase. This finding is in line with literature (Banai, Mikulincer and Shaver, 2005; Tondar et. al., 2016; Nehrig, Ho and Wong, 2018; Lopez et. al., 2013). Banai, Mikulincer and Shaver (2005) explains this relationship with explaining avoidance as a defensive strategy. Individuals avoiding selfobject needs do so to protect themselves from possible harm and frustration. In another words, they are anxious about to form attachment and avoid attachment to protect themselves from more anxiety. Our results also showed a significant positive

correlation between hunger for selfobject needs and attachment anxiety as expected. This finding is also supported by a few studies (Nehrig, Ho and Wong, 2018; Banai, Mikulincer and Shaver, 2005). Banai, Mikulincer and Shaver (2005) explains this with the characteristics of people with intense selfobject needs. According to them, these people approach to others for dependency and closeness which are characteristics of attachment anxiety. They stress out that both of these concepts are linked with a clinging behavior in order to feel safe and reduce anxiety. Our results also showed that avoidance of mirroring had a significant negative correlation with attachment anxiety as expected. The more anxiously attached a person, the less he/she avoids mirroring. Tondar et. al. (2016) also found a significant negative relationship between avoidance of mirroring and attachment anxiety.

Our results indicated a significant relationship between perceived maternal narcissistic characteristics and both hunger for selfobject needs and avoidance of idealization/twinship. As mother's perceived narcissism increases so does hunger for selfobject needs and avoidance of idealization. Even though there isn't any previous literature exploring these variables, these results are expected. As we have discussed, perceived maternal narcissism is associated with narcissism. We have also discussed that narcissism is associated with selfobject needs. It is possible that mother's perceived narcissism predicts selfobject needs which in turn predicts narcissism in adulthood. This study is aimed to explore this aspect. Also, our results suggest a significant negative relationship between perceived maternal characteristics and avoidance of mirroring. As mother's perceived narcissism increases, avoidance of mirroring decreases. A narcissistic mother would not mirror her child satisfactorily, therefore the child will need excessive mirroring later on in life.

Finally, our results showed a significant strong positive correlation between attachment anxiety and attachment avoidance as was expected. As attachment anxiety increases, so does attachment avoidance. This finding was replicated by numerous studies (Varol, 2018; Soy, 2015).

#### ***4.4. The Interpretation of the Mediation Analyses***

A parallel mediation analysis was conducted to see whether selfobject needs mediate the relationship between perceived maternal narcissism and narcissism. Selfobject



needs were entered into the model divided into three categories: hunger for selfobject needs, avoidance of idealization/twinship and avoidance of mirroring. A parallel mediation analysis was also conducted to see whether selfobject needs mediate the relationship between perceived maternal narcissism and attachment. Selfobject needs were again entered in three categories. Attachment was investigated in two different models divided into two: attachment anxiety and attachment avoidance.

#### ***4.4.1. The Mediating Role of Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Narcissism***

It was hypothesized that selfobject needs would have a mediating effect on the relationship between perceived maternal narcissism and narcissism. Thus, selfobject needs were examined under three categories: hunger for selfobject needs, avoidance of idealization/twinship and avoidance of mirroring. When results were examined, it was found that all three mediators had significant effects. Therefore, selfobject needs mediated the relationship between perceived maternal narcissism and narcissism. Even though these findings are relevant with previous literature, this is the first time these three variables have been studied together. Consequently, the results of the mediation model will be discussed from a theoretical perspective.

A lot of attention has been given to how the role of parenting effects the narcissistic pathology of their children. However, research on why these attitudes that may damage the child-parent relationship have been developed is relatively limited (Hart et. al., 2017). Research has shown that personality disorder of the parent can have an effect on harmful parenting behaviors (Laulik et. al., 2013). Kernberg (1975) points out to narcissistic parents and mentions that they do not meet the needs of their children. Kohut (1971) posits that narcissistic characteristics of the parent leads to unmet selfobject needs and therefore result in an unstable self-esteem of the child. Masterson (1981) reviews the narcissistic exploitation of the child and how it effects his/her character. The relationship between unmet selfobject needs and narcissism has been the focus of Kohut, and it has been replicated by different researchers as well (Banai et. al., 2005; Friedemann et. al., 2016). These mothers do not satisfy the selfobject needs of their children and create an excessive need in their adult lives. This need can manifest itself either in an approach orientation or in an avoidance orientation. However, this is the first research to study the mediating effect of

selfobject needs in this relationship between perceived maternal narcissism and narcissism. Thus, we have concluded that mother's perceived narcissism predicts selfobject needs, while selfobject needs create narcissism in the next generation. This model demonstrates that the narcissistic characteristics of the mother play an important role for the development of narcissism in the child through selfobject needs.

#### ***4.4.2. The Mediating Role of Selfobject Needs on the Relationship between Perceived Maternal Narcissism and Attachment***

It was hypothesized that selfobject needs would have a mediating effect on the relationship between perceived maternal narcissism and attachment. Thus, selfobject needs were included in the model with only two categories because hunger for selfobject needs did not satisfy the necessary conditions for mediation. Attachment was examined under two models: attachment anxiety and attachment avoidance. Our results showed that avoidance of selfobject needs mediated the relationship between perceived maternal narcissism and attachment anxiety. On the other hand, avoidance of idealization/twinship mediated the relationship between perceived maternal narcissism and attachment avoidance. However, avoidance of mirroring did not mediate the relationship between perceived maternal narcissism and attachment avoidance. According to the researcher, this might be due to the small effect of the mediator since it was significant in the regression analysis. Avoidance of mirroring loses its small effect in a parallel mediation model with another existing mediator.

The relationship between attachment and selfobject needs was studied by a few researchers. Banai et. al. (2005) found a significant relationship between hunger for selfobject needs and attachment anxiety. They have also found a significant relationship between avoidance of selfobject needs and attachment avoidance. In line with our findings, Marmarosh and Mann (2014) found no significant correlation between avoidance of mirroring and attachment avoidance. Lopez et. al. (2013) found a significant relationship between avoidance of idealization/twinship and attachment anxiety. The relationship between mother's narcissism and attachment has been the topic of a few studies. Monk (2001) concluded that children who grow up with a narcissistic family struggle with trust issues and lack of intimacy in their romantic relationships in adulthood. Our study merged these two areas in one model

and set forth satisfactory results. Therefore, mother's perceived narcissism predict avoidance of selfobject needs, while avoidance of selfobject needs create attachment anxiety patterns in the next generation. Moreover, mother's perceived narcissism predict avoidance of idealization/twinship, while avoidance of idealization/twinship create attachment avoidance patterns in the next generation. This model demonstrates that the narcissistic characteristics of the mother causes attachment problems through selfobject needs.

#### ***4.5. Limitations and Future Suggestions***

This study has several limitations. First and foremost, the demographics of the sample is not homogeneous. Especially, inequalities of gender and socioeconomic status are evident. This can cause problems in the generalizability of the results. Also, the study sample is not a clinical sample, therefore results cannot be generalized to those with narcissistic personality disorder. For future research, it is advised to study with a clinical sample.

Another limitation of the study comes from perceived maternal narcissistic characteristic variable. Since this variable is the recollection of participants memory, there are two problems. First, they represent how mothers are perceived, not how mothers were. Therefore, for future studies mother's narcissism can be measured with administering a questionnaire to the mother herself. Second, since these memories are recollections from the past, they can be forgotten or sometimes repressed or even twisted. In order to overcome this limitation, longitudinal research can be studied. For future suggestions, it is important to identify if the mother or the participant has comorbidities which can also affect attachment styles.

There is more than a mother who is important to a child's life. There are secondary caregivers, fathers, grandparents, coaches and teachers. All these people can contribute to the wellbeing of the child or to the pathology. Therefore, for future suggestions, the contributing factors of significant others can be studied. Moreover, in this study narcissism is measured with DGS, a grandiose narcissism scale. More research should be put into the relationship between selfobject needs and perceived maternal characteristics with a more vulnerable side of narcissism.

In this study, all data is collected through online sources through self-report scales. When collected through online surveys, it is not possible to have a controlled environment. Therefore, participants can be affected from distractions. Moreover, self-report scales create self-awareness in the participant. So, they might answer with an intention to look good. Moreover, the collection of scales and the questions were too long, especially in self psychology inventories. That can cause boredom effect in the participants. Shorter and more practical self psychology inventories can be helpful in future studies.

Another limitation is concerning the Selfobject Needs Inventory. In this scale there are only subscales that can be measured, but no total score. Even though these subscales measure different dimensions of selfobjects needs, it would be useful to have a total score that measures pathological level of selfobject needs.

## **CHAPTER 5: CONCLUSION**

To our knowledge, the present study was the first to examine the mediating effect of selfobject needs on the relationship between perceived maternal narcissism and narcissism. Again to our knowledge, it was also the first study to examine the mediating effect of selfobject needs on the relationship between perceived maternal narcissism and attachment. Selfobject needs were reviewed under three constructs: hunger for selfobject needs, avoidance of idealization/twinship and avoidance of mirroring.

In conclusion, the study revealed that selfobject needs had a significant mediating effect on the relationship between perceived maternal narcissism and narcissism. Precisely, perceived narcissistic characteristics of the mother predict how narcissistic their children will be, and selfobject needs play an important role in the prediction. Furthermore, avoidance of selfobject needs also played a significant mediating role on the relationship between perceived maternal narcissism and attachment anxiety. However, avoidance of mirroring did not have a mediating effect on the relationship between perceived maternal narcissism and attachment avoidance. Overall, the results of the present study contribute to literature and give us a better understanding of the relationship between these concepts.

### ***5.1. Clinical Implications***

This study shows the importance of mother's psychopathology, therefore her parenting attitudes on the child's psychopathology. Opening up centers to teach the parents, especially the mothers can be helpful. School psychologists can also be educated on these subjects. They can help the children by being a support mechanism. Moreover, patients with narcissistic personality disorder have a hard time investing in therapy and holding on to it. They try to protect themselves from fragmentation. However, through the understanding of selfobject needs and a Kohutian perspective the therapist can let them complete and fulfill their unmet needs. This might help the patients to stay in therapy.

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## APPENDICES

### *Appendix A: Ethics Committee Approval*

**SAYI** : B.30.2.İEÜ.0.05.05-020-186

27.01.2022

**KONU** : Etik Kurul Kararı hk.

**Sayın Prof. Dr. Falih KÖKSAL ve Başak DÜNDAR**

“**The Mediating Role Of Narcissism And Attachment In Relation Between Perceived Maternal Narcissism And Selfobject Needs**” başlıklı projenizin etik uygunluğu konusundaki başvurunuz sonuçlanmıştır.

Etik Kurulumuz 27.01.2022 tarihinde sizin başvurunuzun da içinde bulunduğu bir gündemle toplanmış ve Etik Kurul üyeleri projeleri incelemiştir.

Sonuçta 27.01.2022 tarihinde “**The Mediating Role Of Narcissism And Attachment In Relation Between Perceived Maternal Narcissism And Selfobject Needs**” konulu projenizin etik açıdan uygun olduğuna oy birliğiyle karar verilmiştir.

Gereği için bilgilerinize sunarım.

Saygılarımla,

**Prof. Dr. Murat Bengisu**

**Etik Kurul Başkanı**

## ***Appendix B: Informed Consent***

Bu çalışma, İzmir Ekonomi Üniversitesi bünyesinde, Klinik Psikoloji Yüksek Lisans programı kapsamında, Prof. Dr. Falih Köksal danışmanlığında Başak Dünder tarafından yürütülmektedir. Bu form sizi çalışma koşulları hakkında bilgilendirmek için hazırlanmıştır.

### **Çalışmanın amacı nedir?**

Araştırmanın amacı, 18-24 arası üniversite öğrencilerinin kendiliknesnesi ihtiyaçları ile annenin algılanan narsisizmi arasındaki ilişkide narsisizmin aracı rolünün anlaşılmasıdır. Bu doğrultuda size kendiniz ve anneniz ile ilgili sorular sorulacaktır.

### **Bize nasıl yardımcı olursunuz?**

Araştırmaya katılmayı kabul ederseniz, bu aşamada sizden yaklaşık 15-20 dakikanızı alacak anketimizi doldurmanız istenecektir. Soruların doğru ya da yanlış cevapları yoktur. Bundan dolayı soruları kendiniz yanıtlamanız ve size en doğru gelen yanıtları tercih etmeniz araştırmanın doğruluğu ve güvenilirliği açısından önemlidir.

### **Sizden topladığımız bilgileri nasıl kullanacağız?**

Araştırmada kimse sizden kimlik bilgilerinizi ortaya çıkaracak bilgiler istemeyecektir. Verdiğiniz yanıtlar gizli tutulacak, bu bilgilere sadece araştırmacılar ulaşabilecektir. Katılımcılardan elde edilecek bilgiler toplu halde değerlendirilecek, bilimsel yayımlar ve akademik amaçlar için kullanılacaktır.

### **Katılımınız ile ilgili bilmeniz gerekenler:**

Araştırmaya katılım tamamen gönüllülük esasına dayanmaktadır. Çalışma, genel olarak kişisel rahatsızlık verecek sorular içermemektedir. Ancak, katılım sırasında sorulardan ya da herhangi başka bir nedenden ötürü kendinizi rahatsız hissederseniz çalışmaya katılmayı reddedebilir veya cevaplama işini yarıda bırakıp çıkabilirsiniz.

Çalışmaya katılımınız için şimdiden teşekkür ederiz. Çalışma hakkında daha fazla bilgi almak isterseniz Başak Dünder ile iletişime geçebilirsiniz.

Bu çalışmaya tamamen gönüllü olarak katılmayı kabul ediyorum ve istediğim zaman yarıda kesip çıkabileceğimi biliyorum. Verdiğim bilgilerin bilimsel amaçlı yayımlarda kullanılmasını kabul ediyorum.

**Evet  Hayır**

### **Appendix C: Demographic Information Sheet**

1. Cinsiyetiniz:
  - Kadın \_\_\_
  - Erkek \_\_\_
  - Belirtmek istemiyorum. \_\_\_
2. Doğum Yılıınız: (Örn: 1999) \_\_\_\_\_
3. Kaç kardeşiniz? \_\_\_\_\_
4. Kaçınıcı çocuksunuz? \_\_\_\_\_
5. ANNE:
  - Öz anne \_\_\_
  - Koruyucu anne \_\_\_
  - Evlat edinen anne \_\_\_
  - Üvey anne \_\_\_
  - Anne hayatta değil \_\_\_
6. BABA:
  - Öz baba \_\_\_
  - Koruyucu baba \_\_\_
  - Evlat edinen baba \_\_\_
  - Üvey baba \_\_\_
  - Baba hayatta değil \_\_\_
7. Aile durumunuz:
  - Annem-babam evli, birlikte yaşıyorlar. \_\_\_
  - Annem-babam evli, ayrı yaşıyorlar. \_\_\_
  - Annem-babam boşandı, ayrı yaşıyorlar. \_\_\_
  - Annem-babam boşandı, birlikte yaşıyorlar. \_\_\_
  - Annem-babam boşandı, ben annemle yaşıyorum. \_\_\_
  - Annem-babam boşandı, ben babamla yaşıyorum. \_\_\_
  - Annem-babam boşandı, ben bir akrabamla yaşıyorum. \_\_\_
  - Diğer (Belirtiniz) \_\_\_\_\_
8. Kendinizi hangi gelir grubuna ait görüyorsunuz?
  - Alt gelir grubunda \_\_\_
  - Ortanın altı gelir grubunda \_\_\_
  - Orta gelir grubunda \_\_\_
  - Ortanın üstü gelir grubunda \_\_\_
  - Üst gelir grubunda \_\_\_

9. Aylık olarak eve giren gelir miktarı (maaşlar, kira gelirleri ve diğer tüm yan gelirlerin toplamı)

- Ayda 500-1000 TL \_\_\_
- Ayda 1000-2000 TL \_\_\_
- Ayda 2000-3000 TL \_\_\_
- Ayda 3000-5000 TL \_\_\_
- Ayda 5000-10000 TL \_\_\_
- Ayda 10000 TL ve üzeri \_\_\_

10. Annenin eğitim düzeyi:

- Okur yazar değil \_\_\_
- Okur yazar \_\_\_
- İlkokul Mezunu \_\_\_
- Ortaokul Mezunu \_\_\_
- Lise Mezunu \_\_\_
- Yüksek Okul Mezunu (2 yıllık) \_\_\_
- Üniversite Mezunu \_\_\_
- Yüksek lisans Mezunu \_\_\_
- Doktora Mezunu \_\_\_

11. Babanın eğitim düzeyi:

- Okur yazar değil \_\_\_
- Okur yazar \_\_\_
- İlkokul Mezunu \_\_\_
- Ortaokul Mezunu \_\_\_
- Lise Mezunu \_\_\_
- Yüksek Okul Mezunu (2 yıllık) \_\_\_
- Üniversite Mezunu \_\_\_
- Yüksek lisans Mezunu \_\_\_
- Doktora Mezunu \_\_\_

12. Annenizin çalışma durumu:

- Şu anda çalışıyor. \_\_\_
- Şu anda çalışmıyor. \_\_\_

13. Babanızın çalışma durumu:

- Şu anda çalışıyor. \_\_\_
- Şu anda çalışmıyor. \_\_\_

14. Annenizin siz çocukken çalışma durumu:

- Tam zamanlı çalışıyordu. \_\_\_



- Yarı zamanlı çalışıyordu. \_\_
- Çalışmıyordu. \_\_

15. Babanızın siz çocukken çalışma durumu:

- Tam zamanlı çalışıyordu. \_\_
- Yarı zamanlı çalışıyordu. \_\_
- Çalışmıyordu. \_\_



## ***Appendix D: Self Psychology Inventory***

Aşağıda, birçok kişinin kendini tanımlamak için kullanabileceği bazı ifadeler bulacaksınız. Bu ifadelere, aşağıda tanımlandığı şekilde 1 ile 6 arasında puanlar vermeniz beklenmektedir. 6= Bana kesinlikle uyuyor 5= Bana oldukça uyuyor 4= Bana uyuyor 3= Bana biraz uygun değil 2= Bana uygun değil 1= Bana kesinlikle hiç uygun değil. Lütfen olabildiğiniz kadar dürüst olun. Bu çalışmanın amacı; değerlendirmeye yönelik değil, tanımlamaya ve açıklamaya yöneliktir. Lütfen kendinizi gerçekten nasıl tanımladığınızı düşünerek cevap verin. Cevaplar açısından doğru ya da yanlış yoktur. Cevaplarınızın hepsinin olumlu olması gerekmemektedir. Lütfen her ifadeyi sizin karakter özelliklerinizle ne kadar uyumlu olup olmadığını düşünerek puanlayın.

Bana kesinlikle HİÇ uygun değil 1

Bana uygun değil 2

Bana BİRAZ uygun DEĞİL 3

Bana uyuyor 4

Bana oldukça uyuyor 5

Bana kesinlikle uyuyor 6

1. Çoğu zaman kendimi gergin hissederim 1 2 3 4 5 6
2. Yaratıcı olduğumu düşünürüm 1 2 3 4 5 6
3. Değer verdiğim ilişkiler bozulduğunda, şiddetli bir duygu yoğunluğu yaşarım 1 2 3 4 5 6
4. Bazen, sevdiğini birinin beni kabul etmesi için her şeyi yapabilirim 1 2 3 4 5 6
5. Sadece ne istemediğini değil, ne istediğimi de biliyorum ve bunu dile getirebiliyorum, bu yüzden ister kabul göreyim ister ret, fark etmez 1 2 3 4 5 6
6. İlgimi çeken fikirler konusunda heveslenebiliyorum 1 2 3 4 5 6
7. Kendime verdiğim değer kolayca zedelenebilir 1 2 3 4 5 6
8. Hedefime ulaşmak için çok isteğim ve enerjim var 1 2 3 4 5 6
9. Genellikle, hayal kırıklıklarına rağmen yaratıcı uğraşılarımda direnirim 1 2 3 4 5 6
10. Eşimin (arkadaşımın) tüm ilgisinin bende olduğundan emin olmaya ihtiyacını var  
1 2 3 4 5 6
11. Bazen, büyümek, olgunlaşmak istemediğimi hissediyorum 1 2 3 4 5 6

12. Kendi değerime layık olmaktan dolayı (değerime uygun yaşamaktan) mutluluk duyuyorum 1 2 3 4 5 6
13. Hak edildiği zaman övgü vermekten çekinmem 1 2 3 4 5 6
14. Bir şeye karşı ilgi duyduğum zaman, çoğunlukla o konunun üstüne gider ona ilişkin bir şey yaparım 1 2 3 4 5 6
15. Gerçekçi amaçlar uğruna çabalarım 1 2 3 4 5 6
16. Önem verdiğim insanlar uzakta olduğunda elim ayağım kesilir 1 2 3 4 5 6
17. Bana kişisel olarak çekici gelen projelere çok fazla enerji harcarım 1 2 3 4 5 6
18. Kendime yeterince güvenmem 1 2 3 4 5 6
19. Sakin hissedirim 1 2 3 4 5 6
20. Aşık olduğum zaman kendimi çok daha fazla seviyorum 1 2 3 4 5 6
21. Uğrunda çabalayacağım amaçlarım yok 1 2 3 4 5 6
22. Bir topluluk içinde yanlış bir söz söylediğimde utanç duyarım 1 2 3 4 5 6
23. Hala inanacağım bir kişi veya bir şey arıyorum 1 2 3 4 5 6
24. Hayran olduğum kişilere karşı coşku duyarım 1 2 3 4 5 6
25. İhtiraslarım genellikle gerçekçidir 1 2 3 4 5 6
26. Değerli olduğumun başkaları tarafından onaylanmasına ihtiyacım var 1 2 3 4 5 6
27. Hedeflerime doğru gidecek enerjim yok 1 2 3 4 5 6
28. Faaliyetlere katıldığımda hevesiz oluyorum 1 2 3 4 5 6
29. Kendime çok güvenirim 1 2 3 4 5 6
30. Arkadaşlarımdan başarılarından kıvanç duyarım 1 2 3 4 5 6
31. Değer yargılarımı kendim geliştirdim 1 2 3 4 5 6
32. Kusur ve başarısızlıklarımın doğan hayal kırıklığını performansımı geliştirmek için kullanabilirim. 1 2 3 4 5 6
33. Özel bir kişi oluşumun başkaları tarafından onaylanmasını isterdim 1 2 3 4 5 6
34. Ben özel bir kişiyim 1 2 3 4 5 6

35. Kafam bozuk olduđu zaman kendi kendimi sakinleştirebilirim 1 2 3 4 5 6
36. Bazen, yoğun bir şekilde içimdeki bir boşluğu doldurma ihtiyacım hissederim 1 2 3 4 5 6
37. İçimde boşluk hissediyorum 1 2 3 4 5 6
38. Sınırlı olduğumu kabul ediyorum (örneğin bedensel, zihinsel ve duygusal) 1 2 3 4 5 6
39. Başkaları gerçek duygularını paylaştıklarında anlayışlı olabilirim 1 2 3 4 5 6
40. Kendi kendimi takdir edebilirim 1 2 3 4 5 6
41. Hayallerim içinde kusursuz bir eş veya arkadaş isteđi de var 1 2 3 4 5 6
42. Kendime veya başkalarına karşı sert olmakta zorlanmıyorum 1 2 3 4 5 6
43. Amaca yönelik kalmakta zorlanmıyorum 1 2 3 4 5 6
44. Bir takım kısıtlamalar olduğunu kabul ediyorum, örneđin zamana ilişkin 1 2 3 4 5 6
45. Korktuđum zaman panik yaşarım ve kendimi nasıl sakinleştireceđimi bilemem  
1 2 3 4 5 6
46. Başarmak istediđim şeylere ulaşmak için planlarımı azimle uygularım 1 2 3 4 5 6
47. Ne istediđimi çok iyi biliyorum ve ona ulaşmak için çalışıyorum 1 2 3 4 5 6
48. Hevesli ve heyecanlı olduğum zaman yaratıcılığı olan bir şey yaparım 1 2 3 4 5 6
49. Başka insanların başarılarından kıvanç duyar 1 2 3 4 5 6
50. Başkalarının başarılarını fark etmek benim için zordur, çünkü kendimi biraz daha güvensiz hissetmeye başlarım 1 2 3 4 5 6
51. Benim için önemli olan birisi gittiğinde içime kapanır keyifsiz olurum 1 2 3 4 5 6
52. Planlarımı uygulayacak enerjim az 1 2 3 4 5 6
53. Zevk için yaptığım işlere, yaratıcı faaliyetlerime ilgim son zamanlarda daha yoğunlaştı  
1 2 3 4 5 6
54. Faaliyetlerimden çok zevk alıyorum 1 2 3 4 5 6
55. Başkalarının iyi niteliklerine saygı duyarım 1 2 3 4 5 6

56. Birileri tarafından anlaşılmamış veya küçümsenmiş olduğumu hissettiğim zaman soğuk ve uzak olurum 1 2 3 4 5 6
57. Başkalarıyla birlikteyken kendimi göstermekle zorluk çeker, onların istediklerini yaparım 1 2 3 4 5 6
58. Başkaları tarafından kabul edilmeyi çok istiyorum 1 2 3 4 5 6
59. Yakın olduğum bir kişi ile anlaşamazsak, bu bizim ilişkimizi zedeleyebilir 1 2 3 4 5 6
60. Huzursuz hissediyorum 1 2 3 4 5 6



## ***Appendix E : Selfobject Needs Inventory***

Lütfen aşağıdaki ifadeleri sizin için en uygun şekilde işaretleyiniz.

1. Kesinlikle katılmıyorum
2. Katılmıyorum
3. Pek katılmıyorum
4. Kararsızım
5. Biraz katılıyorum
6. Katılıyorum
7. Kesinlikle katılıyorum

1. Başarılarım yeterince takdir edilmediğinde incinirim. 1 2 3 4 5 6 7
2. Benimle aynı durumdaki insanların çevresinde olmak benim için önemlidir. 1 2 3 4 5 6 7
3. Bir problemim olduğunda deneyimli insanlardan bile öneri almak benim için zordur. 1 2 3 4 5 6 7
4. Başarılı insanlarla ilişki kurmak benim de başarılı hissetmemi sağlar. 1 2 3 4 5 6 7
5. Diğer insanların övgülerine ihtiyacım yoktur. 1 2 3 4 5 6 7
6. Benimle benzer problemleri olan insanlarla bir arada olmak istemem. 1 2 3 4 5 6 7
7. Yaptığım iş takdir edilmediğinde hayal kırıklığına uğrarım. 1 2 3 4 5 6 7
8. Değerlerimi, fikirlerimi ve aktivitelerimi paylaşacağım insanlar ararım. 1 2 3 4 5 6 7
9. Saygı duyduğum insanların bile yönlendirmelerini kabul etmeyi zor bulurum. 1 2 3 4 5 6 7
10. Ünlü insanlara özenirim. 1 2 3 4 5 6 7
11. Çok az dikkat çektiğim durumlarda işimi yeterince iyi yapamam. 1 2 3 4 5 6 7
12. Belirli bir yaşam tarzını paylaşan bir grubun parçası olduğumu bilmek bana kendimi iyi hissettirir. 1 2 3 4 5 6 7
13. Daha deneyimli insanlardan yardım almak zorunda kalmak bana kendimi kötü hissettirir. 1 2 3 4 5 6 7
14. Bir arkadaşımın aynı durumda olduğumu hissetmek benim için önemlidir. 1 2 3 4 5 6 7
15. Bir şey yaptığımda diğerlerinin onayına ihtiyaç hissetmem. 1 2 3 4 5 6 7

16. Bana benzer insanlarla yakın ilişki kurmak beni rahatsız eder. 1 2 3 4 5 6 7
17. Başarılı insanlardan etkilenirim. 1 2 3 4 5 6 7
18. Başarılarımla övünmeye ihtiyaç hissetmem. 1 2 3 4 5 6 7
19. Uzmanların yanındayken kendimi daha iyi hissederim. 1 2 3 4 5 6 7
20. Bana çok benzeyen insanlarla arkadaş olmayı tercih etmem. 1 2 3 4 5 6 7
21. Ben ve bir yakınım başkalarına karşı benzer duygular hissettiğimizde kendimi daha iyi hissederim. 1 2 3 4 5 6 7
22. Benimle benzer fikirleri paylaşan bir grubun parçası olmak benim için önemlidir. 1 2 3 4 5 6 7
23. Başkalarının benim hakkımda düşündüklerini pek önemsemem. 1 2 3 4 5 6 7
24. Başarılı olduğumu biliyorum, dolayısıyla başkalarının benim hakkımdaki fikirlerine ihtiyaç hissetmiyorum. 1 2 3 4 5 6 7
25. Benim gibi düşünen ve bana çok benzeyen insanlardan sıkıldım. 1 2 3 4 5 6 7
26. Bana örnek olacak kişilerin çevresinde olmak benim için önemlidir. 1 2 3 4 5 6 7
27. Çevremde benimkilere benzer problemlerle baş etmeye çalışan kişiler olduğunda kendimi daha güçlü hissederim. 1 2 3 4 5 6 7
28. Bana çok benzeyen insanlardan oluşan bir gruba ait olmak benim için zordur. 1 2 3 4 5 6 7
29. Başarılı hissetmek için başkalarının güvence ve onayına ihtiyaç hissederim. 1 2 3 4 5 6 7
30. Endişeli ya da stresli olduğumda uzmanlardan öneri almak fazla yardımcı olmaz. 1 2 3 4 5 6 7
31. Hayran olduğum insanların çevresinde olmaya çalışırım. 1 2 3 4 5 6 7
32. İnançları benimkilere çok benzeyen arkadaşlara sahip olmak bana özgüven kazandırır. 1 2 3 4 5 6 7
33. Başkalarından bolca desteğe ihtiyaç hissederim. 1 2 3 4 5 6 7
34. Ait olduğum gruplarla gurur duymak benim için zordur. 1 2 3 4 5 6 7
35. Çoğu zaman büyüklerim/üstlerim tarafından yeterince takdir edilmediğimi düşünüyorum. 1 2 3 4 5 6 7

36. Benim için, üst düzey, “şışaalı” sosyal gruplara ait olmak önemlidir. 1 2 3 4 5 6 7
37. Başkalarından destek almaya ve cesaretlendirilmeye ihtiya hissetmem. 1 2 3 4 5 6 7
38. Yařam tarzı benimkine ok benzeyen insanların oluřturduėu bir gruba ait olmayı tercih etmem. 1 2 3 4 5 6 7





## Appendix F: Experience in Close Relationships Questionnaire – Revised

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyla ya da neler yaşadığınızla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile romantik ilişkide bulunduğunuz kişi kastedilmektedir. Eğer halihazırda bir romantik ilişki içerisinde değilseniz, aşağıdaki maddeleri bir ilişki içinde olduğunuzu varsayarak cevaplandırınız. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılardaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak gösteriniz.

- 1: Hiç katılmıyorum
- 2: Katılmıyorum
- 3: Kısmen katılmıyorum
- 4: Kararsızım
- 5: Kısmen katılıyorum
- 6: Katılıyorum
- 7: Tamamen katılıyorum

1. Birlikte olduğum kişinin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7
2. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.	1	2	3	4	5	6	7
3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.	1	2	3	4	5	6	7
4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissedirim.	1	2	3	4	5	6	7
5. Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği kaygısına kapılırım.	1	2	3	4	5	6	7
6. Romantik ilişkide olduğum kişilere güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.	1	2	3	4	5	6	7
7. Romantik ilişkide olduğum kişilerin beni, benim onları önemsemediğim kadar önemsemeyeceklerinden endişe duyarım.	1	2	3	4	5	6	7
8. Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.	1	2	3	4	5	6	7
9. Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1	2	3	4	5	6	7
10. Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem.	1	2	3	4	5	6	7
11. İlişkilerimi kafama çok takarım.	1	2	3	4	5	6	7
12. Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.	1	2	3	4	5	6	7
13. Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.	1	2	3	4	5	6	7
14. Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1	2	3	4	5	6	7
15. Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.	1	2	3	4	5	6	7

16. Birlikte olduğum kişiyle kolayca yakınlaşabilirim.	1	2	3	4	5	6	7
17. Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18. Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19. Romantik ilişkide olduğum kişi kendimden şüphelenmemen neden olur.	1	2	3	4	5	6	7
20. Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.	1	2	3	4	5	6	7
21. Terk edilmekten pek korkmam.	1	2	3	4	5	6	7
22. Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23. Birlikte olduğum kişinin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1	2	3	4	5	6	7
24. Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25. Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler.	1	2	3	4	5	6	7
26. Başımından geçenleri birlikte olduğum kişiyle konuşurum.	1	2	3	4	5	6	7
27. Çok yakın olma arzumu bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7
28. Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.	1	2	3	4	5	6	7
29. Romantik ilişkide olduğum bir kişi beni yakından tanıdıktan sonra, "gerçek ben"den hoşlanmayacağından korkarım.	1	2	3	4	5	6	7
30. Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31. Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelenendir.	1	2	3	4	5	6	7
32. Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.	1	2	3	4	5	6	7
33. Başka insanlara denk olamamaktan endişe duyarım.	1	2	3	4	5	6	7
34. Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.	1	2	3	4	5	6	7
35. Birlikte olduğum kişi beni sadece kızgın olduğumda önemser.	1	2	3	4	5	6	7
36. Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.	1	2	3	4	5	6	7

## ***Appendix G: Perceived Maternal Narcissistic Characteristics Scale***

Aşağıda çocukluk yıllarınız boyunca annenizin kişiliği ve size karşı davranışları ile ilgili deneyimlemiş olabileceğiniz yaşantılara dair maddeler yer almaktadır. Lütfen her maddeyi dikkatlice okuyup size en uygun olan seçeneği (1 ile 4 arasında) işaretleyiniz.

Çocukluk yıllarımda...

**Hiçbir zaman 1**

**Ara sıra 2**

**Genellikle 3**

**Her zaman 4**

1. Duygusal olarak kendimi ona yakın hissedirdim. (1) (2) (3) (4)
2. Anneliğinin başkaları tarafından övülmesini beklerdi. (1) (2) (3) (4)
3. Bana bir çocuğun taşıyabileceğinden daha fazla sorumluluk yüklerdi. (1) (2) (3) (4)
4. Hayatımın merkezinde olmak isterdi. (1) (2) (3) (4)
5. Başarısız olduğum durumlarda bana destek olur ve beni rahatlatırdı. (1) (2) (3) (4)
6. Benim fikirlerime karşı hoşgörüsü yoktu. (1) (2) (3) (4)
7. Eleştirilmekten korktuğum için söylemek istediklerimi söyleyemezdim. (1) (2) (3) (4)
8. Eleştiriye karşı hiç tahammülü yoktu. (1) (2) (3) (4)
9. Sorunları çözmek yerine beni suçlardı. (1) (2) (3) (4)
10. Duygusal olarak bana yakın olmadığını hissedirdim. (1) (2) (3) (4)
11. Benimle ilgili olan her şeye müdahale ederdi. (1) (2) (3) (4)
12. Canı sıkkın olduğunda daha iyi hissetmesi için bir şeyler yapmamı beklerdi. (1) (2) (3) (4)
13. Benimle ilgili her şeyi (yakın arkadaşlarımla ilişkilerim, duygusal ilişkilerim gibi) bilmek isterdi. (1) (2) (3) (4)
14. Annem ailedeki diğer kişiler ile (babam ve kardeşlerim) sorun yaşadığında anlaşmazlığı çözmek bana düşerdi. (1) (2) (3) (4)
15. Fikirlerime saygı gösterir ve benim aldığım kararları desteklerdi. (1) (2) (3) (4)
16. Duygusal paylaşım konusunda bana uzak olduğunu hissedirdim. (1) (2) (3) (4)

17. Onun rahatsızlıklarına ve hastalıklarına (baş ağrısı, stres gibi) benim neden olduğumu hissettirirdi. (1) (2) (3) (4)
18. Benim nasıl hissettiğimden çok dışarıya nasıl görüldüğüm ile ilgilenirdi. (1) (2) (3) (4)
19. Dünya sanki onun etrafında dönüyormuş gibi davranırdı. (1) (2) (3) (4)
20. Benim duygularımı anlamadığını hissedirdim. (1) (2) (3) (4)
21. Benim için özel olan konularda sorularıyla beni sıkıştırırdı. (1) (2) (3) (4)
22. Ebeveyn olarak onun yapması gereken işleri bir şekilde ben yapardım. (1) (2) (3) (4)
23. Kendisini herkesten daha önemli görürdü. (1) (2) (3) (4)
24. Beni kontrol etmeye çalıştığını hissedirdim. (1) (2) (3) (4)
25. Kötü bir şey yaşadığımda beni suçlardı. (1) (2) (3) (4)
26. Benim kararlarımı kontrol etmeye çalışırdı. (1) (2) (3) (4)
27. Bir yarışmada veya sınavda en iyilerin arasında olmadığımda beni küçümserdi.  
(1) (2) (3) (4)
28. Benim için yapacağı iyi şeyleri başkalarının görebileceği zamanlarda yapardı.  
(1) (2) (3) (4)
29. Bir şeyler kötü gittiğinde sorumluluk almak yerine beni ya da başkalarını suçlardı.  
(1) (2) (3) (4)
30. Yaptığım iyi şeyleri görmez ya da değersiz bulurdu. (1) (2) (3) (4)
31. Annem öfkelenildiğinde onu sakinleştirmek bana düşerdi. (1) (2) (3) (4)
32. Bana karşı anlayışlıydı. (1) (2) (3) (4)