BAŞKENT UNIVERSITY
INSTITUTE OF SOCIAL SCIENCES
DEPARTMENT OF PSYCHOLOGY
MASTER'S IN CLINICAL PSYCHOLOGY WITH THESIS

EXPLORING THE PATHWAYS AMONG OBSESSIVE BELIEFS, OBSESSIVE COMPULSIVE SYMPTOM SEVERITY, DOOMSCROLLING, AND PROBLEMATIC SOCIAL MEDIA USE

BY
SERRA KAYA

MASTER'S THESIS

ADVISOR

ASST. PROF. ELIF ÜZÜMCÜ ÖZDEMIR

ANKARA-2025

BAŞKENT ÜNİVERSİTESİ
SOSYAL BİLİMLER ENSTİTÜSÜ
YÜKSEK LİSANS / DOKTORA TEZ ÇALIŞMASI ORİJİNALLİK RAPORU

Tarih: 26 / 08 / 2025

Öğrencinin Adı, Soyadı: Serra Kaya
Öğrencinin Numarası: 22310045
Anabilim Dalı: Psikoloji
Programı: Klinik Psikoloji Yüksek Lisans
Danışmanın Unvanı/Adı, Soyadı: Dr. Öğretim Üyesi Elif Üzümcü Özdemir
Tez Başlığı: Exploring the Pathways Among Obsessive Beliefs, Obsessive Compulsive Symptom Severity, Doomscrolling, and Problematic Social Media Use.

Yukarıda başlığı belirtilen Yüksek Lisans/Doktora tez çalışmamın; Giriş, Ana Bölümler ve Sonuç Bölümünden oluşan, toplam 77 sayfalık kısmına ilişkin, 26 / 08 / 2025 tarihinde şahsım/tez danışmanım tarafından Turnitin adlı intihal tespit programından aşağıda belirtilen filtrelemeler uygulanarak alınmış olan orijinallik raporuna göre, tezimin benzerlik oranı % 17'dır. Uygulanan filtrelemeler:

1. Kaynakça hariç
2. Alıntılar hariç
3. Beş (5) kelimeden daha az örtüşme içeren metin kısımları hariç

"Başkent Üniversitesi Enstitüleri Tez Çalışması Orijinallik Raporu Alınması ve Kullanılması Usul ve Esaslarını" inceledim ve bu uygulama esaslarında belirtilen azami benzerlik oranlarına tez çalışmamın herhangi bir intihal içermediğini; aksinin tespit edileceği muhtemel durumda doğabilecek her türlü hukuki sorumluluğu kabul ettiğimi ve yukarıda vermiş olduğum bilgilerin doğru olduğunu beyan ederim.

Öğrenci İmzası:

ONAY

Tarih: 26 / 08 / 2025
Öğrenci Danışmanı Unvan, Ad, Soyad, İmza:
Dr. Öğretim Üyesi Elif Üzümcü ÖZDEMİR

ACKNOWLEDGEMENTS

I would like to express my sincere gratitude to my advisor Asst. Prof. Elif Üzümcü Özdemir for her significant guidance, support and encouragement during the whole process. Her insightful feedback and expertise played a crucial role in my thesis paper. I am deeply thankful for having a chance to learn from her valuable experiences.

Also, I wish to convey my deepest appreciation to the esteemed members of my thesis committee Assoc. Prof. Burçin Akın Sarı and Asst. Prof. Tuğba Çapar Taşkesen for their valuable time, expertise, and contributions.

Also, I am very thankful to my family for their valuable support and the fury members of our family Noche, Kara, and Pierre, whose comforting presence and unconditional affection made this journey more sustainable. Moreover, my heartfelt thanks go to my friends for their emotional support and understanding during this journey.

Lastly, I would like to acknowledge all my educators and classmates who have motivated and inspired me to pursue academic inquiry.

ÖZET

KAYA, Serra. Obsesif İnançlar, Obsesif Kompulsif Belirti Şiddeti, Felaket Kaydırması ve Problemli Sosyal Medya Kullanımı Arasındaki Yolların İncelenmesi. Başkent Üniversitesi, Sosyal Bilimler Enstitüsü, Klinik Psikoloji Tezli Yüksek Lisans Programı, 2025.

Problemli ve artan sosyal medya kullanımı son yıllarda akademik çalışmalarda çok büyük bir önem kazanmıştır. Pandemi sürecinde, sosyal medyaya yönelik bağımlılık yaratıcı durumlar ve çevrimiçi negatif haberleri tüketme sıklığı önemli bir artış göstermiştir. Bu doğrultuda, güncel çalışmanın temel amacı obsesif inançlar, OKB semptom şiddeti, felaket kaydırması, ve problemli sosyal medya kullanımı arasındaki ilişkiyi değerlendiren iki modelin incelenmesidir. İlk modelde obsesif inançların, felaket kaydırmasını ve problemli sosyal medya kullanımını yordayıcı rolü OKB semptom şiddetinin aracı rolü ile incelendi. İkinci modelde ise obsesif inançlar ile felaket kaydırması arasındaki ilişki, OKB semptom şiddeti ile problemli sosyal medya kullanımı üzerinden incelendi. Güncel çalışma en az bir sosyal medya platformu kullanan ve 18-60 yaş aralığında bulunan 305 katılımcı ile gerçekleştirildi. Çalışmada Vancouver Obsesif-Kompulsif Envanteri, Obsesif İnançlar Anketi-20, Bergen Sosyal Medya Bağımlılığı Ölçeği, ve Felaket Kaydırması Ölçeği kullanıldı. Öne sürülen modelleri incelemek amacıyla Yapısal Eşitlik Modelinin bir türü olan yol analizi kullanıldı. Model 1'in yol analizi sonuçlarına göre OKB semptom şiddetinin; obsesif inançlar, felaket kaydırması ve problemli sosyal medya kullanımı arasındaki ilişkide aracı rol oynadığı ileri sürülmektedir. Ayrıca, Model 2'nin yol analizi sonuçları OKB semptom şiddetinin ve problemli sosyal medya kullanımının, obsesif inançlar ile felaket kaydırması arasındaki ilişkide aracı rol oynadığını göstermektedir. Yol analizi bulgularına dayanarak güncel çalışma, obsesif inançlar ve OKB semptom şiddetinin, felaket kaydırması ve problemli sosyal medya kullanımı için risk faktörleri olabileceğini vurgulamaktadır. Güncel çalışmanın bulguları mevcut literatür ve kuramsal çerçeve ile uyumludur. Çalışmanın bulguları, sınırlılıkları ve gelecek çalışmalar için öneriler tartışılmıştır.

Anahtar Kelimeler: Felaket kaydırması, problemli sosyal medya kullanımı, sosyal medya bağımlılığı, obsesif inançlar, OKB semptom şiddeti.

ABSTRACT

KAYA, Serra. Exploring the Pathways Among Obsessive Beliefs, Obsessive Compulsive Symptom Severity, Doomscrolling, and Problematic Social Media Use. Başkent University, Institute of Social Sciences, Clinical Psychology Master's Program with Thesis, 2025.

Problematic and increased use of social media have gained a great importance recently. Problematic social media use and doomscrolling have markedly elevated during the pandemic. In line with these, the main aim of the present study was investigating two proposed models examining the relationships between obsessive beliefs, OCD symptom severity, doomscrolling, and problematic social media use (PSMU). The first model examined the predictive role of obsessive beliefs in doomscrolling and PSMU through mediating role of OCD symptom severity. The second model examined the association between obsessive beliefs and doomscrolling through the mediating role of OCD symptom severity and PSMU. The current study consisted of 305 participants between the ages of 18 and 60 who reported prior engagement with at least one social media platform. In the present study, Vancouver Obsessive-Compulsive Inventory, Obsessive Beliefs Questionnaire-20, Bergen Social Media Addiction Scale, and Doomscrolling Scale was used. In order to investigate the suggested models, path analysis, which is a form of Structural Equating Modelling, was performed. Results from path analysis showed that obsessive beliefs were indirectly associated with doomscrolling and PSMU via OCD symptom severity. In Model 2, path analysis revealed that both OCD symptom severity and PSMU mediated the association between obsessive beliefs and doomscrolling. The findings of the study indicated that obsessive beliefs and OCD symptom severity may be risk factors for doomscrolling and PSMU. The results of the present study was consistent with the literature and theoretical expectations. The results of the current study, limitations, and suggestions for further studies were discussed.

Keywords: Doomscrolling, problematic social media use, social media addiction, obsessive beliefs, obsessive-compulsive symptom severity.

TABLE OF CONTENTS

APPENDICES

LIST OF TABLES

Page

LIST OF FIGURES

Page

LIST OF ABBREVIATIONS

CBT	Cognitive Behavioral Therapy
GAD	Generalized Anxiety Disorder
OBQ	Obsessive Beliefs Questionnaire
OC	Obsessive-Compulsive
OCD	Obsessive Compulsive Disorder
OCCWG	Obsessive Compulsive Cognitive Work Group
OCPD	Obsessive Compulsive Personality Disorder
PSMU	Problematic Social Media Use
TAF	Thought-Action Fusion
VOCI	Vancouver Obsessive-Compulsive Inventory
WHO	World Health Organization

1. INTRODUCTION

1.1. Obsessive Compulsive Disorder

Obsessive-Compulsive Disorder (OCD) is an important disorder, which influences approximately 1% to 3% of the general population in the world (Cervin, 2023). OCD is a psychiatric disorder with genetic, environmental, cognitive, and behavioral components in its origin (Abramowitz, Taylor, & McKay, 2009). Individuals with OCD experience excessive distress and anxiety, which can lead to impairment and dysfunction in daily life. It was noted in the literature that individuals having OCD can encounter various problems in their career life and their social engagements (Fontana, 2024). Although OCD was previously included in the subcategory of anxiety disorders in the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, (DSM-IV), with the development of the DSM-5, it is handled as a new category of disorder, which is obsessive-compulsive and related disorders (American Psychiatric Association, 1994; American Psychiatric Association, 2013). OCD has two consecutive components, which are obsessions and compulsions. Obsessions are unwanted, discomforting and ruminant thoughts that enhance compulsions that are any repeated activities in order to alleviate distress and discomfort caused by the obsessions (Naseerullah et al., 2024). To illustrate this further, an individual having contamination related obsessions might develop a cleaning compulsion in which he/she washes his/her hands a certain number of times, in order to lower the level of distress. The main point in this circumstance is that compulsions take a lot of time causing impairment and dysfunction in individuals' daily life (Çopur, 2015). Besides, compulsions may manifest as an avoidance behavior instead of engaging in repetitive behaviors. Obsessions might be related with various contents that particularly cause distress for individuals; however, most prevalent contents of obsessions were classified as contamination, harm, symmetry, hoarding, and sexual, religious, as well as violence concerns (Appel, 2022; Abramowitz, Taylor, & McKay, 2009).

In contamination OCD, individuals have intrusive and distressful thoughts about being contaminated by a virus or a germ (Appel, 2022). Contamination OCD is the most common subtype of OCD and it is observed in 50% of OCD cases (Clark, 2004). For contamination OCD, one of the most widespread compulsions is cleaning and hand washing rituals (Appel,

2022). In harm related OCD, individuals have intrusive thoughts related to harming others such as their loved ones (Abramowitz, Taylor, & McKay, 2009). Unlike the contamination OCD, harm related OCD has an ego-dystonic characteristic. One of the most well-known rituals for harm OCD is reassurance-seeking, repeatedly finding ways to guarantee that they did not harm others and mental avoidance (Appel, 2022; Wu & Storch, 2016). Additionally, in symmetry OCD, individuals do not tolerate anything disorganized and scattered leading to reorganization, arranging and planning compulsions (Appel, 2022). A possible key drive for compulsions related with symmetry OCD is ‘‘just right feeling’’. In addition, it is implied that the feelings of incompleteness have a significant impact on engaging in obsessions align with symmetry (Appel, 2022). In obsessions about sex, violence, and religion, which are called taboo obsessions, individuals have ruminative and irrational thoughts associated with religion, sex and aggression (Appel, 2022; Abramowitz, Taylor, & McKay, 2009). Mental rituals, which are covert actions or compulsions, are seen most common in obsessions related with sex, violence and religion. Further, individuals might have an overwhelming urge to collect various items and frequently control those items in hoarding OCD (Clark, 2004). For hoarding OCD, dysfunctional beliefs pertaining to the worth of items or objects are pointed out (Clark, 2004). Individuals with hoarding OCD might compulsively collect items such as diverse brochures or objects (Frost, Steketee, & Williams, 2002). While hoarding obsessions was classified as one of the subtypes of OCD, it gained acceptance as a hoarding disorder in the OCD related disorders in DSM-5 (Guazzini et al., 2022).

1.1.1. Epidemiology

OCD is the 10th mental disorder bringing about significant dysfunction and impairment (Diedrich et al., 2016). OCD is a widely recognized mental disorder, which affects approximately 1% to 3% of the population in the world (Cervin, 2023). Taking into account heterogeneous characteristics of OCD with regard to demographic features such as gender, socio-economic status, ethnicity and treatment response is also important (Uysal et al., 2024). OCD can be seen among all socioeconomic status (Stein et al., 2019). Additionally, life-time prevalence of OCD has varied according to epidemiological factors and diagnostic criteria of the disorder (Clark, 2004). Onset of the OCD symptoms extends from childhood to early adulthood (Faulk & Kameg, 2023). Also, OCD is a mental disorder, which is prevalent mostly in young age groups. Given this background, the average age onset of OCD in men is 13-15 years and in women is 20-24 years (Barlow, 2008). According to a

study conducted with Turkish population, the age onset of OCD corresponds to 24-34 years (Çopur, 2015). According to a study with British sample, it has been found that OCD is more observed in younger age groups (Torres et al., 2006). In alignment with these, the average age onset of OCD is between 19-21 years (Sica et al., 2009). Studies on the prevalence of OCD have shown that it is prevalent in university students (Fontana, 2024). The time interval between symptoms appearing and receiving treatment extends up to approximately 17 years (Grierson, 2024). A study also indicated that after approximately 7 years of experiencing main OCD symptoms, individuals seek help and treatment (Barlow, 2008).

OCD symptoms can be seen in both of the genders; however, females are 1.6 times more diagnosed with OCD compared with males (Faulk & Kameg, 2023). While there are non-supportive findings, according to the study with British samples, females are more diagnosed with OCD compared with males (Torres et al., 2006). To clarify this point further, the main reason for the diagnostic rate differences between genders was mentioned that females may be more likely to seek help and more eager to receive treatment (Çopur, 2015). In addition, an earlier study was found that males showed OCD symptoms in earlier ages than females, thus they can initiate the treatment earlier compared with females (Clark, 2004). Further, it was stated in some studies that males and females also display different symptoms in OCD. To further elaborate, while females mostly display cleaning compulsions, males mostly show taboo obsessions such as sexual obsessions and related compulsions (Clark, 2004). In addition, OCD can be seen in plenty of ethnic groups (Abramowitz, Taylor, McKay, 2009). Moreover, ethnicities and cultures mainly make differences in content of the obsessions and compulsions (Clark, 2004). Notably, suicide rates were higher in individuals with OCD symptoms, particularly individuals having taboo obsessions, comparing with individuals without OCD diagnosis (Grierson, 2024).

1.1.2. Comorbidity

Extant literature emphasized that most psychiatric disorders cannot be seen without any comorbidity (Clark, 2004). Findings from a study underscored that 80.2% of the participants in the study sample have at least one psychiatric disorder comorbid with OCD (Demet et al., 2005). According to the literature, less than 15% of individuals having OCD diagnosis do not have a second diagnosis (Clark, 2004). Also, depression and anxiety disorders are among the most common comorbidities seen in OCD (Clark, 2004). The

comorbidity prevalence of OCD and depression stated as between one-third and two-thirds of the individuals (Fineberg et al., 2005). As stated, 43% of the individuals with OCD also had depressive symptoms in a study conducted in Turkish sample (Demet et al., 2005). In addition, it was found that 39.5% of the individuals with OCD also had major depression diagnosis (Demet et al., 2005). Also, it was stated that having depression in addition to OCD has a risk to strengthen the resistance of the disorder as well as symptoms (Clark, 2004). Additionally, 49% of the individuals with an OCD diagnosis also have an additional anxiety disorder (Barlow, 2008). Similarly, various anxiety disorders can be seen in individuals with OCD diagnosis such as social phobia (Clark, 2004). An existing study indicated a significant comorbidity proportion between OCD and generalized anxiety disorder (GAD), social phobia, and panic disorder (Demet et al., 2005). Moreover, some of the preliminary studies found a high rate of comorbidity between OCD and obsessive-compulsive personality disorder (OCPD) (Clark, 2004). According to one of the studies, eating disorders, major depressive disorders, anxiety disorders are also seen in individuals with late age diagnosis of OCD (Mahjani et al., 2022). In addition, in early age diagnosis, autism spectrum disorder have a high comorbidity rate with OCD (Mahjani et al., 2022). In addition, borderline personality disorder, bipolar disorder and schizophrenia also have comorbidity rates with OCD (Mahjani et al., 2022). In line with this, a recent study demonstrated that life-time prevalence of comorbidity between OCD and bipolar disorder was estimated to be between 0.26% to 27.8% (de Filippis et al., 2024).

1.1.3. Obsessive compulsive disorder in cognitive behavioral model

The literature emphasized the valuable contribution of Cognitive Behavioral Model in explaining the underlying mechanisms of OCD in a systematic and scientifically grounded approach (Viar et al., 2011). In the literature, the Cognitive Behavioral Model is one of the most comprehensible theories explaining several psychopathologies (Viar et al., 2011). As pointed out by Beck's Cognitive Specificity Hypothesis, maladaptive and dysfunctional beliefs form the basis for various psychopathologies (Beck et al., 1993). According to a significant view, all individuals have various intrusive thoughts related with their own lives and concerns, however, only some of the individuals display psychopathologies such as obsessions (Salkovskis, 1985). A growing body of literature indicated that intrusive thoughts might elicit obsessions through individuals' negative appraisals and maladaptive beliefs such

as being responsible for hazardous consequences (Taylor, Abramowitz, & McKay, 2007). In the same vein, Cognitive Appraisal Theories also emphasized the role of obsessive beliefs and intrusive thoughts on OCD (Clark, 2004). The model points out that maladaptive automatic thought patterns and cognitive distortions are the main underlying mechanisms for psychopathologies (Clark, 2004). As stated in the model, misinterpretation of unwanted thoughts contributes to the development of obsessions (Clark, 2004). A study revealed that dysfunctional beliefs such as obsessive beliefs are the key factors for misinterpretation of intrusive thoughts (Hellberg et al., 2020). While cognitive distortions and dysfunctional automatic thoughts contribute obsessions, misinterpretation of these thoughts also bring about maladaptive behaviors as well as negative emotions (Branco, 2016; Rachman, 1998). A prior study also suggested that catastrophic misinterpretation of uncontrolled inner thoughts have a role on maintenance of obsessions, if the intrusive thoughts are not changed or alleviated through mild interpretations (Rachman, 1998). Also, the severity and frequency of individuals' uncontrolled inner thoughts are closely linked to the extent to which environmental stimuli have triggered distress (Rachman, 1998).

Cognitive Behavioral Model accentuated both cognitive and behavioral components of OCD. The view underscored the key role of intrusive thoughts and their interpretations in various behaviors in order to lower the level of distress (Ouimet et al., 2019). A recent study indicated that obsessive beliefs are pivotal in misinterpretations of the automatic intrusive thoughts (Sandstrom et al., 2024). Cognitive Behavioral Model emphasized that compulsions are the consequences of obsessions in order to alleviate the negative affects (Stein et al., 2019). Due to the fact that compulsions furnish short-term relief and decreased distress, this negative reinforcement enhances frequency and maintenance of compulsions (Taylor, Abramowitz, & McKay, 2007). To summarize the preceding points, Cognitive Behavioral Model highlights the role of obsessive beliefs in perpetuating obsessions as well as compulsions (Wong et al., 2021). In light of this perspective, Cognitive Behavioral Therapy (CBT), which was developed by Beck for depressive symptoms, emphasized the role of distorted thoughts, maladaptive thinking processes, individuals' emotions and interpretations of thoughts in several psychopathologies (Beck et al., 1993). In CBT, the main aim is recognition of maladaptive automatic thoughts and maladaptive thinking patterns and their impacts on several behaviors (Kariri & Almubaddel, 2024). In line with these, CBT mainly intervenes the maladaptive automatic thoughts and behavioral responses developed as a result of the automatic thoughts (Stein et al., 2019). Moreover, drawing upon the literature, a study indicated that the effect size of CBT is significantly larger compared

to medication treatment (Stein et al., 2019). A recent study demonstrated that CBT is one of the effective intervention approaches for particularly mitigating obsessions and related compulsions (Clark, 2004).

1.2. Obsessive Beliefs

1.2.1. The role of obsessive beliefs in OCD

Based on Cognitive Behavioral Model, obsessive beliefs are fundamental to development of OCD (Pettigrew, 2022). In the similar vein, the growing body of the literature indicated that cognitive errors were found to be related to preceding obsessive beliefs (Clark, 2004). Drawing on a recent study, obsessive beliefs were found to be associated with onset of OCD symptoms (Branco, 2016). Also, a study conducted in a non-clinical sample also supported the association between obsessive beliefs and OCD symptom severity (Diedrich et al., 2016). Therefore, in light of the growing body of the literature, obsessive beliefs play an essential role in dysfunctional compulsive behaviors seen in OCD (Diedrich et al., 2016). The association is being structured in the following manner, which is that discomfort of negative emotions resulting from maladaptive beliefs might be diminished or neutralized by several compulsions in OCD (Diedrich et al., 2016). In Cognitive Behavioral Model, intrusive thoughts contribute obsessions through negative appraisals such as distortions about threat perception and importance of the thoughts (Clark, 2004). In light with this view, obsessive beliefs were classified as need to control thoughts, inflated responsibility, overestimation of threat, intolerance to uncertainty, perfectionism, importance of thoughts in a scholar work conducted by Obsessive Compulsive Cognitive Work Group (OCCWG) (Yorulmaz, Çulha-Güngör, & Gökdağ, 2019).

In *need to control thoughts*, the need to control one's thoughts arises especially when individuals believe that controlling these thoughts is possible (Önder, 2019). Further, failure of controlling thoughts cannot easily be tolerated by individuals due to the belief that this failure will have detrimental consequences (Clark, 2004). Consistent with the previous study, individuals with OCD might feel distressed when they fail to control their thoughts or urges in order to minimize risk of harm (Weed, 2022). Another study also suggested that while individuals experience a strong desire to control their thoughts in order to prevent distress, they also exhibit a tendency to control environmental stimuli through behavioral compulsions (Sandstrom et al., 2024). Moreover, the relationship between *importance of*

thoughts, *need to control thoughts*, and OCD symptoms severity was indicated in the recent studies (Weed, 2022). Similarly, the *need to control thoughts* was demonstrated to be significantly associated with obsessiveness and mental rituals as overt compulsions in OCD (Miegel et al., 2023). Besides, sexual, religious, and violence obsessions are found to be more associated with this domain (Önder, 2019).

In the *importance of thoughts*, individuals believe that their thoughts are important and the process of thinking a certain thought is also meaningful (Clark, 2004). Individuals might overemphasize their thoughts through giving a meaning to their thoughts (Mahaffey, 2009). Building on a prior study, one of the main reasons for developing OCD is giving special consideration to one's own thoughts (Rachman & Shafran, 1999). In addition, one of the cognitive functions under the belief that one's thoughts are important and meaningful was found to be related to thought-action fusion (TAF) (Weed, 2022). Through TAF, which is that one's thought has a possibility to perform an action, individuals might believe that their thoughts can raise or decrease the occurrence of a real-life event (Önder, 2019). To further elaborate, there are two aspects of TAF, which are moral base and probability base (Rachman & Shafran, 1999). In the moral base of TAF, individuals have a belief that their thoughts are equally inappropriate with the crystallization of those thoughts into actions (Rachman & Shafran, 1999). Whereas, in the probability base of TAF, the belief that there is a probability of the realization of thoughts plays a fundamental role (Rachman & Shafran, 1999). In alignment with these, a study found that individuals having OCD also have higher scores on TAF (Pettigrew, 2022).

In *inflated responsibility*, the individual feels an exaggerated feeling of being responsible for a negative event, even though the negative event was not directly related with the individual (Önder, 2019). Pre-existing studies examining theoretical framework of OCD suggested that *inflated responsibilit*y is the key factor for emergence of obsessions and compulsions (Salkovskis, 1985). As outlined above, overwhelming feelings of responsibility engendered in childhood might present a risk for misinterpretation of intrusions leading to obsessions (Clark, 2004). In line with these, responsibility levels individuals have and obsessive predispositions were found to be positively associated (O' Leary, Rucklidge, & Blampied, 2009). Similarly, another research indicated that lessening *inflated responsibility* might alleviate the occurrence of compulsions (Menzies et al., 2000). Also, another important study found that individuals with low levels of perceived responsibility display fewer checking compulsions (Clark, 2004).

Also, *overestimation of threa*t beliefs are more likely to associated with a feeling of danger in various circumstances (Weed, 2022). One of the existing studies showed that expectations of threat also play a fundamental role in the development of OCD (Menzies et al., 2000). The literature underscored that individuals with OCD overestimate and misinterpret the severity of various risks (Clark, 2004). Further, another study indicated that individuals with an OCD diagnosis might overemphasize the negative consequences of their actions. Individuals diagnosed with OCD tend to exhibit heightened caution toward potential dangers in their environment, engaging in excessive avoidance and overprotection compulsions as a mean to alleviate the risks of expected threat (Menzies et al., 2000). The checking compulsions are mostly observed in accordance with *overestimation of threat* (Miegel et al., 2023). *Overestimation of threat* is mostly associated with enhanced anxiety levels and has an ego-dystonic nature (Clark, 2004). According to a study, it was claimed that contamination obsessions are more likely to be connected with *inflated responsibility* and *overestimation of the threat* domain of obsessive beliefs due to the fear of suffering from an illness (Önder, 2019; Menzies et al., 2000).

Taking into account *intolerance of uncertainty*, individuals having OCD are less prone to tolerate distress resulting from uncertainty due to the interpretation of uncertainty as a threat (Weed, 2022; Bauer et al., 2020). A notable study's findings suggested that *intolerance of uncertainty* belief significantly predicts OCD symptoms (Clark, 2004). As reported in another research, *intolerance of uncertainty* might predict OCD symptom severity (Reuther et al., 2013). Individuals with OCD have stronger tendencies to engage in maladaptive compulsive behaviors in order to obviate the distress resulting from ambiguity (Clark, 2004). Accordingly, symmetry obsessions and checking compulsions were found to be more related with *intolerance of uncertainty* (Önder, 2019). Also, hoarding OCD was associated with intolerance of uncertainty (Miegel et al., 2023).

Perfectionism leads to the belief that minor mistakes will result in significant and dreaded consequences (Clark, 2004). In line with the existing study, it was pointed out that *perfectionism* and OCD are positively associated (Bouchard, Rhéaume, & Ladouceur, 1999). In the similar vein, one of the most compelling studies revealed that *perfectionism* was the only obsessive belief that predicted OCD treatment results (Egan, Wade, & Shafran, 2010). In addition to these studies, another study also found that individuals with high levels of *perfectionism* often tend to exaggerate their sense of responsibility (Bouchard, Rhéaume, & Ladouceur, 1999). Additionally, an existing study underscored that perfectionism contributes to exaggerated appraisals of responsibility (Clark, 2004). It has been suggested

that perfectionism might lead individuals to investing an undue amount of effort to prevent negative circumstances. Thus, perfectionism may nourish the exaggerated appraisals of responsibility in cases where negative circumstances cannot be avoided.

1.3. Social Media Use

The term social media has been defined as a mobile or an online technology providing users with creating contents, communicating with each other, sharing information and maintaining sociability through reciprocal interactions such as comments and direct messages (Ariel & Avidar, 2015). After the launch of the social media network site, Six Degrees, in 1997, LinkedIn and Facebook were launched in 2002 and 2006, respectively (Holtzheimer, 2024). Nowadays, most common social media platforms were listed, which are YouTube, Instagram, Facebook, WhatsApp, TikTok, Telegram and X (Twitter) (Hall, 2025). It is worth noting that social media use has inevitably increased in the world. Between the years 2000 and 2020, the numbers of the internet users increased approximately ten times (Ostovar et al., 2021). According to statistical data, 80% of the general population using the internet is also an active member of at least one social media platform (Kircaburun et al., 2020). Also, as signified by the statistical data in 2019, 85% of U.S. adolescents stated that they have joined YouTube, while 72% of U.S. adolescents reported that they have registered on Instagram (Stockdale & Coyne, 2020). A recent study have shown that most of the users of the internet belong to Middle East populations (Ostovar et al., 2021). Correspondingly, TUIK's data conducted in 2023 reporting that 73.1% of the Turkish population use social media (Sarialioğlu & Oluç, 2024). Additionally, a study underscored that young age groups are more likely to constitute the majority rate of social media use (Kircaburun et al., 2020). In the age range of 18-29 years, 88% of these age group actively use at least one of the social media platforms in their life (Kircaburun et al., 2020). In line with these statistics, another study pointed out that concerning rates of problematic social media use draw attention with the rates of 7.3% to 11.6% in a sample of Dutch adolescents (Barbar et al., 2021).

COVID-19 pandemic is a pivotal turning point of social media and the internet engagement. It has been known that coronavirus has spread to approximately 24 countries (Gao et al., 2020). After the first case of coronavirus observed in China in 2019, most of the countries around the world raised an alarm and adopted preventive precautions (Gao et al., 2020). The World Health Organization (WHO) indicated that the process the whole world was currently in has been a pandemic in March 2020 (Wojtaszek & Saules, 2022). The

uncertainty of the corona virus's effects led governments to implement strict laws such as; shutting down public places like schools, encouragement of social distancing in daily life, and lockdowns in most of the countries around the whole world as solutions for preventing coronavirus contamination. In line with these circumstances, people have started to change their lifestyles and tried to adapt to the new conditions. Most of the schools switched to online education programs and many companies conducted their business via online platforms in various countries including Turkey. After the transition to online education, which began in Turkey in March 2020, the significant increase in the internet usage was observed particularly among young people (Parlak-Sert & Başkale, 2023). Correspondingly, social media use significantly boosted during the pandemic in comparison with the pre-pandemic era (Berg & Webler, 2021). One of the main motivations for excessive use of social media was staying informed about the ongoing advancements. The Uses and Gratification Theory also indicated that fundamental motivations to use social media are mostly depend on individuals' needs, which are socialization, seeking information, development of identity, and mood regulation (Usman, Huma, & Akbar, 2025).

After the integration of social media into our lives, communication has transformed rapidly (Youssef et al., 2021). Social media users have a chance to communicate with each other easily through commenting on their posts or direct messages (Youssef et al., 2021). Further, it is indisputable that through social media getting or sharing information and staying updated has become effortless (Stinson & Dallery, 2023). As has been proposed, we have lived in the information age (Ariel & Avidar, 2015). Individuals effortlessly acquire, produce and share information through social media; thus, social media has gained a central role in our lives. Although the place of social media in our lives is inevitably contemporary, its problematic use has also become prevalent. An increasing trend in the literature indicated that immoderate use of social media might elevate misuse of social media and addictive predispositions toward the platforms (Malaeb et al., 2021). Further, another study also emphasized that various mechanisms on social media platforms encouraging individuals to share and post more on social media may lead to addictive or compulsive use of those platforms (Holtzheimer, 2024).

1.3.1. Definition of problematic social media use

The Problematic Social Media Use (PSMU) is a complex phenomenon because of diverse factors contributing to the concept (Kircaburun et al., 2020). There are different terms expressing excessive use of social media, which are PSMU and social media addiction (Stinson & Dallery, 2023). One of the recent studies underscored that PSMU was conceptualized as a behavioral addiction (Sireli, Dayi, & Colak, 2023). To further elaborate, PSMU includes excessive engagement in social media, such as Instagram, Twitter etc., with impairment in the individual's life, feeling distress and negative emotions due to unavailability of social media platforms or not being active in the platforms (Vogel et al., 2021). Over and above that PSMU refers to a significant preoccupation with social media accompanied by various withdrawal symptoms seen in substance addictions. Also, in a similar way, the symptoms indicative of PSMU are correlated with the symptoms consisted with substance addiction (Raudsepp, 2019). Therefore, it has been considered that PSMU is closely connected with addictive predispositions. In the existing research, it was emphasized that behavioral addictions are complex phenomena shaped by several factors such as biological tendencies, traits, and individual attitudes, each contributing to the mechanism of addictions (Ostovar et al., 2021).

1.3.2. Contributing factors to problematic social media use

One of the main determinants contributing PSMU is individuals' personality characteristics (Kircaburun et al., 2020). A study has demonstrated that low levels of agreeableness and neuroticism in Big Five Personality Traits were found to be related to PSMU (Vogel et al., 2021). On the contrary, according to another study's findings, the neuroticism personality trait is not directly associated with PSMU and problematic internet use, however, it was claimed that neuroticism might be mediated by other factors engaging in PSMU. Also, recent research indicated that higher levels of consciousness was also connected with low risk for PSMU (Sánchez-Fernández et al., 2024). Besides, sensation-seeking is also another factor was intertwined with immoderate social media use (Shoshani et al., 2024). In a similar vein, a recent study has indicated that social media usage was significantly associated with elevated levels of risk taking (McCutcheon et al., 2024). In addition to personality characteristics, lack of parental guidance and autonomy gained during adolescence phase might also influence social media engagement (Stockdale & Coyne,

2020). Another study also underscored the importance of awareness, having received education and social support in preventing social media addiction (Aktan, 2018). In addition to these factors, an additional point to consider is that individuals exposed to maltreatment in their childhood are more vulnerable to engage in PSMU and other examples of maladaptive social media use (Price et al., 2022). Considering studies related to gender, it is noticeable that females are more susceptible to develop addictive social media use (Shoshani et al., 2024). It was also highlighted that males have more tendencies to engage in online gaming and watching videos on the internet (Shoshani et al., 2024). Besides, females have stronger tendencies to develop a greater dependency on social media and online shopping (Dailey et al., 2020). Similarly, another study also indicated that females are more likely to spend time on social media compared to males (Simsek, Elciyar & Kizilhan, 2019). In addition, a study has shown that adolescent girls reported social media addiction more compared to adolescent boys (Sommerfeld & Dror, 2025). On the contrary, some studies did not find a significant difference between genders based on PSMU levels. In a study, it was demonstrated that no meaningful variation was observed between female and male participants' social media addiction levels in a Turkish sample (Aktan, 2018). Also, an important assertion has been made that gender minorities are more susceptible to PSMU (Vogel et al., 2021). In addition, an association has been found between developing PSMU and how long one has been active on a social media platform (Aktan, 2018).

Furthermore, age is among the most salient elements in explaining social media use. Younger age groups demonstrated elevated predispositions for engaging in PSMU compared to older age groups (Vogel et al., 2021). It was also stated that university students, are at high risk for engagement with PSMU (Sánchez-Fernández, 2024). The study including Turkish adolescents found that 93.1% of the participants have a social media account with the high usage of Instagram and YouTube (Kudubes & Efe, 2024). Moreover, a growing body of the literature explained major factors impacting social media use of adolescents. According to one of those studies, adolescence is a formative period for identity development, shaped by the impact of social interactions and unique experiences, which encourage them to use social media platforms to address their pivotal necessities such as belongingness to a group and receive approval from peers (Holtzheimer, 2024). The brain regions associated with dopamine, one of the important neurotransmitters, show increased activity in adolescence contributing to the higher susceptibility to rewards (Holtzheimer, 2024). Due to the fact that social media platforms comprise of reward mechanisms, such as social approval, adolescents can easily adopt addictive behaviors compared to adults

(Holtzheimer, 2024). Moreover, considering that the prefrontal cortex, which plays an essential role in decision-making, logical thinking and behavioral control, has not fully developed in adolescents, this period of the development may be a risk factor when it comes to use online platforms and the ability to regulate or terminate such misuses (Holtzheimer, 2024).

Additionally, individuals with vulnerabilities such as having predisposition to psychiatric disorders are more prone to engage in PSMU (Vogel et al., 2021). Existing psychopathologies in individuals were associated with intense preoccupation with online platforms (Ostovar et al., 2021). A recent study emphasized that mental health symptoms and elevated social media engagement were intertwined with jointly (Shoshani et al., 2024). Correspondingly, depressive symptoms and negative affects were significantly associated with engaging in higher levels of PSMU (Vogel et al., 2021). Similarly, another research also mentioned that individuals experiencing depressive symptoms and distress have a heightened vulnerability for excessive internet use (Anand et al., 2022). Moreover, another finding suggested that psychological distress might be a determinant that increases the susceptibility of engaging in PSMU (Sánchez-Fernández et al., 2024). A recent study indicated that anxiety was strongly linked with repetitive use of social media (Hu, 2023). One of the recent studies also revealed that higher screen time on social media was significantly related to higher anxiety levels (Malaeb et al., 2021). Similarly, a recent study indicated that GAD highly contributes to the social media use and the symptoms of GAD were found to be strongly connected to frequent social media use (Hu, 2023). To expand upon these findings, maladaptive emotions such as Fear of Missing Out (FOMO), which is feeling distress for being excluded due to being not online in the social media, while others experience positive feelings, was found to be associated with maladaptive smartphone use (Holte et al., 2024). Another recent study also revealed that elevated levels of distress can increase FOMO, in which turn to elevate PSMU (Kuss & Griffiths, 2017). As indicated, young adults were at increased risk for encountering FOMO; accordingly, young age groups often might tend toward PSMU (Akyol et al., 2021). Taking into account these results, the importance of negative emotions on excessive usage of social media has acquired prominence in the recent studies (Shoshani et al., 2024).

1.3.3. Problematic social media use and mental health

Through a scholarly inquiry, it was revealed that there is a positive correlation between higher screen time on social media and mental health issues (Fardouly et al., 2020). Based on the findings of the recent study, the internet addiction was mostly comorbid with psychiatric disorders (Ostovar et al., 2021). A study found a strong connection between social media exposure and various psychosocial consequences as shown by a study conducted during the coronavirus pandemic (Gao et al., 2020). Also, it was proposed that excessive use of the internet might negatively impact particularly mental well-being of young age groups (Ostovar et al., 2021). A recent finding emphasized time dedicated to social media and odds of mental health issues was positively related (Fontana, 2024). In a study, a moderate relationship between PSMU and depression has been emphasized (Shannon et al., 2024). Also, higher levels of PSMU were associated with elevated depressive symptoms (Malaeb et al., 2021). Moreover, another recent study revealed that Facebook addiction was significantly and positively correlated with depressive symptoms (Watson et al., 2020). Besides, a growing body of research emphasized that adolescents with high depressive symptoms might exhibit a higher propensity to engage in excessive internet use with a view to reducing sense of alienation (Pluhar et al., 2019). In a separate study also found a relationship between the occurrence of depressive symptoms and PSMU through the mediator role of rumination (Watson et al., 2020). Similarly, a study demonstrated that elevated depressive symptoms and feelings of loneliness were associated with higher engagement with the internet addiction (Ostovar et al., 2021). Taken together, individuals having major depressive disorder attained a high ranking on social media addiction (Dailey et al., 2020).

An association between anxiety and time dedicated on online platforms was revealed during the pandemic (Gao et al., 2020). The relationship between PSMU and having social anxiety was also pointed out in a recent study (Youssef et al., 2021). In line with these findings, it has been suggested that social media may be a comfort zone to interact with others for adolescents and children having marked levels of social anxiety resulting in problematic usage. Correspondingly, PSMU was associated with low well-being and low self-esteem particularly in the young age group (Sireli, Dayi, & Colak, 2023). Furthermore, there was an association between PSMU and alexithymia, which is one of the mental health problems leading to difficulties in expressing and discernment of emotions (Youssef et al., 2021). In addition to these studies, it was emphasized that ADHD might be a risk factor for

internet overuse particularly in children (Pluhar et al., 2019). Similarly, that study noted that excessive time dedicated to be online might lead youths to experience ADHD symptoms (Pluhar et al., 2019). Also, the literature pointed out the association between excessive use of social media and deprivation of sleep (Dailey et al., 2020). On the contrary, one of the studies in the literature pointing out that there is no notable association between PSMU and mental health problems indicating that engaging in social media platforms might boost individuals' mental health through enhanced social interactions (Fardouly et al., 2020).

1.3.4. Problematic social media use, obsessive compulsive disorder and obsessive beliefs

According to the literature, a strong link between digital media consumption and OCD was indicated (James et al., 2017). A recent study revealed that there is an association between PSMU and various psychopathological factors (Malaeb et al., 2021). It was suggested that social media addiction and other behavioral addictions are linked with diverse psychopathologies such as OCD (Shoshani et al., 2024). Moreover, strong urge to be online on social media might result in using social media within a compulsive manner (Kuss & Griffiths, 2017). PSMU can be characterized as a constant checking tendency towards social media profiles such as their number of likes their posts received (Youssef et al., 2021). This suggested conceptualization largely accentuates the compulsive aspect of PSMU. According to one of the studies, a positive link between the severity of OCD symptoms and social networking site addiction was revealed (Lee, 2021). In light with these findings, another study demonstrated that an association was indicated between OCD and addictive use of social media (Andreassen et al., 2016). The results of the study suggested that OCD symptom severity may contribute to PSMU (Andreassen et al., 2016). Similarly, a recent study revealed that increased OCD severity can elevate PSMU such as compulsively checking posts on social media with the mediator role of FOMO and anxiety levels (Holte et al., 2024). Based on this finding, it has been suggested that social comparison and need for belongingness might also contribute to the FOMO as well as engagement with PSMU (Beyens, Frison & Eggermont, 2016).

Furthermore, in another recent study, a significant association was highlighted between OCD symptoms and PSMU (Williams, 2024). Moreover, it was emphasized that psychological vulnerabilities and having mental disorders are one of the inevitable factors that are related with engaging in PSMU (Akyol et al., 2021). Similarly, a study demonstrated

that a positive association exist between OCD symptoms and the internet addiction (Avci, Karaoglan Yilmaz, & Yilmaz, 2023). In the same study, the predictiveness of elevated OCD symptoms in the higher levels of the internet addiction was indicated (Avci, Karaoglan Yilmaz, & Yilmaz, 2023). It has been suggested that individuals with OCD can experience difficulties in self-regulation which may result in difficulties in managing their usage of social network sites. Besides, a recent study also revealed that addiction toward social network site also contributes to the severity of OCD symptoms (Lee, 2021). It might be considered that higher levels of PSMU may also nourish and maintain maladaptive behaviors. A recent study indicated that cognitive distortions, maladaptive belief patterns, and psychological distress can enhance engaging in PSMU (Sánchez-Fernández et al., 2024). Cognitive Behavioral Model emphasized that maladaptive cognitions might be integral to the mechanism of social networking site addiction as well as maladaptive digital behaviors (Kuss & Griffiths, 2017). Similarly, the existing literature demonstrated that cognitive distortions significantly and positively predict elevated engagement with PSMU (Sánchez-Fernández et al., 2024).

In a recent study, a model pointing out the role of obsessive beliefs as well as rumination of cognitive distortions in the internet addiction was proposed in accordance with the prior research (Ostovar et al., 2021). One study involving Turkish participants found a positive link between PSMU and negative responses to uncertainty through the scope of dysfunctional coping strategies and FOMO (Sun et al., 2022). Moreover, low tolerance for uncertainty were associated with increased social media and the internet use (Wojtaszek & Saules, 2022). A study indicated that one of the reasons for this relationship might be that social media use may be a coping strategy for excessive distress resulting from distorted beliefs (Hu, 2023). Additionally, according to one of the studies, perfectionism might have an essential role in engaging in maladaptive repetitive behaviors (Taymur et al., 2016). Individuals with perfectionism may also tend to spend more time on social media and the internet due to their need for social approval and their tendency to compare themselves with others. Similarly, a distinct study found that maladaptive perfectionism contributes to problematic internet use and vice versa. Furthermore, the belief that one must control their thoughts is one of the prominent predictors of the development of many types of addiction (Balıkçı et al., 2020). One of the recent studies indicated the predictor role of the need to control thoughts in social networking site use (Balıkçı et al., 2020). In the same vein, a recent study indicated that participants, who engage more in PSMU, have higher scores on the need to control thoughts (Casale, Musicò, & Spada, 2021).

1.4. Doomscrolling

1.4.1. Definition of doomscrolling

Doomscrolling is a newly formed term that became popular during the pandemic. A recent study suggested that the term doomscrolling has recently entered our lives, yet the behavior or act associated with the doomscrolling concept has been studied in the contemporary studies (Hu, 2023). The term can be defined as consuming negative news through scrolling the feeds of the various social media platforms frequently, compulsively and mostly unintentionally, although the information or the content of the news lead to negative feelings and distress for that person (Sharma, Lee, & Johnson, 2022). The term was initially used by Karen Ho, who is an economics reporter, in 2018 via X (Güme, 2024). Although the term doomscrolling was mentioned in 2018 by Karen Ho, the term came into prominence with the start of the pandemic (Güme, 2024). During the pandemic, the term doomscrolling found its place in several dictionaries such as Merriam-Webster dictionary, which is one of the most reliable dictionaries in USA, as a concept of spending considerable time through scrolling sad and negative news online (Merriam-Webster, 2020). However, it was also pointed out that the term doomscrolling is a concept that has not been conceptualized and investigated sufficiently (Buoncompagni, 2023).

1.4.2. Conceptual background

COVID-19 pandemic was a life changing experience for many people all over the world. Along with the interruption of face-to-face communication, the uncertainty, distress and lack of information during the pandemic, individuals' habits of reading news on social media platforms increased in order to stay informed about the state of affairs (Güme, 2024). During the pandemic, increased rates of news consumption were reported based on the Reuters Institute Digital News Report (Ytre-Arne & Moe, 2021). Approximately 60% of the US participants in a study asserted that they preferred social media platforms to follow coronavirus-related news (Zappia & Makri, 2022). Correspondingly, the news consumption during COVID-19 pandemic significantly increased even among young age groups contrary to the pre-pandemic period (Buoncompagni, 2023). Mentioned by a study, individuals frequently scroll social media feeds in order to stay informed about COVID-19 news, preventive precautions and restrictions (Zappia & Makri, 2022). As mentioned in distinct

research, social media stands as one of the primary channels of disseminating COVID-19 information (Gao et al., 2020). After the COVID-19 pandemic, consumption of negative news through the internet and social media platforms has increased in the context of the global warming, climate crises and the conflict between Ukraine and Russia (Neijzen, 2024). Therefore, nowadays, consumption of negative news have been raising ineluctably through increased use of social media and ease of accessing information via the internet (Berg & Webler, 2021).

Considerable exposure to negative news on social media to seek information in order to be informed and cope with uncertainty has led researchers to focus on this new term. Motivation for information seeking is primarily driven by the need to cope with demanding circumstances or threats. According to the literature, doomscrolling behavior is unintentional, automated and it is a form of passive consumption of negative news regardless of distress caused by the negative news without engaging in social interaction such as sharing with others or commenting on the posts (Sharma, Lee, & Johnson, 2022). Even though the act of doomscrolling started for a sake of purpose, which is consciously logging in to the social media platforms for obtaining information against the uncertain and threatful circumstances, the act leads individuals to find themselves looking at negative news without being aware of it. Over and above that social media platforms' charming features such as notifications and the content algorithms might feed the automated side of doomscrolling behavior. Individuals generally pursue ways to seek information in order to reduce stress experienced against an uncertain circumstance; however, in situations, where the obtained information is not satisfactory, individuals can experience more distress and make more efforts to seek further information (Berg & Webler, 2021). As a result, time spent on social media feeds and exposure of the negative news increases inevitably. As mentioned in a contemporary study, there was a positive association between doomscrolling and time spent on social media (Güme, 2024). Moreover, a recent study demonstrated that there was a positive connection between doomscrolling and FOMO, which is a negative emotion that alerts individuals to be online on social media in order not to miss connection with others (Güme, 2024).

1.4.3. Contributing factors of doomscrolling

It has been mentioned that the human brain might selectively pay more attention to negative stimuli in order to perceive threats, adapt to new conditions and maintain their

existence (Williams, 2022). This characteristic of the human brain might explain individuals' predisposition to monitor negative news, even though such news can provoke negative emotions (Williams, 2022). Correspondingly, the inner urge to uncontrollably and unintentionally scroll dreaded news on social media might be similar to individuals' fascination with horror movies, both of which can lead to negative emotions such as distress (Ytre-Arne & Moe, 2021). Therefore, doomscrolling might be linked to an urge to remain vigilant through monitoring news in order to be informed about what is happening.

Although the term doomscrolling has recently entered to the literature, there are studies investigating the factors associated with doomscrolling, as well as individual characteristics that may be related to the tendency to doomscroll. In line with a lately published study, young individuals are at high risk of doomscrolling parallel with the young generation's habit of the internet and social media use (Güme, 2024). In addition, individuals with lower socioeconomic status might engage in doomscrolling more (Güme, 2024). Taking into account personality characteristics, individuals, who are high in neuroticism, sensation-seeking and negativity bias, were found to be more prone to perform doomscrolling (Sharma, Lee, & Johnson, 2022). Accordingly, contemporary research revealed that elevated risk appraisal and high efficacy were associated with doomscrolling behavior (Berg & Webler, 2021). On the contrary, another study indicated that individuals, who have high conscientiousness, extraversion and agreeableness, were less likely to engage in doomscrolling (Satıcı et al., 2022). Also, a recent study revealed that having high resilience might be a protector factor for engaging with doomscrolling (Güme, 2024).

Moreover, anxiety and uncertainty are one of the pioneering underlying factors for doomscrolling. Political psychologists' findings revealed the provoking role of anxiety in information seeking behavior (Ytre-Arne & Moe, 2021). In one of the studies, which consisted of Turkish participants, who have experienced the earthquake with 7.7 magnitude in Kahramanmaraş, it was claimed that psychological distress caused by the earthquake enhanced the likelihood of doomscrolling, while future anxiety mediated the relationship between psychological distress and doomscrolling (Güme, 2024). Furthermore, according to another study, individuals having anxiety were more prone to engage with doomscrolling (Türk-Kurtça & Kocatürk, 2025). The recent findings indicated that anxiety might trigger intolerance of uncertainty, which in turn contributes elevated doomscrolling (Türk-Kurtça & Kocatürk, 2025). Notably, it has been considered that ambiguity might also be involved in enhanced anxiety levels in individuals and it may also increase the need for seeking

information even though the seeking information process leads to negative emotions and higher amounts of anxiety.

1.4.4. Doomscrolling and mental health

Nowadays, studying the relationship between doomscrolling and mental health become increasingly significant. A recent study indicated that doomscrolling is negatively correlated with the participants' mental health (Li & Qiu, 2023). A distinct study also demonstrated an association between mental health problems such as depression and excessive exposure of social media (Gao et al., 2020). Correspondingly, constant consumption of negative news might engender the likelihood of mental health problems such as anxiety as well as fatigue (Zappia & Makri, 2022). Negative emotions such as despair was also significantly connected to doomscrolling (Taskin et al., 2024). According to a study published during the COVID-19 pandemic, significant consumption of negative coronavirus related news elevates individuals' depression and anxiety levels (Riehm et al., 2020). In accordance with these findings, associations between doomscrolling, depression and anxiety have shown in one of the contemporary studies (McCutcheon et al., 2024). Furthermore, individuals with higher scores in GAD symptoms are at more risk to engage in doomscrolling as a coping mechanism against the anxiety they possess (Hu, 2023). Similar to previous findings, another recent study also demonstrated a positive association between consuming negative news and enhanced distress levels, whereas negative news consumption and well-being were negatively associated (Taskin et al., 2024). In addition, excessively consuming negative news might bring about problems with sleep and occurrence of acute stress indicating impairments in everyday life (Buoncompagni, 2023). Elevated irritability and lack of emotion regulation in addition to lack of quality in sleep were also connected with doomscrolling behavior (Usman, Huma, & Akbar, 2025). Also, the literature emphasized the connection between doomscrolling and post-traumatic stress disorder symptoms (Güme, 2024). Following negative news manifesting as a secondary trauma was significantly associated with post-traumatic stress disorder and depression (Taskin et al., 2024; Price et al., 2022). These findings were parallel with a recently published study indicating that doomscrolling was negatively associated with well-being of the individuals (Kartol, Üztemur, & Yaşar, 2025).

1.4.5. Doomscrolling, obsessive compulsive disorder and obsessive beliefs

A recent study in the field emphasized that when individuals encounter uncertainty, they might develop maladaptive behaviors, which provide individuals with only short-term relief (Kaya & Griffiths, 2025). A contemporary study suggested that compulsively surfing dreaded news on social media might be perceived as a maladaptive online behavior (Kaya & Griffiths, 2025). The definition of compulsive behavior was proposed as unintentionally inner urge to engage in various behaviors that might have hazardous impacts on one' s own life or others (Lee, Park, & Tam, 2015). Therefore, repeatedly and severely checking one's own smartphone and social media accounts may be a form of compulsive behaviors (Lee, Park, & Tam, 2015). An existing study indicated that compulsions observed in OCD might be a strategy to cope with distress resulting from diverse obsessions and negative consequences (Sandstrom et al., 2024). In parallel with this view, doomscrolling has been suggested as a result of a strategy to comprehend uncontrollable circumstances and to cope with negative events to reduce anxiety as well as fear (Türk-Kurtça & Kocatürk, 2025). Similarly, a contemporary study suggested that doomscrolling functions as a compulsive act in individuals with OCD diagnosis (Myers, 2024). Also, a related study indicated that doomscrolling might be comprehended as an obsessive attachment to negative contents and incidents through social media platforms (George et al., 2024). During the pandemic, increased distress and uncertainty might have led the public to become more preoccupied with negative events such as the fear of being contaminated. This interpretation aligned with a study examining frequency of consuming news related with earthquakes conducted with Turkish population during the devastating earthquakes seen in Türkiye (Taskin et al., 2024). Therefore, individuals with obsessive tendencies might have heightened engagement with doomscrolling in order to alleviate distress by expecting to have obtained information related to uncertainty.

Moreover, an important study also mentioned that individuals may find themselves in need of seeking reassurance in circumstances marked by uncertainty with the aim of mitigating potential threats (Einstein et al., 2024). A study done during COVID-19 pandemic revealed that particularly health workers had fear of contamination and fear of dying from coronavirus in the initial phases of the pandemic (Beck & Daniels, 2023). These fears might lead individuals to acquire information that provides a sense of safety and seeking reassurance related to dreaded situations. During the pandemic, most of the individuals had monitored news for reassurance as a result of ambiguity of the pandemic (Broersma & Swart, 2022). It has been suggested that the seeking reassurance might demonstrate itself as a threat-

related information seeking in COVID-19 pandemic. Another study conceptualized the threat-related information seeking as a compulsion in the context of malfunctioning coping behavior (Berg & Webler, 2021). During times of disasters and uncertain circumstances, the need to seek information might become more crucial in order to adapt to the evolving conditions. Following this line of thought, social media platforms could play a role in alleviating anxiety caused by disasters by providing access to relevant and constant information (Kartol, Üztemur, & Yaşar, 2025). One of the pioneering studies in the field examining threat-related information seeking, which is a similar concept with doomscrolling, stated that threat-related information seeking mostly emerged by uncertainty (Berg & Webler, 2021). In addition to previous finding, it has been proposed that uncertainty and resulting distress may be significantly related to doomscrolling (Sharma, Lee, & Johnson, 2022). Based on the findings of these studies, uncertainty plays a fundamental role in triggering individuals to acquire precise and sufficient information in regard to the ambiguous circumstances leading to the proceeding of scrolling news on various platforms.

Significantly, engaging in threat-related information seeking is more prevalent in individuals with OCD in addition to anxiety symptoms (Berg & Webler, 2021). Forms of threat-related information seeking behaviors such as reassurance seeking were strongly connected with OCD symptom severity (Berg & Webler, 2021). Similarly, increased rates of OCD symptoms during the COVID-19 pandemic were found to be associated with heightened information seeking pertaining to the pandemic and coronavirus via news (Zappia & Makri, 2022). Accordingly, another contemporary study demonstrated the difference between individuals with high OC symptom-like behaviors and low OC symptom-like behaviors in terms of requesting more information against an uncertain circumstance (Ruppin et al., 2023). According to the findings of the study, individuals with high levels of OC symptom-like behaviors displayed more efforts to seek further information (Ruppin et al., 2023). In addition, that study also indicated how individuals having OC predispositions were more likely to engage in compulsive information-seeking actions compared with the individuals with low levels of OC predispositions (Ruppin et al., 2023). In parallel with the existing findings, a positive association between obsessions related to earthquake and doomscrolling behavior was found in a lately published study (Kartol, Üztemur, & Yaşar, 2025).

In addition to these studies, it was shown that individuals with OCD symptoms have more difficulties neutralizing their own emotions when they were confronted with uncertainty (Holte et al., 2024). A study revealed that uncertainty has an essential role in

both enhancing OCD symptoms and maladaptive information seeking pertaining to a threat (Berg & Webler, 2021). In a study conducted with a group encountering with low relevance conditions, it was shown that participants having high intolerance of uncertainty inquire more questions compared to individuals having low intolerance of uncertainty (Bartoszek et al., 2022). To further elaborate, individuals having high intolerance of uncertainty often need to acquire more information related to the uncertain events (Einstein et al., 2024). Similarly, in another study, a positive association between intolerance of uncertainty and doomscrolling was indicated (Türk-Kurtça & Kocatürk, 2025). In the same vein, the role of intolerance of uncertainty in monitoring news related to the coronavirus and associated regulations was pointed out in a study performed during the pandemic (Sun et al., 2022). Thus, the absence of certainty and a drive for perceived safety might enhance the compulsive information seeking related to current events (Berg & Webler, 2021). Additionally, a positive association between exposure of social media and elevated sense of risk was also pointed out (Gao et al., 2020). Significantly, it has been considered that appraisals in threat perception also play an inevitable role in further urge to acquire more information (Gutteling & De Vries, 2017). Based on the findings of a study conducted during the pandemic, the group having slight concerns for coronavirus and its effects reported that they had less tended to monitor news compared to other groups (Broersma & Swart, 2022).

1.5. The Aim and Importance of the Study

After the COVID-19 pandemic, social media and the internet use elevate significantly with high credibility of news on social media (Berg & Webler, 2021). Due to the fact that our lives are more intertwined with various social media platforms, it might be significant to study its positive and negative impacts on our lives. While individuals all over the world experience how our lives are positively consolidated with social media platforms such as developing interpersonal relationships and economic profit during the coronavirus pandemic, the elevated use of social media also inevitably brings about consequences. One of the significant adverse effects of excessive use of social media is its potential impact on mental health of individuals. According to the literature, individuals with vulnerabilities are at high risk for developing maladaptive online behaviors and being more affected by the adverse impacts of social media (Berg & Webler, 2021). A growing body of research indicates a strong association between mental health problems such as depression and anxiety, and PSMU (Andreassen et al., 2016; Shannon et al., 2024).

As far as the relationship between OCD symptom severity and PSMU is concerned, the existing literature indicates a strong relationship between OCD symptom severity and PSMU. While studies in the literature show a significant relationship between these concepts, some of the studies emphasize the direction of the relationship through the predictive role of PSMU in the development of the various psychopathologies such as depression and OCD (Williams, 2024). On the contrary, one of the studies in the literature indicated that OCD symptom severity may also contribute to the development of PSMU (Andreassen et al., 2016). Similarly, another research also found that higher levels of OCD symptoms severity can increase the intensity of PSMU (Holte et al., 2024). Due to the fact that OCD is one of the prevalent mental health problems around the world, the current habit of social media use might be investigated in relation to how individuals with OC tendencies and maladaptive beliefs experience social media.

Furthermore, doomscrolling is a recent term, which is not fully conceptualized and studied with adequate research. It is notable that there is a lack of research examining the relationship between mental health problems and doomscrolling, with the exception of studies on depression and anxiety disorders. The definition of doomscrolling concept, which is compulsively scrolling and searching markedly negative news on various social media platforms, points out compulsive essence of the term (Satıcı et al., 2022; Kartol, Üztemur, & Yaşar, 2023). While doomscrolling is a concept involving scrolling news on social media feeds unintentionally, seeking information about ambiguous circumstances might be one of the key motivations to engage in doomscrolling. According to published studies, individuals with OCD symptom severity showed a stronger tendency to seek information in uncertain situations compared to individuals with low OCD symptom severity (Ruppin et al., 2023). Thus, understanding the likelihood of seeking information in individuals with higher levels of OCD symptom severity is significant to understand tendencies toward doomscrolling act and take precautions to prevent psychological harm. Hence, studying the relationship between OCD symptom severity and doomscrolling behavior is significant for understanding both the conceptualization of the term doomscrolling and the relationship between the doomscrolling and one of the most disturbing mental health problems.

The current study aims to examine the relationships among obsessive beliefs, OCD symptom severity, doomscrolling, and PSMU, and to test two proposed models. Given the novelty of doomscrolling as a construct, this study adopts an exploratory approach. In Model 1, obsessive beliefs are hypothesized to predict doomscrolling and PSMU through OCD symptom severity; in Model 2, obsessive beliefs are expected to predict doomscrolling

through both OCD symptom severity and PSMU. In the literature, it has been suggested that obsessive beliefs may be related to PSMU and doomscrolling (Ostovar et al., 2021; Berg & Webler, 2021). However, the mechanisms underlying these relationships remain unclear. Given the central role of obsessive beliefs in the development of obsessions, compulsions, and avoidance behaviors -as outlined by the cognitive-behavioral model- it is proposed that obsessive beliefs may contribute to maladaptive online behaviors—such as PSMU and doomscrolling—through increased OCD symptom severity. The Cognitive Behavioral Model highlighted the role of both cognitive intrusions and behavioral components, such as psychopathological symptoms, in maladaptive social media use (Ahmed & Vaghefi, 2021). Accordingly, the first hypothesized model aims to explain the relationship between obsessive beliefs, doomscrolling, and PSMU through OCD symptom severity, in line with the cognitive-behavioral framework (see Figure 1.1.).

The hypotheses of the Model 1 are as follows:

Hypothesis 1.1: There would be significant associations between obsessive beliefs, OCD symptom severity, PSMU, and doomscrolling.

Hypothesis 1.2: Increased obsessive beliefs would predict increased OCD symptom severity, which in turn would relate to higher levels of doomscrolling and PSMU.

Hypothesis 1.3: OCD symptom severity would mediate the relationship between obsessive beliefs and both doomscrolling and PSMU.

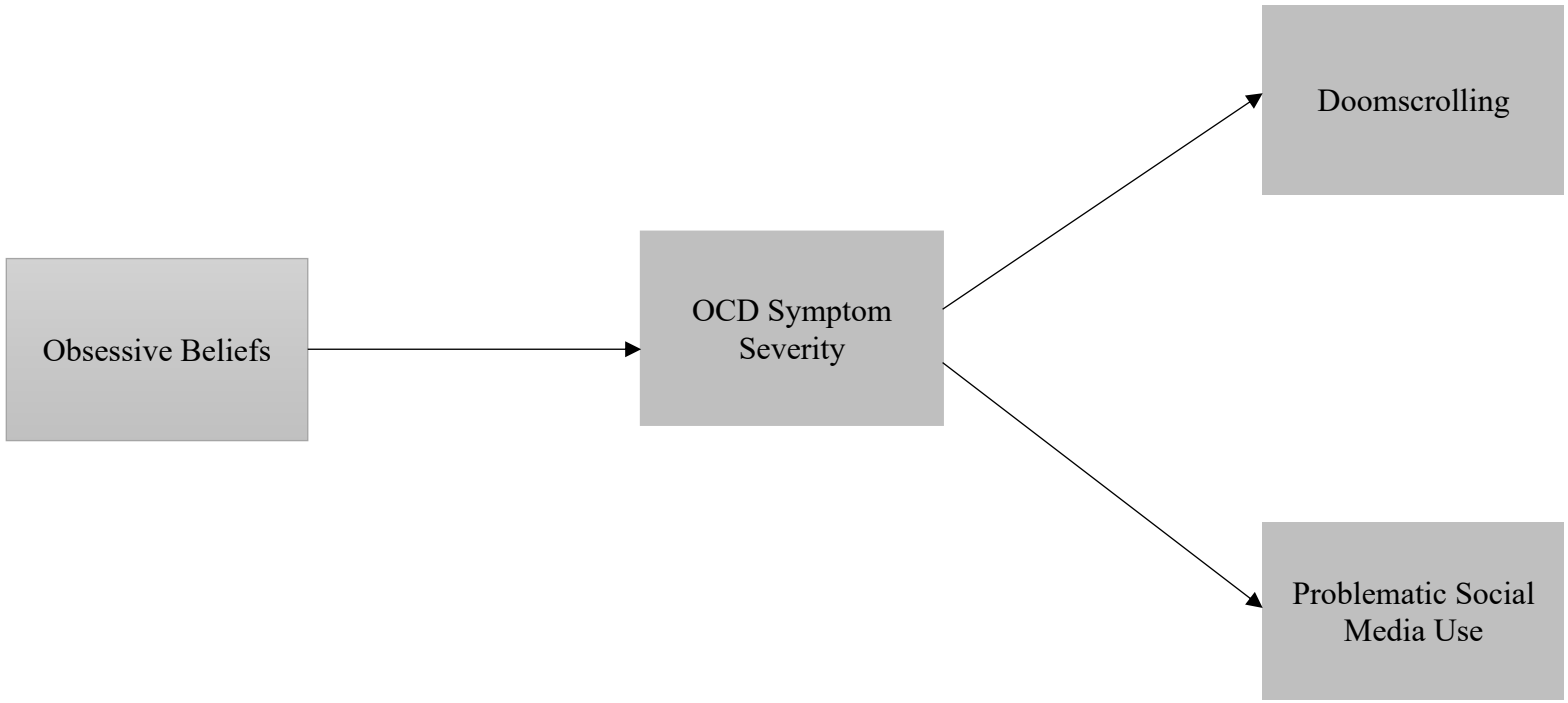


Figure 1.1. The First Hypothesized Model of the Study

Considering the conceptual and behavioral similarities between PSMU and doomscrolling, Model 2 was proposed to examine whether PSMU acts as an additional mediator in the pathway from obsessive beliefs to doomscrolling (see Figure 1.2.). In the literature, compulsivity and addiction were two constructs having similarities in definitions, however, the literature was also emphasized that these two constructs were not overlap with each other (Muela et al., 2022). The term doomscrolling embodied compulsivity in its definition, however, the term was also associated with addiction in some studies in the literature (Sharma, Lee, & Johnson, 2022; Shabahang et al., 2024). The behaviorist perspectives were used to explain the similarities between the two concepts, behavioral addiction and doomscrolling (Janiszewski & Laran, 2024). Based on the behaviorist perspective, environmental stimuli can reinforce addictive behaviors in order to seek pleasure (Janiszewski & Laran, 2024). For doomscrolling behavior, the behavior can be maintained in order to attain pleasure through decreasing the distress via seeking information. In the correlation analyses of the present study, a significant and moderately positive association between PSMU and doomscrolling was determined. This finding pointed out that doomscrolling might be also associated with the concept of addiction. Thus, it might be considered that the second proposed model of the study may encompass various psychological processes such as compulsivity and behavioral addictions that might be related to engagement in doomscrolling act. In light, the second proposed model may present a broader picture of whole relationships in order to comprehend doomscrolling behavior more fully. Accordingly, the second proposed model tests the mediating roles of OCD symptom severity and PSMU in the relationship between obsessive beliefs and doomscrolling.

The hypotheses of the Model 2 are as follows:

Hypothesis 2.1: Increased obsessive beliefs would predict increased OCD symptom severity and increased levels of PSMU, which in turn would predict increased levels of doomscrolling.

Hypothesis 2.2: OCD symptom severity and PSMU would mediate the association between obsessive beliefs and doomscrolling.

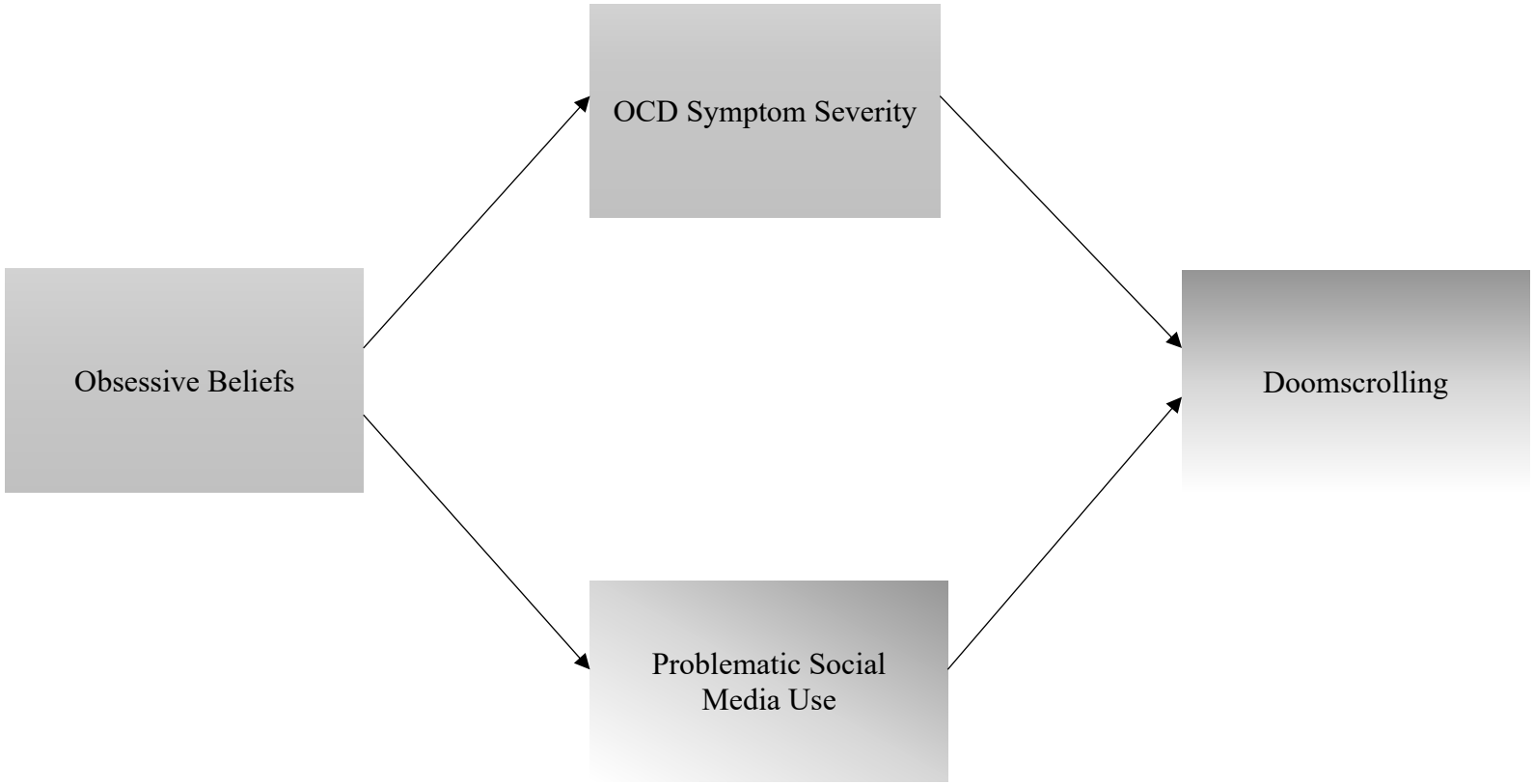


Figure 1.2. The Second Hypothesized Model of the Study

2. METHOD

2.1. Participants

The current study included participants between the ages of 18-60, who have been using at least one social media platform. In order to calculate sample size of the present study, N:q method was used. Initially, estimated parameters were determined in order to calculate adequate number of participants (Kline, 2005). In the present study, there were 6 estimated parameters in Model 1, and there were 8 estimated parameters in Model 2. In line with the 20:1 ratio, which indicates a strong power, the minimum number of participants for Model 1 was determined as 120, and 160 was determined for Model 2 (Kline, 2005). In the present study, the total number of participants reaching the current study was 474 before eliminating data of the participants that did not satisfy the criteria of the current study and did not finish the questionnaires. 2 participants not satisfying the age criteria of the current study and 18 participants having psychiatric diagnosis, which are GAD and obsessive-compulsive disorder, eliminated. The reason for excluding the participants with diagnosis of GAD was that the literature showed higher tendencies in engaging in doomscrolling behavior among individuals with elevated GAD symptoms (Hu, 2023). All of the participants in the current study have been using at least one of the social media platforms (X, Instagram etc.), thus there was no omitted participant due to this criterion of the study. Further, 123 of the total participants were omitted due to not finishing the questionnaires.

After the elimination procedure, 331 participants remained with no missing values. After the results of univariate and multivariate outlier analysis, the remaining data included 305 participants. Therefore, in order to conduct the study, 305 participants were involved in the analysis. The age range varied between 18 and 60 in the current study (M = 31.29, SD = 10.92). 209 (68.52%) of the total 305 participants were women and 96 (31.48%) of the total 305 participants were men in the current study. The social media platform favored by the vast of the majority of the participants, with %90.5 of the total participants, is Instagram. Secondly, %69.8 of the participants use YouTube. Also, %49.5 of the participants use X, %31.8 of them favored TikTok, %13.8 of them use Facebook and %6.6 of them use other social media platforms. The frequencies of the social media platforms in use and social media contents followed by participants presented in Table 2.1. Moreover, the social media

platforms predominantly utilized by participants to follow news are Instagram (60%) and X/twitter (59%). Other platforms utilized by participants to keep up the news are YouTube (26.6%), other (11.1%), Facebook (5.6%) and TikTok (4.3%), subsequently.

Table 2.1.

Frequencies of Demographic Information

Variables		N	Frequencies (%)
Gender	Women	209	68.52
	Men	96	31.48
Social Media Platforms	X	151	49.50
	Instagram	276	90.50
	TikTok	97	31.80
	Facebook	42	13.80
	YouTube	213	69.80
	Other	20	6.60
Content	Education	147	48.20
	Health	98	32.10
	Politics	150	49.20
	Entertainment	251	82.30
	Sports	110	36.10
	Other	51	16.70

Note. $N = 305$.

2.2. Measures

The current study will include the Demographic Information Form, the Turkish version of Vancouver Obsessive-Compulsive Inventory (VOCI), Turkish version of the

Obsessive Beliefs Questionnaire (OBQ-20), the Turkish version of the Bergen Social Media Addiction Scale and the Turkish version of the Doomscrolling Scale.

2.2.1. Demographic Information Form

The Demographic Information form (See Appendix 2 for Demographic Information Form) will be used for descriptive characteristics of the participants. Participants were asked about their age, gender, the social media platforms they use, the time they spend on social media daily, the types of content they most frequently view and whether they have received a psychiatric diagnosis.

2.2.2. Vancouver Obsessive-Compulsive Inventory (VOCI)

The Vancouver Obsessive-Compulsive Inventory (VOCI; Thordarson et al., 2004) will be used in order to examine the OCD symptom severity, avoidance behavior, personality characteristics regard as OCD, obsessions and compulsions in both clinical and non-clinical samples. Preceding the reliability and validity analysis of VOCI, Maudsley Obsessive Compulsive Inventory (MOCI) is one of the widely used inventory for assessing OCD symptom severity. Because of the dichotomous response option of MOCI, it restricts the adequate assessment of the severity of OCD symptoms. Thus, Thordarson et al., (2004) conducted reliability and validity of the VOCI through revision of MOCI. The VOCI includes 55 items. The inventory consists of 6 subscales, which are contamination, just right, obsessions, hoarding, checking and indecisiveness. The scale comprised 12 items related to contamination, 12 items related to just right, 12 items related to obsessions, 7 items related to hoarding, 6 items related to checking and 6 items evaluated indecisiveness (Thordarson et al., 2004). The inventory is a self-report tool consisting of a 5-point Likert scale ranging from 0 (not at all) to 4 (very much). Increased scores on the scale appear to correspond with a heightened severity of OCD symptoms. Also, no reverse items were included. The Cronbach alpha value of the VOCI was found in between 0.94 (Thordarson et al., 2004).

The Turkish version of Vancouver Obsessive-Compulsive Inventory (See Appendix 3 for The Vancouver Obsessive-Compulsive Inventory) was performed by Inözü and Yorulmaz (2013). Internal consistency of the Turkish version of the inventory was revealed as .96 (Inözü & Yorulmaz, 2013). The validity of the Turkish version of VOCI was computed as .85 (Inözü & Yorulmaz, 2013). In line with the reliability and validity results,

the Turkish version of VOCI has good psychometric properties. Also, the Cronbach Alpha value of the Turkish version of the present inventory was found .95 in the current study.

2.2.3. Obsessive Beliefs Questionnaire (OBQ-20)

The Obsessive Beliefs Questionnaire (OBQ; Obsessive Beliefs Questionnaire) was developed by Obsessive-Compulsive Cognitive Work Group (2001: 1003, 2005: 1534). The questionnaire aims to examine the obsessive beliefs related with OCD. The initial questionnaire includes 87 items with 6 dimensions, which are *intolerance of uncertainty, inflated responsibility, need to control thoughts, importance of thoughts, overestimation of threat*. Then, OBQ-44 was developed by OCCWG (2003, 2005) as a self-report measurement with 44 items and 3 dimensions, which are responsibility/overestimation of threat, importance/need to control and perfectionism/uncertainty. OBQ-44 consists of a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree). The OBQ-44 is a valid and reliable measurement, however, recently it developed the shortest versions of OBQ-44, which are OBQ-20 and OBQ-9. Moreover, OBQ-Short Form with 20 items, which is a reliable measurement with a Cronbach alpha value between .77 and .83 was developed by Moulding et al., (2011).

The Turkish version of the Obsessive Beliefs Questionnaire-20 (See Appendix 4 for Obsessive Beliefs Questionnaire-20) was adapted by Yorulmaz, Çulha-Güngör, & Gökdağ (2019). The questionnaire includes 20 items with a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree) (Yorulmaz, Çulha-Güngör, & Gökdağ, 2019). The Cronbach alpha value of OBQ-20 for four dimensions was found in between .77 and .79, thus it is a reliable questionnaire (Yorulmaz, Çulha-Güngör, & Gökdağ, 2019). Internal consistency in 4 dimensions, which are responsibility, overestimation of threat, perfectionism/uncertainty and importance/control of thoughts, of the questionnaires, accordingly, .79, .79, .77 and .79 (Yorulmaz, Çulha-Güngör, & Gökdağ, 2019). In addition, the Cronbach Alpha value of the Turkish version of the present questionnaire was found .90 in the current study.

2.2.4. Bergen Social Media Addiction Scale

The Bergen Social Media Addiction Scale (BSMAS; Andreassen et al., 2016) was used in the current study. The scale was developed in order to measure social media

addiction and the scale can be used in the adult population. With the scale, it was aimed to examine mood fluctuations, excessive preoccupation, encountered difficulties during cessation attempts and withdrawal symptoms related to social media use. The scale consists of 6 items with a 5-point Likert scale ranging from 1 (very rare) to 5 (very often) (Andreassen et al., 2016). Increased scores obtained from the scale indicate enhanced levels of social media addiction. Also, no reverse items included in the scale. Moreover, the Cronbach alpha value was found .88 (Andreassen et al., 2016). Therefore, the scale was found to be a reliable and valid measurement.

The Turkish version of the Bergen Social Media Addiction Scale (See Appendix 5 for the Bergen Social Media Addiction Scale) was adapted by Demirci (2019). The Cronbach alpha level of the scale in the working population was found .80. Moreover, the test-retest reliability was found .84 (Demirci, 2019). Thus, the scale is a reliable and valid measurement tool. Also, the present scale's Cronbach Alpha value was determined to be .83 in the current study.

2.2.5. Doomscrolling Scale

The Doomscrolling Scale (DS; Sharma, Lee, & Johnson, 2022) will be used in order to examine the doomscrolling act, which is scrolling negative news on various social media platforms. The scale is a 7-point Likert scale with 15 items. The Cronbach alpha value of Doomscrolling Scale was found as .84. The scale was completed in approximately 7-8 minutes. Sharma, Lee, & Johnson (2022) also developed the short form of the original scale with 4 items. The Cronbach alpha value of the short form of the original scale was found as .84 (Sharma, Lee, & Johnson, 2022). The psychometric properties of the short form of the original scale were examined with the Turkish population, however, it failed to demonstrate robust psychometric properties. Thus, adaptation studies of the scale into Turkish culture were carried out with the 15-item version of the scale. In line with the adaptation study, 6 items were included into the model and the psychometric properties of the new adaptation study were found slightly adequate. The Cronbach alpha value of the 6-item version of the scale was found as .89 (Sharma, Lee, & Johnson, 2022). In the current study, a 15-item version of the Doomscrolling Scale was used.

The Turkish version of Doomscrolling Scale (See Appendix 6 for The Doomscrolling Scale) was adapted by Anlı (2023). The scale consists of 15 items with a 7-point Likert Scale ranging from 1 (strongly disagree) to 7 (strongly agree) (Anlı, 2023). The Cronbach alpha

value of the Turkish version of the Doomscrolling Scale was found as .92 (Anlı, 2023). Thus, the scale has a high internal consistency. Additionally, the split-half method was also used in order to support the findings related with internal consistency and reliability, and the correlation between the halves was found as .82 (Anlı, 2023). The Cronbach Alpha value of the present scale was determined to be .93 in the current study.

2.3. Procedure

In order to conduct the current study, permission was requested from Başkent University Ethical Committee. The Ethical Approval with the file number 426842 was delivered on February 4, 2025. After ethical approval was acquired, the data collection procedure was initiated. The data collection procedure conducted between the dates February 5, 2025 and May 2, 2025. The convenient sampling method was used to recruit participants. In order to engage with participants, social media accounts were used for sharing the current study's link. Participation in the study was voluntary. Initially, informed consent and demographic information form presented before The Vancouver Obsessive-Compulsive Inventory, The Obsessive Beliefs Questionnaire-20, The Bergen Social Media Addiction Scale, and The Doomscrolling Scale. The questionnaires were presented by Qualtrics. The completion of the scales required approximately 30 minutes.

2.4. Research Design and Data Analysis

In the current study, two proposed models were analyzed in line with the aims of the present study. Initially, the first hypothesized model evaluating the mediating role of OCD symptom severity in the associations between obsessive beliefs, doomscrolling and PSMU was analyzed. Further, the second proposed model evaluating the mediating roles of OCD symptom severity and PSMU in the association between obsessive beliefs and doomscrolling were examined. In the present study, path analysis, which is a form of Structural Equation Modeling, was conducted in order to examine the proposed models. At the initial stage of the data analysis, descriptive statistics of the variables such as mean, frequencies and standard deviations were computed. In the order to analyze the correlations between the variables, Pearson correlation analysis was conducted via IBM SPSS Statistics 27.0. The proposed mediation models and the alignment of the proposed models with the present data were tested through path analysis within the SEM framework at the further step

of the data analysis via IBM SPSS Amos 23.0. Path analysis provides examining series of paths for investigating associations among variables (Kline, 2015). Before conducting path analysis, key assumptions of the measures were controlled. Missing values, normality and multicollinearity assumptions were evaluated in order to determine the convenience of the data for the path analysis. Further, the fit of the model was evaluated for two proposed models through model fit indices.

3. RESULTS

In the present study, descriptive statistics and Pearson correlation coefficients analyses were performed via IBM SPSS version 27.0. Pearson correlation coefficients were evaluated in order to assess correlations among all of the variables in the current study Also, path analysis as a form of SEM was performed to test the suggested models. IBM SPSS Amos 23.0 was used in order to perform path analyses.

3.1. Evaluating the Convenience of the Study's Variables for the Analysis

Initially, missing value analysis, normality assumptions, univariate and multivariate outlier analysis were conducted. For missing value analysis, out of a total 474 participants, 123 participants did not complete any of the psychometric measures. Through listwise deletion, these missing data were omitted. The missing data constituted 27.1% of the total participants. In order to detect extreme values, univariate and multivariate outlier analyses were conducted, subsequently. 26 outliers were detected according to standardized z-scores and Mahalanobis distance analysis. Thus, they were omitted. Therefore, 305 participants remain in order to conduct the current study after the whole elimination procedure. It was assumed that decreased number of sample size resulted from procedures like listwise deletion is considered that statistical power of the study is adversely influenced (Newman, 2014). Therefore, the convenience of the sample size to the path analysis after the listwise deletion procedure was evaluated via N:q method.

In the present study, estimated parameters were determined for the both of the hypothesized models. There are 6 estimated parameters in the first model, and 8 estimated parameters in the second model. Based on the N:q method, with a 20:1 ratio, 120 participants provide stronger statistical power for the first model, and 160 participants provide significant statistical power for the second model (Kline, 2005). According to the N:q method, the study's sample size after listwise deletion procedure was adequate for strong statistical power with the 20:1 ratio (Kline, 2005). Also, as mentioned by Kline (2019), the number of participants less than 200 may not adequately support comprehensive assessment. Furthermore, for the purpose of evaluating normality assumption of the present data, the skewness and kurtosis values were reviewed for all of the scales in the current study. As a result, it was found that each of the scales in the current study have the skewness and kurtosis

values between -1.5 and 1.5. Tabachnic and Fidell (2013) stated that the skewness and kurtosis values between -1.5 and 1.5 indicate that normality assumptions were fulfilled. Therefore, it was assumed that each of the scales has a normal distribution. The skewness and kurtosis values were shown in Table 3.1. For multicollinearity assumption, Variance Inflation Factor (VIF) scores were computed and the scores of the current study went beyond 1 to a small extent. On the basis of Field (2009), the VIF scores ranged from 1 to 5 regarded as acceptable to a justifiable extent. Therefore, it was assessed that the data of the current study satisfied the required assumptions for path analysis.

3.2. Descriptive Statistics

The descriptive statistics of the current study consisting of the minimum and maximum values, mean values, standard deviations and variance statistics were shown in the Table 3.1. In addition to the main variables of the current study, age and screen time of the participants were mentioned in the Table 3.1. Reliability of the variables was reviewed and all variables were found reliable based on the Cronbach alpha values of the variables.

Table 3.1.

The Descriptive Statistics, the Skewness and Kurtosis and Reliability Values

Variables	N	Minimum	Maximum	Mean	Std. Deviation	Variance	Skewness	Kurtosis	Cronbach Alpha
Age	305	18	60	31.3	10.92	119.18	.90	-.42	-
Screen Time	142	0	10	3.56	1.88	3.54	.63	1.09	-
VOCI	305	55	174	96.25	27.43	752.34	.60	-.37	.95
OBQ-20	305	20	98	57.79	19.25	370.70	-.18	-.71	.90
BSMAS	305	6	29	15.79	18.38	30.26	.16	-.52	.83
DS	305	15	74	31.38	16.46	270.99	.82	-.51	.93

Note. Screen Time: Time spent on social media platforms (daily), VOCI: Vancouver Obsessive-Compulsive Inventory, OBQ-20: Obsessive Beliefs Questionnaires-20, BSMAS: Bergen Social Media Addiction Scale, DS: Doomscrolling Scale.

3.3. Correlations Among the Variables

With the aim of assessing correlations among the variables of the current study, which are obsessive beliefs, OCD symptom severity, PSMU and doomscrolling, Pearson correlation analysis was performed. Based on the correlation analysis's results, there is a

significant positive correlation between all of the variables in the current study. The results revealed a significant positive correlation between OCD symptom severity, and obsessive beliefs (r = .58***, p < .001), and PSMU (r = .27***, p < .001), and doomscrolling (r = .39***, p < .001). Obsessive beliefs also revealed a significant positive correlation between PSMU (r = .26***, p < .001) and doomscrolling (r = .35***, p < .001). There is also a significant positive correlation between PSMU and doomscrolling (r = .46***, p < .001). In addition, although age, screen time on social media, and genders of the participants were not the main variables of the present study, their relationships with other variables were also analyzed in order to elaborate further. Correlation analysis results showed that age was negatively correlated with screen time of the participants (r = -.31***, p < .001), and negatively correlated with OCD symptom severity (r = -.17**, p < .01), and negatively correlated with PSMU (r = -.43***, p < .001), and also negatively correlated with doomscrolling (r = -.33***, p < .001). In addition, there was no significant association between age and obsessive beliefs (r = -.09, p = .132). Moreover, correlation analysis findings also determined that screen time on social media platforms was positively associated with OCD symptom severity (r = .17*, p < .05), and PSMU (r = .37***, p < .001), and doomscrolling (r = .34***, p < .001). However, it was found that there was no significant association between screen time and obsessive beliefs (r = .08, p = .345). Lastly, gender variable of the study was also included to the correlation analysis of the present study. According to the findings of the correlation analysis, gender was negatively correlated with age (r = -.301***, p < .001), while it was positively correlated with screen time (r = .22**, p < .01), and OCD symptom severity (r = .17**, p < .01), and obsessive beliefs (r = .12*, p < .05), and PSMU (r = .25***, p < .001), and also doomscrolling (r = .25***, p < .001). The results of the Pearson' bivariate correlation coefficient analyses were displayed in Table 3.2.

Table 3.2.

Correlations Among the Variables and Screen Time on Social Media

Variables	1	2	3	4	5	6	7
Age	-						
Screen Time	-.307***	-					
Gender	-.301***	.221**	-				
VOCI	-.172**	.172*	.174**	-			
OBQ-20	-.086	.080	.123*	.576***	-		
BSMAS	-.430***	.374***	.250***	.268***	.255***	-	
DS	-.332***	.339***	.251***	.393***	.346***	.458***	-

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, Screen Time: Time spent on social media platforms (daily), VOCI: Vancouver Obsessive-Compulsive Inventory, OBQ-20: Obsessive Beliefs Questionnaires-20, BSMAS: Bergen Social Media Addiction Scale, DS: Doomscrolling Scale.

3.4. Exploratory Analyses for Gender Variable

In order to examine gender differences on predicted variables of the study, an exploratory analysis was conducted although gender is not the main variable hypothesized in the present study's suggested models. In the literature, gender-based disparities observed in social media misuse were reported. Thus, it was aimed to examine whether gender-based differences would emerge in the current sample consistent with the existing studies. Independent variables t-test was conducted to evaluate gender-based variations in the predicted variables, which are doomscrolling and PSMU. Based on the results, there were no significant differences between female (M = 16.72, SD = 5.62) and male (M = 13.77, SD = 4.65) participants in PSMU, inconsistent with the existing literature ($t(303) = 4.49$, $p = .133$, Confidence Interval [1.66, 4.25]). When gender-based differences were evaluated for doomscrolling, it was indicated that there was a significant difference between female (M = 34.17, SD = 17.44) and male (M = 25.29, SD = 12.11) participants in doomscrolling ($t(303) = 5.14$, $p < .001$, Confidence Interval [5.01, 12.75]). Findings elucidated that female participants demonstrated increased predispositions to doomscrolling compared to male participants as opposed to what observed in PSMU. The gender-based differences were displayed in Table 3.3.

Table 3.3.

The Gender-Based Differences in PSMU and Doomscrolling

Variables	Female	Male	t(df)	*p*	95% CI
PSMU (M, SD)	16.72 (5.62)	34.17 (17.44)	4.49	.133	1.66, 4.25
Doomscrolling (M, SD)	13.77 (4.65)	25.29 (12.11)	5.14	< .001	5.01, 12.75

Note. M: mean, SD: standard deviation, CI: confidence interval.

3.5. The Model Fit Indices of the Model 1

In the first hypothesized mediation model, the mediator role of OCD symptom severity was evaluated in the associations between obsessive beliefs, doomscrolling and PSMU (see Figure 1.1.). SEM was conducted in order to analyze the proposed mediating model. Prior to conducting the path analysis, which is a form of SEM, the model fit indices were evaluated in order to assess fit of the model to the collected data. In line with the model fit indices, the suggested model provided a satisfactory fit to the data [(χ^2/df = 4.66, p = .009), GFI = .99, CFI = .97, NFI = .96, RMSEA = .11]. RMSEA fit index, however, did not indicate adequate fit to the data. As argued by Kenny, Kaniskan & McCoach (2015), interpretation of RMSEA fit index should be done thoroughly with small degrees of freedom (df). Kenny, Kaniskan & McCoach (2015) suggested that RMSEA fit index may not be used with small df (df < 5). Thus, it was assumed that the model demonstrates an acceptable fit to the data.

The fit indices of the model were presented in Table 3.4.

Table 3.4.

Model Fit Indices of the Model 1

Model Fit Indices			
Fit Indices	**Perfect Fit**	**Accepted Fit**	**Model**
χ^2/df	≤ 2	≤ 5	4.66
GFI	≥ .95	≥ .90	.99
CFI	≥ .95	≥ .90	.97
NFI	≥ .95	≥ .90	.96
RMSEA	≤ .05	≤ .10	.11

Note. χ^2/df = relative chi square, GFI: goodness of fit index, CFI: comparative fit index, NFI: normed fit index, RMSEA: root mean square error of approximation (West, Taylor & Wu, 2012).

3.6. Path Analysis Results of the Model 1

A path analysis was performed to test Model 1. All standardized regression coefficients were statistically significant. According to the findings, it was found that obsessive beliefs significantly and positively predict OCD symptom severity (β = .58, p = .02). Besides, OCD symptom severity significantly and positively predict doomscrolling (β = .39, p = .006), and PSMU (β = .27, p = .004). Standardized regression coefficients of the hypothesized model were illustrated in Figure 3.1. In further analysis, it was found that OCD symptom severity significantly mediates the relationship between obsessive beliefs and doomscrolling (β = .19, Confidence Interval [.14, .25], p = .009), and PSMU (β = .04, Confidence Interval [.03, .06], p = .006). In Table 3.5, the indirect pathways of the structural hypothesized model were presented.

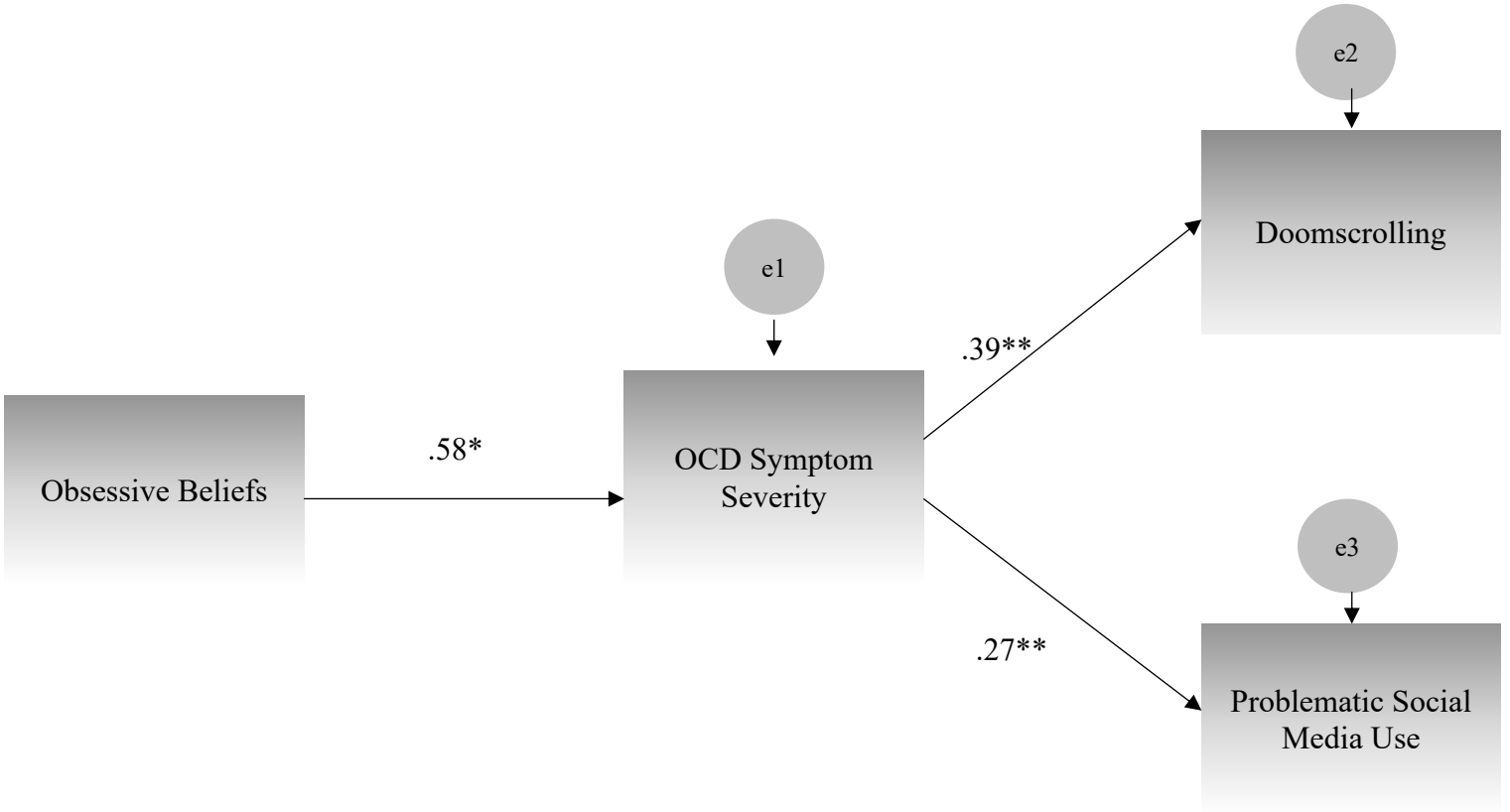


Figure 3.1. Standardized Coefficients of the First Hypothesized Model of the Present Study

Note. * $p < .05$, ** $p < .01$

Table 3.5.

Path Coefficients of Indirect Pathways of the Model 1

Paths	*β*	90% Confidence Interval Lower Limit	90% Confidence Interval Upper Limit	*p*
Obsessive Beliefs → OCD Symptom Severity→ Doomscrolling	.19	.14	.25	.009
Obsessive Beliefs → OCD Symptom Severity → PSMU	.04	.03	.06	.006

Note. *β* : Path Coefficient, PSMU: Problematic Social Media Use.

3.7. The Model Fit Indices of the Model 2

With the suggested model, an effort has been made to examine association between obsessive beliefs and doomscrolling, with particular attention to the mediating roles of OCD symptom severity and PSMU. Prior to conducting analysis, the fit of the data to the analysis was evaluated through the model fit indices. The model fit indices indicated that the model had an adequate fit to the data [(χ^2/df = 5.82, p = .003), GFI = .98, CFI = .98, NFI = .98, RMSEA = .13]. The model fit indices of the model was shown in Table 3.6. The model modification indices, however, suggested a modification to adjust the model for better fit. In line with the recommendation, an error variance was added between the measured errors of OCD symptom severity and PSMU. The model illustrated a better fit subsequent to the modification [(χ^2/df = 4.35, p = .037), GFI = .99, CFI = .99, NFI = .98, RMSEA = .11]. The model fit indices of the revised model was illustrated in Table 3.7.

Table 3.6.

Initial Model Fit Indices of the Model 2

Goodness of Fit Indices			
Fit Indices	**Perfect Fit**	**Accepted Fit**	**Model**
χ^2/df	≤2	≤5	5.82
GFI	≥.95	≥.80	.98
CFI	≥.95	≥.90	.98
NFI	≥.95	≥.90	.98
RMSEA	≤.05	≤.10	.13

Note. χ^2/df = relative chi square, GFI: goodness of fit index, CFI: comparative fit index, NFI: normed fit index, RMSEA: root mean square error of approximation (West, Taylor & Wu, 2012).

Table 3.7.

Model Fit Indices of the Revised Version of the Model 2

Goodness of Fit Indices			
Fit Indices	**Perfect Fit**	**Accepted Fit**	**Model**
χ^2/df	≤2	≤5	4.35
GFI	≥.95	≥.80	.99
CFI	≥.95	≥.90	.99
NFI	≥.95	≥.90	.98
RMSEA	≤.05	≤.10	.11

Note. χ^2/df = relative chi square, GFI: goodness of fit index, CFI: comparative fit index, NFI: normed fit index, RMSEA: root mean square error of approximation (West, Taylor & Wu, 2012).

3.8. Path Analysis Results of the Model 2

In the second model, an attempt has been made to investigate the mediator roles of OCD symptom severity and PSMU in the associations between obsessive beliefs and doomscrolling. According to the findings, increased obsessive beliefs significantly predicts increased levels of OCD symptom severity (β = .58, Confidence Interval [.50, .62], p = .02), and increased levels of PSMU (β = .26, Confidence Interval , [.16, .37], p = .008). Moreover, findings showed that increased levels of OCD symptom severity significantly predict doomscrolling (β = .29, Confidence Interval [.20, .37], p = .013). Also, it was illustrated that increased levels of PSMU significantly predict increased levels of doomscrolling (β = .38, Confidence Interval [.29, .45], p = .021). The regression coefficients of the second proposed model were presented in the Figure 3.2. The indirect pathways were quantified to elucidate the extent to which OCD symptom severity and PSMU transmit the role of obsessive beliefs on doomscrolling. Based on the findings of the indirect pathways of the second suggested model, OCD symptom severity and PSMU mediate the associations between obsessive beliefs, and doomscrolling, subsequently (β = .14, Confidence Interval [.10, .19], p = .011), and (β = .08, Confidence Interval [.05, .13], p = .009). The coefficients of indirect pathways were illustrated in Table 3.8.

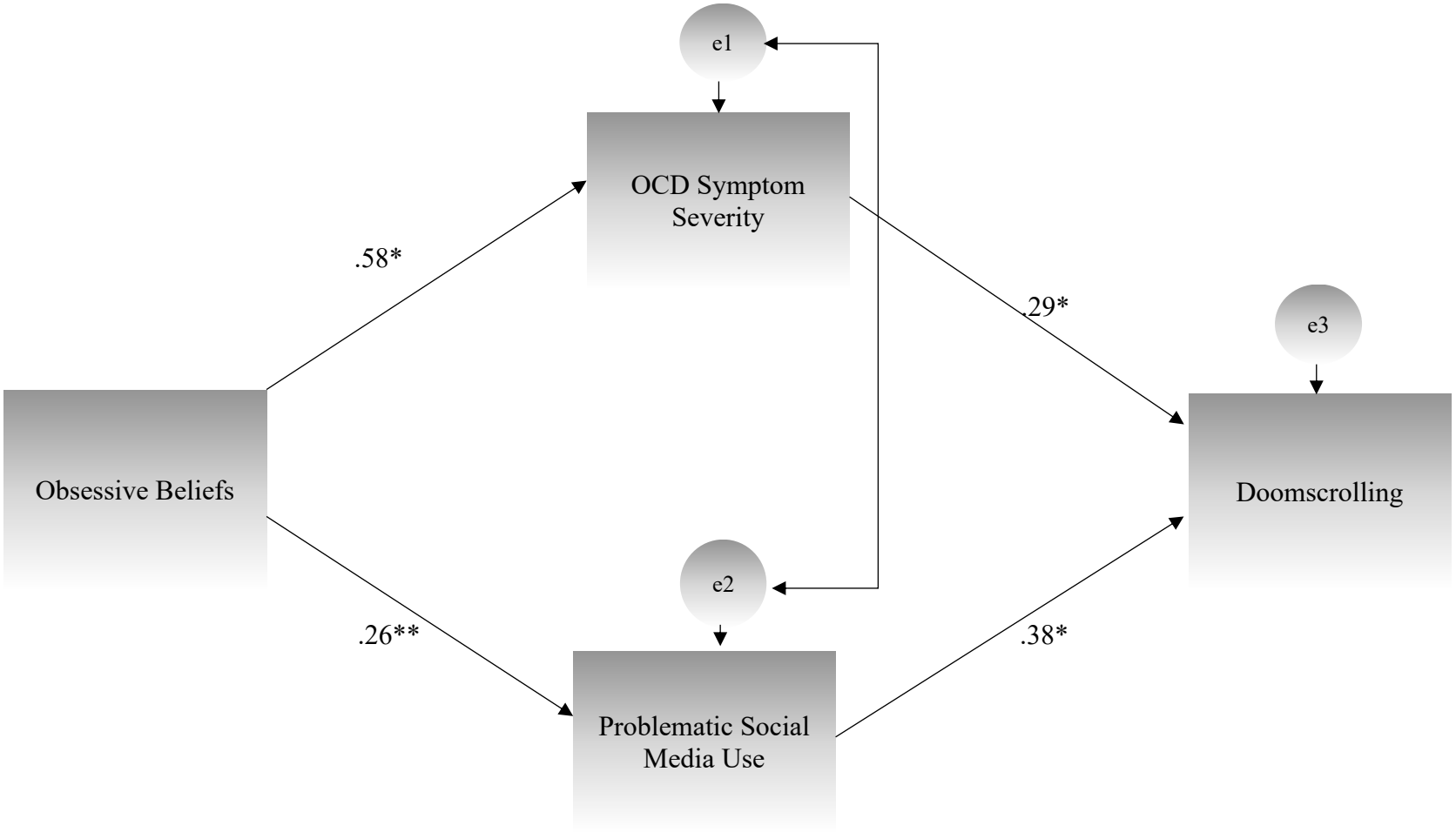


Figure 3.2. Standardized Regression Coefficients of the Second Hypothesized Model of the Present Study

Note. * $p < .05$, ** $p < .01$

Table 3.8.

Path Coefficients of Indirect Pathways of the Model 2

Paths	*β*	90% Confidence Interval Lower Limit	90% Confidence Interval Upper Limit	*p*
Obsessive Beliefs → OCD Symptom Severity → Doomscrolling	.14	.10	.19	.011
Obsessive Beliefs → PSMU → Doomscrolling	.08	.05	.13	.009

Note. *β* : Path Coefficient, PSMU: Problematic Social Media Use.

4. DISCUSSION

In the present study, efforts have been made to examine associations between the study's variables and the two proposed models. The results of the study showed that obsessive beliefs, OCD symptom severity, doomscrolling, and PSMU were significantly related. Furthermore, path analysis findings of the Model 1 demonstrated that obsessive beliefs were indirectly associated with doomscrolling and PSMU via OCD symptom severity. Results of the Model 1 indicated that elevated obsessive beliefs significantly predict increased OCD symptom severity, which in turn predicts increased doomscrolling and PSMU. Also, the findings of the Model 2 demonstrated that obsessive beliefs were indirectly associated with doomscrolling via OCD symptom severity and PSMU. Results of the Model 2 indicated that elevated obsessive beliefs predict increased OCD symptom severity and PSMU, which in turn predict increased doomscrolling.

4.1. The Relationship between Obsessive Beliefs, OCD Symptom Severity, Doomscrolling, and PSMU

The initial objective of the present study was understanding the relationships between obsessive beliefs, OCD symptom severity, doomscrolling, and PSMU. As reflected in the findings of the present analysis, there was a significant positive relationship between obsessive beliefs and OCD symptom severity. In reference to the theoretical framework, Cognitive Behavioral Model of OCD proposed the roles of obsessive beliefs in the development and severity of obsessions and compulsions (Clark, 2004; Wong et al., 2021). Cognitive Behavioral Model emphasized that inflated responsibility and overestimation of threat beliefs were found significantly associated with development of OCD symptoms (Rachman & Shafran, 1999). In addition, an existing study also revealed that the presence of obsessive beliefs significantly predicted the severity of OCD symptoms (Hellberg et al., 2020). Thus, it might be considered that obsessive beliefs are one of the factors playing an inevitable role in the development and maintenance of the symptoms of OCD.

The study's findings also revealed that there was significant and positive associations between obsessive beliefs, OCD symptom severity, and doomscrolling. Doomscrolling behavior was explained by the triggering role of uncertainty in pre-existing studies (Sharma, Lee, & Johnson, 2022). Uncertainty may lead to seek information to eliminate uncertainty

leading to excessive distress (Berg & Webler, 2021). A recent study indicated that uncertainty and the resulting distress might be main factors for engaging in doomscrolling behavior (Sharma, Lee, & Johnson, 2022). In line with these findings, another recent study found that individuals having low tolerance to uncertainty showed higher need to seek further information (Einstein et al., 2024). A positive relationship between IU and doomscrolling was also underscored in an existing study (Türk-Kurtça & Kocatürk, 2025). Accordingly, as reported in prior studies, individuals with a predisposition toward OC symptoms exhibited a stronger inclination to seek information (Ruppin et al., 2023). Furthermore, it was reported that OCD symptoms has shown an increase in UK during the pandemic (Zappia & Makri, 2022). In a recently published study indicated that OCD symptoms were significantly and directly correlated with higher consumption of news pertaining to COVID-19 during the pandemic (Zappia & Makri, 2022). Thus, the literature also pointed out a positive relationship between obsessive beliefs, the severity of OCD symptoms and doomscrolling.

Additionally, the current findings showed that there was a significant and positive associations between obsessive beliefs, OCD symptoms severity and PSMU. A growing body of the literature emphasized the connection between obsessive beliefs, OCD and PSMU (Williams, 2024; Ostovar et al., 2021). In relation to Cognitive Behavioral Model, it was considered that malfunctioning intrusive thoughts might contribute to the development and maintenance of impaired behaviors (Kuss & Griffiths, 2017). In the previous research, associations between IU, perfectionism and PSMU were underscored (Sun et al., 2022; Taymur et al., 2016). Framing it differently, higher levels of IU and perfectionism were found related to maladaptive engagement in social media (Sun et al., 2022; Taymur et al., 2016). In addition to these findings, it was reported that several forms of behavioral addiction have been observed during the pandemic (Shoshani et al., 2024). One of these behavioral addictions, which is PSMU, was found to be related with the symptoms of OCD (Shoshani et al., 2024). Similar to these results, another prior study also revealed a positive relationship between OCD and PSMU (Andreassen et al., 2016).

Furthermore, the results showed that doomscrolling was significantly and positively related with PSMU. Additionally, the current study's findings indicated that higher screen time on social media was also significantly and positively associated with OCD symptom severity, doomscrolling, and PSMU. The literature pointed out the importance of how social media users engage with those platforms (Jones, Mougouei & Evans, 2021). A growing body of the research mentioned that spending excessive amount of time online was significantly

connected with developing addiction toward social media (Taskin et al., 2024). In a similar vein, another study revealed that dedication of excessive hours to social media may elevate the possibility of encountering with dreaded news (Taskin et al., 2024). This result of the study resonated with the current study's finding, which is that doomscrolling was significantly associated with higher screen time on social media. Looking at the broader picture, these results might be interpreted as doomscrolling and PSMU also might be related concepts. Due to the fact that spending higher amount of time online was found to be positively connected with PSMU, higher levels of PSMU might elevate the higher engagement with dreaded news. Lastly, it may be considered that the finding indicating an association between higher screen time and OCD symptom severity, might pertain to the another finding of the present study emphasizing a positive association between OCD symptom severity, doomscrolling, and PSMU.

4.2. The Examination of the Findings Pertaining to testing Model 1

The path analysis results of the current research revealed that the relationships between obsessive beliefs, doomscrolling, and PSMU were explained through the symptom severity of OCD. Framing it differently, the first path indicated that OCD symptom severity mediated the relationship between obsessive beliefs and doomscrolling. Similarly, the second path also indicated that OCD symptom severity mediated the association between obsessive beliefs and PSMU. Based on the path analysis's results, OCD symptom severity mediated the association between obsessive beliefs and doomscrolling moderately. Also, path analysis findings demonstrated that the mediating role of OCD symptom severity in the relationship between obsessive beliefs and PSMU was small but statistically significant. Therefore, it might be considered that the mediating role of OCD symptom severity in the associations between obsessive beliefs and doomscrolling was higher. In line with these findings, the hypotheses for the Model 1 were supported by the path analysis's results.

The path analysis pertaining to Model 1 indicated that obsessive beliefs significantly predict OCD symptom severity. Moreover, it was revealed that increased OCD symptom severity also significantly predicts higher levels of doomscrolling and PSMU. These results indicated that obsessive beliefs were found to be significant predictor of OCD symptom severity. This finding was consistent with the views pointing out that obsessive thought patterns significantly contribute to the development and maintenance of OCD symptoms based on the Cognitive Behavioral Model (Clark, 2004). Cognitive Behavioral Model

indicated that malfunctioning intrusive thoughts and beliefs have a possibility to trigger the symptoms of OCD (Pettigrew, 2022). Moreover, the findings showed that the predictiveness of OCD symptom severity in doomscrolling was moderate, while the predictiveness of OCD symptom severity in PSMU had a limited effect size. These results might suggest that OCD symptoms might be more associated with doomscrolling. Framing it differently, it might be considered that OC behavior patterns might be closely related to doomscrolling.

In line with the indirect relationships, it was indicated that OCD symptom severity have a mediating role in the relationship between obsessive beliefs and doomscrolling. Thus, the relationship between obsessive beliefs and doomscrolling might be shaped by the severity of OCD symptoms. This finding was also interpreted as elevated obsessive beliefs predict increased OCD symptom severity, and increased OCD symptom severity also predicts elevated doomscrolling. One interpretation of this finding was that obsessive beliefs and the severity of OCD symptoms may be risk factors for higher engagement with doomscrolling. In the literature, one of the previous studies revealed that individuals having higher predispositions for OC behaviors exhibit more information seeking behaviors (Ruppin et al., 2023). Based on the Cognitive Behavioral Model, it might be considered that obsessive beliefs predict elevated OCD symptom severity and increased OC behavior patterns also predict higher need for information seeking. It is worth to note that, one of the main objectives for engaging in doomscrolling is achieving information pertaining to particularly uncertain and dreaded circumstances (Berg & Webler, 2021). Relieving distress was also indicated as a main motivation for seeking information (Berg & Webler, 2021). Taken together, this finding may point to the possibility that frequently engaging with doomscrolling behavior as a response to obsessions might manifest as a compulsion when the main motivation was relieving distress resulting from malfunctioning beliefs. Taken in conjunction with these, doomscrolling might manifest as a reassurance seeking seen in various compulsions (Berg & Webler, 2021). In line with this perspective, seeking sense of safety and control toward uncertainty might also contribute to the doomscrolling act.

Besides, the mediating role of OCD symptom severity in the association between obsessive beliefs and PSMU was found significant. Framing it differently, path analysis results revealed that elevated obsessive beliefs predict increased severity of OCD symptoms, as well as increased OCD symptom severity also predict elevated levels of PSMU. However, the predictiveness of OCD symptom severity in the relationship between obsessive beliefs and PSMU had a limited effect size. This finding suggested that OCD symptom severity had a limited power to explain the relationship between obsessive beliefs

and PSMU. Therefore, it might be considered that several other factors might contribute to the association between obsessive beliefs and PSMU. Notably, the mediating role of OCD symptom severity in relation to doomscrolling behavior was found to be stronger. There might be several explanations for this finding of the study. Increased obsessive beliefs such as IU might trigger requesting more information pertaining to an uncertain situation, and enhanced OC predispositions might lead to consuming dreaded news in order to mitigate the distress resulting from obsessive beliefs (Musial, 2025). In order to manage the distress, scrolling dreaded news, social media feeds, and notifications to achieve up-to-date information might be observed in digital platforms. The previous research suggested that existing symptoms contribute to the vulnerability for engagement with information seeking pertaining to threats (Berg & Webler, 2021). In line with this view, having OC behavior patterns might contribute to the vulnerabilities toward sense of threat and uncertainty.

Accordingly, these findings might suggest the role of OC behavior patterns in the associations between obsessive beliefs and various malfunctioning digital behaviors such as doomscrolling. Thus, it is worth to note that OCD symptoms may be one of the underlying mechanisms in terms of the excessive doomscrolling engagement. A growing body of the studies indicated that initial objective of the doomscrolling is seeking information in order to manage the distress (Sharma, Lee, & Johnson, 2022). However, elevated exposure of dreaded news during the doomscrolling may lead to higher levels of distress in the long run (Berg & Webler, 2021). Therefore, the doomscrolling act might create a loop, which is that higher distress levels might be resulted in further scrolling (Berg & Webler, 2021). Based on this perspective, this loop maintaining such a malfunctioning behavior may be one of the reasons for uncontrollable and repetitive scrolling. Additionally, FOMO might be another contributor for engaging in both doomscrolling and PSMU. Although the current study's main focus was not investigating the role of FOMO, a recent study emphasized that FOMO might fuel obsessive thoughts leading to dysfunctional behaviors such as frequently reloading and checking the feeds and notifications (Maccarrone-Eaglen & Schofield, 2023). Similarly, another existing study also showed a positive association between FOMO and doomscrolling (Akat & Hamarta, 2025). Taken together with the existing studies, the findings of the current study was found to be consistent with the literature. The present path analyses demonstrated the relationships between obsessive beliefs, doomscrolling, and PSMU via OCD symptom severity. Thus, unlike the literature, the findings might shed light on how the associations between obsessive beliefs, doomscrolling, and PSMU were established via OCD symptom severity.

4.3. The Examination of the Findings Pertaining to testing Model 2

The path analysis results of the Model 2 indicated that both OCD symptom severity and PSMU mediated the association between obsessive beliefs and doomscrolling. The findings of the present study revealed that OCD symptom severity and PSMU might explain the relationship between obsessive beliefs and doomscrolling. The first path indicated that obsessive beliefs predicted doomscrolling through the mediating role of OCD symptom severity. Additionally, the second path revealed that obsessive beliefs also predict doomscrolling through PSMU. Based on the findings of path analysis, the strength of the first path was higher than second path of the Model 2. In addition to these, Model 2 provided stronger model fit indices indicating that the relationship between obsessive beliefs and doomscrolling might be suitable for being explained through diverse mediating factors. Therefore, Model 2 indicated the predictiveness of obsessive beliefs in doomscrolling through OCD symptom severity and PSMU via offering a broader framework. The literature mentioned various engagements in social media and the doomscrolling construct through both aspects of compulsivity (a response towards the distress) and addiction (developing habits for seeking arousal) (Dayer, 2024; Hughes et al., 2024; Sandstrom et al., 2024). Various social media behaviors might manifest as a compulsive or an addictive manner (Holtzheimer, 2024). While the term doomscrolling differentiated from the concept of addiction in various points, addictive predispositions might be also related to enhance doomscrolling behavior on social media. Due to the fact that contemporary behaviors on social media may be affected by several factors such as arousal mechanisms and algorithms, examining relationships through involvement of several psychological processes and diverse perspectives such as constructs of compulsivity and addiction might provide a broader picture for understanding the behavior. In line with these, with the Model 2, doomscrolling concept was taken in conjunction with a more comprehensive and layered framework.

Furthermore, direct relationships of the Model 2 revealed that obsessive beliefs significantly predict OCD symptom severity and PSMU. Unlike the Model 1, the predictiveness of obsessive beliefs in PSMU was included in the Model 2. This finding suggested that elevated obsessive beliefs significantly predict higher engagement with PSMU. According to Cognitive Behavioral Model, malfunctioning and impaired thoughts as well as beliefs can contribute to occurrence and perpetuating of dysfunctional behaviors (Kuss & Griffiths, 2017). On closer examination, previous studies demonstrated that obsessive beliefs and cognitive distortions were related to higher distress (Abramowitz,

Lackey & Wheaton, 2009). In accordance with these, elevated social media use might manifest as a coping mechanism to manage the distress. Moreover, the nature of social media applications, which are providing contents endlessly and including visual stimuli etc. may be a reinforcement for further and frequent engagement with those platforms (Norberg & Horne, 2024). Adding to the discussion, existing research also highlighted the pleasure and reward motivations align with the addiction toward social media (Maccarrone-Eaglen & Schofield, 2023). Social interaction, the number of comments on posts might manifest as a reinforcer leading to the development of addiction.

Moreover, the path analysis results also indicated that PSMU significantly and positively predicts doomscrolling. In line with this finding, increased PSMU predicts elevated engagement with doomscrolling. One of the existing studies in the literature also showed that addiction toward social media platforms predicted doomscrolling (Akat & Hamarta, 2025). These results may lead to the consideration that PSMU might be one of the risk factors for doomscrolling. Spending excessive amount of time on those applications may elevate the possibility of encountering negative news (Satıcı et al., 2022). The platforms' users with obsessive beliefs may be triggered by the negative contents inducing distress leading them to seek more information. The algorithms of social media applications offer contents, which the users were interested in previously (Norberg & Horne, 2024). Correspondingly, the users might exhibit scrolling similar negative news unconsciously and frequently due to the algorithms of those platforms.

Additionally, the path analysis results of Model 2 also showed that elevated obsessive beliefs significantly predict OCD symptom severity, which in turn predicts higher levels of doomscrolling. Similar with the path analysis findings of Model 1, Model 2 also highlighted the association between the severity of OCD symptoms and doomscrolling. Taken together, OCD symptom severity was thought to be potentially associated with doomscrolling. A recently published study explained the term doomscrolling as an obsessive drive to consume dreaded news on social media applications (Kaye & Johnson, 2024). It was also considered that those obsessive drives were related to maladaptive behaviors, which are compulsively checking those applications and ruminations pertaining to dreaded news (Akat & Hamarta, 2025; Kaye & Johnson, 2024). In line with these, it has been suggested that having increased obsessive beliefs as well as OC behavior patterns may contribute to being occupied with dreaded news on social media. Taken together with the existing studies, the path analysis results of the Model 2 were also consistent with the literature. Also, findings of the Model 2 might be significant to understand that the relationship between obsessive beliefs and

doomscrolling may be explained by various factors. Unlike the Model 1, the path analysis of Model 2 suggested that PSMU also might be a risk factor for doomscrolling.

4.4. The Clinical Implication of the Findings

In the current study, an attempt has been made to address one of the concepts gaining prominence in the contemporary world, doomscrolling. Several published studies underlined the associations between doomscrolling and mental health (Li & Qiu, 2023). Doomscrolling was found to be negatively associated with mental health (Taskin et al., 2024). Also, various psychopathologies such as depression were found related to enhanced levels of doomscrolling (Gao et al., 2020). Besides, higher levels of anxiety and doomscrolling were also intertwined (Riehm et al., 2020). Engagement with doomscrolling demonstrated elevated anxiety levels and decreased well-being in the long-term (Jones, Mougouei & Evans, 2021). Frequent and repetitive exposure of negative news might lead to acute stress and higher levels of anxiety in the long run (Buoncompagni, 2023). In addition to these, doomscrolling was manifested as a secondary trauma for individuals exposed to constantly dreaded news (Taskin et al., 2024). Therefore, it might have an impact on sleep qualities, and individuals' life satisfaction (Buoncompagni, 2023). Considering the above arguments, it is significant to mitigate negative effects on social media. Given the anticipated increase in the maladaptive use of social media, it is inevitable that more individuals may be adversely impacted in further years. In these regards, the clinically interpreting the study's findings may be critically important for promoting individual and community health.

The findings of the first model of the present study underscored the possible risk factors for doomscrolling and PSMU. Based on the results, obsessive beliefs and OCD symptom severity may be risk factors for engagement in these behaviors. The findings of the second model also emphasized the role of psychological processes, which are obsessive beliefs, OCD symptom severity, and PSMU, in doomscrolling. Such results demonstrated that obsessive beliefs and OCD tendencies might lead to vulnerabilities to exhibit diverse maladaptive online behaviors. In line with these views, understanding risk factors for engaging in maladaptive digital behaviors and the reflections of psychopathologies on several online behaviors may be considered plausible by mental health experts. Thus, in clinical settings, recognizing the potential function of doomscrolling and PSMU was considered that it could be beneficial for experts in the field. Also, the outcomes of this study aligned with theoretical expectations. In accordance with Cognitive Behavioral Model, it has

been suggested that alleviated obsessive beliefs and OCD symptom severity might facilitate to lessen maladaptive behaviors (Whittal & McLean, 1999). This view has been proposed to invite reflection on intervention methods for lessening doomscrolling and PSMU that influence individuals' mental health. CBT mainly aimed to intervene maladaptive cognitions, distorted thoughts, as well as beliefs in order to alleviate behavioral outcomes (Scott & Beck, 2008).

In clinical settings, CBT is one of the mostly used effective therapeutical method for mitigating the symptoms in OCD (McKay et al., 2015). In CBT, an effort has been made to mitigate compulsive behaviors through interventions in obsessive beliefs (McKay et al., 2015). In this study, the association between obsessive beliefs, OCD predispositions and maladaptive online acts were shown. Together with these insights, it has been proposed that CBT might be effective in lessening doomscrolling engagement and PSMU thorough individuals' awareness of their obsessive beliefs and replacing those beliefs with adaptive ones. Given that elevated OCD symptom severity predicts higher doomscrolling and PSMU, it might be inferred that targeting dysfunctional cognitions and compulsions that are their behavioral consequences through CBT may contribute to decline in these behaviors. Together with the treatments in various psychopathological tendencies, it was assumed that maladaptive online behaviors may be mitigated. Thus, it has been suggested that the risk of any reinforcement or the influences of negative news on severity of existing psychological tendencies might not be nourished. In line with these views, the literature showed benefits of CBT in dysfunctional internet usage via exposure therapy and restructuring intrusive cognitions (Davis, 2001). Therefore, it has been proposed that CBT may be a potentially effective approach to address doomscrolling behavior . Moreover, due to the fact that social media usage was seen in mostly younger age groups, education programs related to social media and its negative outcomes in addition to therapeutic actions might be significant to use online platforms in a healthier way (Kudubes & Efe, 2024). It was considered that awareness of underlying drivers of PSMU and doomscrolling may help individuals control the time dedicated to social media platforms.

4.5. The Limitations of the Present Study and Suggestions for Further Research

The current study have several limitations. Initially, there were higher number of female participants than male participants in the present study. The present study consisted of female participants with the percentage of 68.52%, while 31.48% of the total sample

consisted of male participants. One of the reasons for the inadequacy of number of participants among genders may be that females might have a more tendency and motivation to participate scholar works and academic studies. Furthermore, the descriptive findings revealed that entertainment was the type of content the participants of the present study follow the most on social media platforms accounting for 80.30%. In addition, mean value of the doomscrolling variable was found 31.38 in the current study ($M = 31.38$). All of these might evoke that the sample of the present study might not be exhibiting doomscrolling to a significant extent. Thus, this sample characteristic may build a limitation for interpretation of the findings of the study. Therefore, it might be important to study these constructs with diverse samples. Moreover, convenient sampling was used during the process of collecting participants in the current study. Thus, these limitations might lead to need for cautious interpretations of the study's results. Moreover, these might bring about some limitations in terms of representativeness of the present study's sample. In addition, the present data were collected through self-report instruments that may influence the participants' responses. Lastly, the current study was not an experimental design. In light with the methodology used in the study, the study's findings should not be interpreted through causality. Accordingly, these limitations might reinforce further research to conduct experimental studies in order to refer to causality.

The present research also shed light on further studies. A growing body of the literature put emphasis of anxiety's role in engagement in doomscrolling as well as PSMU (Sharma, Lee & Johnson, 2022; Şentürk, Geniş & Coşar, 2021). In line with these relationships, further research might consider anxiety's role in the relationship between obsessive beliefs, OCD symptom severity, doomscrolling, and PSMU. In a similar regard, the literature indicated several other factors related to maladaptive digital behaviors. In those studies, the role of FOMO in excessive engagement in doomscrolling and PSMU was pointed out (Holte et al., 2024; Kuss & Griffiths, 2017). Therefore, further studies might also focus on the mediating role of FOMO in addition to OCD symptom severity and PSMU. An additional point to consider in further research also may be considering negative emotions when studying with maladaptive behaviors on social media. Negative emotions might also play a role in shaping social media use (Wang, Lee & Hua, 2014). One of the motivations for using social media might be trying to regulate negative emotions. Besides, other concepts related to social media such as FOMO were also found to be connected with negative emotions such as boredom (Elhai, Yang & Montag, 2020). Thus, it might be assumed that investigating the role of various other factors may enrich the understanding the doomscrolling concept.

Additionally, in the literature, cultural varieties in terms of social media use was indicated (Ostovar et al., 2021). A recently published study examining diversities in individualistic and collectivistic cultures in terms of doomscrolling engagement found that individualistic cultures may engage more in doomscrolling compared to collectivistic cultures (McCutcheon et al., 2024). One of the reasons in these discrepancy between cultures might be that individualistic cultures might have more levels of distress due to lack of social support compared to collectivistic cultures (McCutcheon et al., 2024). Taking consideration of cultural diversities, doomscrolling as a concept might be significantly connected with cultural and societal features. In line with this view, further research may examine doomscrolling act in several different cultures to observe other possible factors related to increased tendencies for scrolling negative news. In addition, further studies might examine these relationships with comparing both clinical and non-clinical samples to examine differences in groups with OCD diagnosis and without OCD diagnosis to comprehend the role of OCD in doomscrolling behavior clearly. Lastly, further studies might take into account diverse social media platforms and their intended uses in studies examining social media behaviors. Some of the pre-existed studies revealed that X (Twitter) is a social media platform that is more likely to encounter negative news (Hughes et al., 2024). Moreover, Instagram is a social media platform standing out for sharing photos and videos of the users, while TikTok and YouTube stand out for mainly sharing videos (Holtzheimer, 2024). In line, it might be considered that X (Twitter) may be more suitable platform for engaging in doomscrolling, while other platforms offer mainly entertainment contents leading to spending more time on the platforms. These differences in objectives of use for various social media platforms might be significant to shape the users' behaviors on social media. Thus, it may be notable to consider the user characteristics of different platforms and objectives of using these platforms in order to comprehend various social media behaviors. Accordingly, further studies might account for studying doomscrolling behavior based on a specific social media platform such as X (Twitter).

5. CONCLUSION

The present study aimed to understand psychological factors that enhance dysfunctional online behaviors. For this objective, two models were suggested to comprehend the risk factors increasing negative social media usage. In the first model, the associations between obsessive beliefs, doomscrolling, and PSMU were investigated through OCD symptom severity. The path analysis results indicated that OCD symptom severity significantly explained the relationships between obsessive beliefs, doomscrolling, and PSMU. In the second model, the mediating roles of OCD symptom severity and PSMU were analyzed in the relationship between obsessive beliefs and doomscrolling. The results showed that the association between obsessive beliefs and doomscrolling was significantly mediated by OCD symptom severity and PSMU. According to the path analysis results, doomscrolling was found to be significantly connected with obsessive beliefs and OCD symptom severity. This outcome of the results suggested that doomscrolling might be a concept that significantly linked with OC characteristics. Moreover, the findings also indicated the role of psychological factors in maladaptive digital behaviors. Because of social media's role in our lives are inevitable permanent, the studies related to understand social media behaviors and their impacts on our lives and mental health of people have gained such importance. It has been suggested that the findings of the present study examining the social media behaviors intertwined in our lives might be significant for understanding possible risk factors. It has been also considered that the findings of the present study emphasized the cognitive and behavioral aspects of the maladaptive social media acts. Therefore, it might be assumed that these results may shed light on the future studies and the experts in the field for processing of cognitive and behavioral functions in the context of maladaptive use of social media.

REFERENCES

Abramowitz, J. S., Lackey, G. R., & Wheaton, M. G. (2009). Obsessive–compulsive symptoms: The contribution of obsessional beliefs and experiential avoidance. *Journal of Anxiety Disorders*, *23*(2), 160-166.

Abramowitz, J.S., Taylor, S., & McKay, D. (2009). Obsessive-compulsive disorder. *The Lancet, 374*, 491-499.

Ahmed, E., & Vaghefi, I. (2021). Social media addiction: A systematic review through cognitive-behavior model of pathological use.

Akat, M., & Hamarta, E. (2025). Doomscrolling and social media addiction in adolescents: a two-wave longitudinal study. *Journal of Addictive Diseases*, 1–9. https://doi.org/10.1080/10550887.2025.2504231

Aktan, E. (2018). Examining the social media addiction levels of university students according to various variables. *Erciyes İletişim Dergisi*, *5*(4), 405–421. https://doi.org/10.17680/erciyesiletisim.379886

Akyol, N. A., Ergin, D. A., Krettmann, A. K., & Essau, C. A. (2021). Is the relationship between problematic mobile phone use and mental health problems mediated by fear of missing out and escapism?. *Addictive Behaviors Reports*, *14*, 100384.

American Psychiatric Association. (1994). *Diagnostic and Statistical Man-ual of Mental Disorders* (4th ed.). Washington, DC: Author.

American Psychiatric Association. (2013). *Diagnostic and statistical man-ual of mental disorders* (5th ed.). Washington, DC: Author.

Anand, N., Sharma, M. K., Thakur, P. C., Mondal, I., Sahu, M., Singh, P., Ajith, S. J., Kande, J. S., MS, N., & Singh, R. (2022). Doomsurfing and doomscrolling mediate psychological distress in COVID-19 lockdown: Implications for awareness of cognitive biases. *Perspectives in Psychiatric Care*, *58*(1), 170-172.

Andreassen, C. S., Billieux, J., Griffiths, M. D., Kuss, D. J., Demetrovics, Z., Mazzoni, E., & Pallesen, S. (2016). The relationship between addictive use of social media and video games and symptoms of psychiatric disorders: A large-scale cross-sectional study. *Psychology of Addictive Behaviors*, *30*(2), 252–262. doi:10.1037/adb0000160

Anlı, G. (2023). Felaket haberlerini kaydırma ölçeği Türkçe formunun geçerlik ve güvenirlik çalışması. *Dokuz Eylül Üniversitesi Sosyal Bilimler Enstitüsü Dergisi*, *25*, 301-316.

Appel, M. A. (2022). *The impact of a brief educational intervention on stigma associated with obsessive compulsive disorder subtypes*. Hofstra University.

Ariel, Y., & Avidar, R. (2015). Information, interactivity, and social media. *Atlantic Journal of Communication*, *23*(1), 19–30. https://doi.org/10.1080/15456870.2015.972404

Avci, U., Karaoglan Yilmaz, F. G., & Yilmaz, R. (2023). Parental attitude and Instagram addiction: The mediating role of obsessive-compulsive disorder. *Psychology in the Schools*, *60*(3), 830-842.

Balıkçı, K., Aydın, O., Sönmez, İ., Kalo, B. & Ünal-Aydın, P. (2020). The relationship between dysfunctional metacognitive beliefs and problematic social networking sites use. *Scandinavian Journal of Psychology*, *61*, 593–598.

Barbar S., Haddad C., Sacre H., Dagher, D., PharmD, M. A., Kheir, N., PharmD, P. S., PharmD, S. H., & Obeid, S. (2021). Factors associated with problematic social media use among a sample of Lebanese adults: The mediating role of emotional intelligence. *Perspecives in Psychiatric Care*, *57*, 1313−1322. https://doi.org/10.1111/ppc.12692

Barlow, D. H. (Ed.). (2008). *Clinical handbook of psychological disorders: A step-by-step treatment manual* (4th ed.). The Guilford Press.

Bartoszek, G., Ranney, R. M., Curanovic, I., Costello, S. J., & Behar, E. (2022). Intolerance of uncertainty and information-seeking behavior: Experimental manipulation of threat relevance. *Behaviour Research and Therapy, 154*, 104125. https://doi.org/10.1016/j.brat.2022.104125

Bauer, E. A., MacNamara, A., Sandre, A., Lonsdorf, T. B., Weinberg, A., Morriss, J., & van Reekum, C. M. (2020). Intolerance of uncertainty and threat generalization: A replication and extension. *Psychophysiology*, *57*(5), e13546. https://doi.org/10.1111/psyp.13546

Beck, E., & Daniels, J. (2023). Intolerance of uncertainty, fear of contamination and perceived social support as predictors of psychological distress in NHS healthcare workers during the COVID-19 pandemic. *Psychology, Health & Medicine*, *28*(2), 447–459. https://doi.org/10.1080/13548506.2022.2092762

Beck, A., Wright, F., Newman, C., & Liese, B. (1993). Cognitive Therapy.

Berg, H., & Webler, R. (2021). Threat-related information seeking in the internet age: The case for clinical attention.

Beyens, I., Frison, E., & Eggermont, S. (2016). "I don't want to miss a thing": Adolescents' fear of missing out and its relationship to adolescents' so- cial needs, Facebook use, and Facebook related stress. *Computers in Human Behavior*, *64*, 1-8.

Bouchard, C., Rhéaume, J., & Ladouceur, R. (1999). Responsibility and perfectionism in OCD: An experimental study. *Behaviour Research and Therapy*, *37*(3), 239-248.

Branco, M. E. T. (2016). *Obsessive beliefs in obsessive-compulsive disorder* (Order No. 30963742). Available from ProQuest Dissertations & Theses Global. (3059337093). Retrieved from https://www.proquest.com/dissertations-theses/obsessive-beliefs-compulsive-disorder/docview/3059337093/se-2

Broersma, M. & Swart, J. (2022). Do novel routines stick after the pandemic? The formation of news habits during COVID-19, *Journalism Studies*, *23*(5-6), 551-568, 10.1080/1461670X.2021.1932561

Buoncompagni, G. (2023). Epidemiology of news: Doomscrolling, information overload, and other "media pathologies" in our infected society. *Journal of Sociological Research*, *14*, 17-28.

Casale, S., Musicò, A., & Spada, M. M. (2021). A systematic review of metacognitions in Internet Gaming Disorder and problematic Internet, smartphone and social networking sites use. *Clinical Psychology & Psychotherapy*, *28*(6), 1494–1508. https://doi.org/10.1002/cpp.2588

Cervin, M. (2023). Obsessive-compulsive disorder: diagnosis, clinical features, nosology, and epidemiology. *Psychiatric Clinics*, *46*(1), 1-16.

Clark, D. A., & Purdon, C. (2004). Cognitive theory and therapy of obsessions and compulsions. *Cambridge University Press*, *3*(3), 90-116.

Çopur, G. Y. (2015). *Bilişsel çarpıtmaların obsesif kompulsif belirtiler ve obsesif inançlarla ilişkisinin incelenmesi* (Master's thesis, Maltepe University (Turkey)).

Dailey, S. L., Howard, K., Roming, S. M. P., Ceballos, N., Grimes, T. A. (2020). Biopsychosocial approach to understanding social media addiction. *Human Behavior & Emerging Technologies*, *2*, 158–167. https://doi.org/10.1002/hbe2.182

Davis, R. A. (2001). A cognitive–behavioral model of pathological internet use. *Computers in Human Behavior, 17*(2), 187–195. https://doi.org/10.1016/S0747-5632(00)00041-8

Dayer, A. (2024). *Metacontrol of Spontaneous Thought and Action*. University of California, Merced.

de Filippis, R., Aguglia, A., Costanza, A., Benatti, B., Placenti, V., Vai, E., Bruno, E., de Berardis, D., Dell'Osso, B., Albert, U., De Fazio, P., Amore, M., Serafini, G., Ghaemi, N. S., & Amerio, A. (2024). Obsessive–compulsive disorder as an epiphenomenon of comorbid bipolar disorder? An updated systematic review. *Journal of Clinical Medicine*, *13*(5), 1230.

Demet, M. M., Deveci, A., Deniz, F., Taşkın, E. O., Şimşek, E., & Yurtsever, F. (2005). Obsesif kompulsif bozuklukta sosyodemografik özellikler ve fenomenoloji. *Anadolu Psikiyatri Dergisi*, *6*(3), 133-144.

Demirci, I. (2019). The adaptation of the Bergen Social Media Addiction Scale to Turkish and its evaluation of relationship with depression and anxiety symptoms/Bergen Sosyal

Medya Bagimliligi Olceginin Turkceye uyarlanmasi, depresyon ve anksiyete belirtileriyle iliskisinin degerlendirilmesi. *Anadolu Psikiyatri Dergisi*, *20*(1), 15-23.

Diedrich, A., Sckopke, P., Schwartz, C., Schlegl, S., Osen, B., Stierle, C., & Voderholzer, U. (2016). Change in obsessive beliefs as predictor and mediator of symptom change during treatment of obsessive-compulsive disorder–a process-outcome study. *BMC Psychiatry*, *16*, 1-10.

Egan, S. J., Wade, T. D., & Shafran, R. (2010). Perfectionism as a transdiagnostic process: A clinical review. *Clinical Psychology Review, 31*(2), 203-212.

Einstein, D. A., McMaugh, A., Rapee, R. M., McEvoy, P., Fraser, M. I., Abbott, M., Mansell, W., & Karin, E. (2024). Intolerance of uncertainty as a central influence on social media use: A school-based program for adolescents. *Society for Prevention Research*, *25*(8), 1238–1249. https://doi.org/10.1007/s11121-024-01738-y

Elhai, J. D., Yang, H., & Montag, C. (2020). Fear of missing out (FOMO): Overview, theoretical underpinnings, and literature review on relations with severity of negative affectivity and problematic technology use. *Brazilian Journal of Psychiatry*, *43*(2), 203-209.

Fardouly, J., Magson, N. R., Rapee, R. M., Johnco, C. J., Oar, E. L. (2020). The use of social media by Australian preadolescents and its links with mental health. *Journal of Clinical Psychology*, *76*, 1304–1326. https://doi.org/10.1002/jclp.22936

Faulk, K., & Kameg, B. (2023). Diagnosis and management of perinatal obsessive-compulsive disorder. *The Journal for Nurse Practitioners*, *19*(8), 104707.

Field, A. (2009). *Discovering statistics using SPSS* (3rd ed.). Sage.

Fineberg, N. A., Fourie, H., Gale, T. M., & Sivakumaran, T. (2005). Comorbid depression in obsessive compulsive disorder (OCD): Symptomatic differences to major depressive disorder. *Journal of Affective Disorders*, *87*, 327-330.

Fontana, A. S. (2024). *An Examination of the Effect of Social Media Use as a Safety Seeking Behavior on Obsessive-Compulsive Symptoms*. University of Louisiana at Lafayette.

Frost, R. O., Steketee, G., & Williams, L. (2002). Compulsive buying, compulsive hoarding, and obsessive-compulsive disorder. *Behavior therapy*, *33*(2), 201-214.

Gao, J., Zheng, P., Jia, Y., Chen, H., Mao, Y., Chen, S., Wang, Y., Fu, H., & Dai, J. (2020). Mental health problems and social media exposure during COVID-19 outbreak. *PloS one*, *15*(4), e0231924. https://doi.org/10.1371/journal.pone.0231924

George, A. S., Hovan George, A. S., Baskar, T., & Karthikeyan, M. M. (2024). Reclaiming our minds: Mitigating the negative impacts of excessive doomscrolling. *Partners Universal Multidisciplinary Research Journal*, *1*(3), 17–39. https://doi.org/10.5281/zenodo.13737987

Grierson, N. E. (2024). *Predictors of counselors accurately diagnosing obsessive compulsive disorder (OCD) and recommending OCD-specific empirically supported treatments (ESTs)* (Doctoral dissertation, Walden University).

Guazzini, A., Gursesli, M. C., Serritella, E., Tani, M., & Duradoni, M. (2022). Obsessive-compulsive disorder (OCD) types and social media: are social media important and impactful for OCD people?. *European Journal of Investigation in Health, Psychology and Education*, *12*(8), 1108-1120.

Gutteling, J. M., & De Vries, P. W. (2017). Determinants of seeking and avoiding risk-related information in times of crisis. *Risk analysis*, *37*(1), 27-39.

Güme, S. (2024). Doomscrolling: A review. *Psikiyatride Güncel Yaklaşımlar*, *16*(4), 595-603.

Hall, J. A. (2025). Loneliness and social media. *Annals of the New York Academy of Sciences*, *1543*, 5–16. https://doi.org/10.1111/nyas.15275

Hellberg, S. N., Buchholz, J. L., Twohig, M. P., & Abramowitz, J. S. (2020). Not just thinking, but believing: Obsessive beliefs and domains of cognitive fusion in the prediction of OCD symptom dimensions. *Clinical Psychology & Psychotherapy*, *27*, 69–78. https://doi.org/10.1002/cpp.2409

Hu, X. (2023). *Escape or doomscrolling: Mood management through social media use in young adults with generalized anxiety disorder symptoms* (Order No. 31629382). Available from ProQuest Dissertations & Theses Global. (3101885818). Retrieved from https://www.proquest.com/dissertations-theses/escape-doomscrolling-mood-management-through/docview/3101885818/se-2

Hughes, I. M., Keith, M. G., Lee, J., & Gray, C. E. (2024). Working, scrolling, and worrying: Doomscrolling at work and its implications for work engagement. *Computers in Human Behavior, 153*, 108130. https://doi.org/10.1016/j.chb.2023.108130

Holte, A. J., Aukerman, K., Padgett, R., & Kenna, M. (2024). "Let me check my phone just one more time": Understanding the relationship of obsessive-compulsive disorder severity and problematic smartphone use. *Current Psychology*, *43*(13), 11593-11603.

Holtzheimer, K. N. (2024). Examining and mitigating the negative effects of social media on adolescent mental health. Azusa Pacific University.

Inözü, M., & Yorulmaz, O. (2013). Vancouver Obsesif-Kompulsif Ölçeği: Türkçe formu'nun üniversite öğrencilerinde geçerlik ve güvenirliği. *Türk Psikoloji Yazıları*, *16* (32), 64-72.

James, T. L., Lowry, P. B., Wallace, L., & Warkentin, M. (2017). The effect of belongingness on obsessive-compulsive disorder in the use of online social networks. *Journal of Management Information Systems*, *34*(2), 560-596.

Janiszewski, C., & Laran, J. (2024). A behaviorist perspective on how to address negative consumer behaviors. *Consumer Psychology Review*, *7*(1), 98–115. https://doi.org/10.1002/arcp.1097

Jones, R., Mougouei, D., & Evans, S. L. (2021). Understanding the emotional response to COVID-19 information in news and social media: A mental health perspective. *Human Behavior and Emerging Technologies*, 3(5), 832–842. https://doi.org/10.1002/hbe2.304

Kariri, H. D. H., & Almubaddel, A. (2024). From theory to practice: Revealing the real-world impact of cognitive behavioral therapy in psychological disorders through a dynamic bibliometric and survey study. *Heliyon*, *10*(18).

Kartol A., Üztemur S., & Yaşar P. (2023). 'I cannot see ahead': Psychological distress, doomscrolling and dark future among adult survivors following mw 7.7. and 7.6 earthquakes in Türkiye. *BMC Public Health*, *23*(2513).

Kartol, A., Üztemur, S., & Yaşar, P. (2025). Development and validation of the Earthquake Obsession Scale. *Death Studies, 49*(3), 219-227. https://doi.org/10.1080/07481187.2024.2317177

Kaya, B., & Griffiths, M. D. (2025). Intolerance of uncertainty and mental wellbeing: the mediating and moderating role of doomscrolling. *Behaviour & Information Technology*, *44*(10), 2323-2332.

Kaye, B. K., & Johnson, T. J. (2024). I can't stop myself! Doomscrolling, conspiracy theories, and trust in social media. *Atlantic Journal of Communication*, *32*(3), 471–483. https://doi.org/10.1080/15456870.2024.2316844

Kenny, D. A., Kaniskan, B., & McCoach, D. B. (2015). The performance of RMSEA in models with small degrees of freedom. *Sociological Methods & Research, 44*(3), 486–507. https://doi.org/10.1177/0049124114543236

Kircaburun, K., Griffiths, M. D., Şahin, F., Bahtiyar, M., Atmaca, T., & Tosuntaş, Ş. B. (2020). The mediating role of self/everyday creativity and depression on the relationship between creative personality traits and problematic social media use among emerging adults. *International Journal of Mental Health and Addiction*, *18*, 77-88.

Kline, R. B. (2005). *Principles and practice of structural equation modeling,* New York: Guilford.

Kline, R. B. (2015). Principles and Practice of Structural Equation Modeling. Guildford Press.

Kline, R. B. (2019). Yapısal Eşitlik Modellemesinin İlkeleri ve Uygulaması. 4. Baskı. Ankara: Atlas Akademik Basın Yayın.

Kudubes, A. A., & Efe, Y. S. (2024). The predictive power of game addiction and social media addiction on adolescents' lifestyle. *Psychology in the Schools*, *61*, 1000–1017. https://doi.org/10.1002/pits.23096

Kuss, D. J., & Griffiths, M. D. (2017). Social networking sites and addiction: Ten lessons learned. *International Journal of Environmental Research and Public Health, 14*(3), 311. https://doi.org/10.3390/ijerph14030311

Lee, S. L. (2021). Social network sites and obsessive-compulsive disorder: An investigation with suppression analyses. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace, 15*(2), Article 5. https://doi.org/10.5817/CP2021-2-5

Lee, S. L., Park, M. S. A., & Tam, C. L. (2015). The relationship between Facebook attachment and obsessive- compulsive disorder severity. *Cyberpsychology: Journal of Psychosocial Research on Cyberspace, 9*(2). Article 6. http://dx.doi.org/10.5817/CP2015-2-6

Li, Y., & Qiu, B. (2023). Relationship between doom-scrolling and mental health under the influence of recommendation algorithms. Lecture Notes in Education Psychology and Public Media*, 15*(1), 148–157.

Maccarrone-Eaglen, A., & Schofield, P. (2023). The influence of social media addiction on compulsive buying behaviour: A comparative analysis of LGBT+ and heterosexual consumers. *Journal of Consumer Behaviour*, *22*(1), 98–121. https://doi.org/10.1002/cb.2115

Mahaffey, B. L. (2009). *The development of obsessive beliefs: The influence of parents' beliefs and parenting style characteristics* (Master's thesis, The University of North Carolina at Chapel Hill).

Mahjani, B., Klei, L., Mattheisen, M., Halvorsen, M. W., Reichenberg, A., Roeder, K., Pedersen, N. L., Boberg, J., de Schipper, E., Bulik, C. M., Landén, M., Fundín, B., Mataix-Cols, D., Sandin, S., Hultman, C. M., Crowley, J. J., Buxbaum, J. D., Rück, C., Devlin, B., & Grice, D. E. (2022). The genetic architecture of obsessive-compulsive disorder: Contribution of liability to OCD from alleles across the frequency spectrum. *The American Journal of Psychiatry*, *179*(3), 216–225. https://doi.org/10.1176/appi.ajp.2021.21010101

Malaeb, D., Salameh, P., Barbar, S., Awad, E., Haddad, C., Sacre, H., Obeid, S., & Hallit, S. (2021). Problematic social media use and mental health (depression, anxiety, and insomnia) among Lebanese adults: Any mediating effect of stress? *Perspectives in Psychiatric Care, 57*(2), 539–549. https://doi.org/10.1111/ppc.12576

McCutcheon, L. E., Hwang, H., Mokhtari Chirani, B., Shabahang, R., Aruguete, M. S. & Thomas, E. F. (2024). Is doomscrolling related to celebrity worship? A cross-cultural study. *International Journal of Psycholology*, *59*, 885-890. https://doi.org/10.1002/ijop.13159

McKay, D., Sookman, D., Neziroglu, F., Wilhelm, S., Stein, D. J., Kyrios, M., Matthews, K., & Veale, D. (2015). Efficacy of cognitive-behavioral therapy for obsessive–compulsive disorder. *Psychiatry Research*, *225*(3), 236-246. https://doi.org/10.1016/j.psychres.2014.11.058

Menzies, R. G., Harris, L. M., Cumming, S. R., & Einstein, D. A. (2000). The relationship between inflated personal responsibility and exaggerated danger expectancies in obsessive–compulsive concerns. *Behaviour Research and Therapy*, *38*(10), 1029-1037.

Merriam-Webster. (2020, May 21). *On 'doomsurfing' and 'doomscrolling': Can you think of a better way to spend your time?* Merriam-Webster. https://www.merriam-webster.com/wordplay/doomsurfing-doomscrolling-words-were-watching

Miegel, F., Daubmann, A., Moritz, S., & Moritz, S. (2023). Obsessive–compulsive symptom dimensions and their relationships with obsessive beliefs: A structural equation

modeling analysis. *Psychiatric Quarterly, 94*(2), 345–360. https://doi.org/10.1007/s11126-023-10037-8

Moulding, R., Anglim, J., Nedeljkovic, M., Doron, G., Kyrios, M., & Ayalon, A. (2011). *Obsessive Beliefs Questionnaire-20 (OBQ-20)* [Database record]. APA PsycTests.

Muela, I., Navas, J. F., Ventura-Lucena, J. M., & Perales, J. C. (2022). How to pin a compulsive behavior down: A systematic review and conceptual synthesis of compulsivity-sensitive items in measures of behavioral addiction. *Addictive Behaviors, 134*, 107410.

Musial, E. (2025). Doomscrolling–a harmful trend on the web. Analysis of the phenomenon.

Myers, M. (2024). The hidden dangers of staying informed: Part 1–what is doomscrolling and why can't we stop?. *Psychology*, *1243*(376), 343.

Naseerullah, A., Hayat, M., Iqbal, N., Tahir, M., AlQahtani, S. A., & Alamri, A. M. (2024). Early diagnosis of obsessive-compulsive disorder through gene expression analysis using machine learning models. *Elsevier*, *248*. https://doi.org/10.1016/j.chemolab.2024.105107

Neijzen, M. (2024). The epistemic value of doombehaviour: Beyond the prudential consequences of doomscrolling, doomchecking, and doomsurfing. *Synthese*, *203*(6), 1-25.

Newman, D. A. (2014). Missing data: Five practical guidelines. *Organizational Research Methods*, *17*(4), 372-411.

Norberg, P. A., & Horne, D. R. (2024). When the bridge is not human: Algorithmic interference in forming social relationships through the manipulation of weak ties. *Journal of Consumer Affairs*, *58*(2), 606–629. https://doi.org/10.1111/joca.12586

Obsessive Compulsive Cognitions Working Group. (2001). Development and initial validation of the obsessive beliefs questionnaire and the interpretation of intrusions inventory. *Behaviour Research and Therapy*, *39*, 987–1006.

Obsessive Compulsive Cognitions Working Group. (2003). Psychometric validation of the obsessive belief questionnaire and the interpretation of intrusion inventory: Part 1. *Behaviour Research and Therapy*, *41*, 863–878.

Obsesif Kompulsif Bilişleri Çalışma Grubu (2005) Psychometric validation of the Obsessive Beliefs Questionnaire and the Interpretation of Intrusions Inventory: Part II. Factor analyses and testing a brief version. *Behavior Research and Therapy*, *43*.

O'Leary, E.M., Rucklidge, J.J. and Blampied, N. (2009), Thought-action fusion and inflated responsibility beliefs in obsessive-compulsive disorder. Clinical Psychologist, 13: 94-101. https://doi.org/10.1080/13284200903369557

Ostovar, S., Bagheri, R., Griffiths, M. D., & Mohd Hashima, I. H. (2021). Internet addiction and maladaptive schemas: The potential role of disconnection/rejection and impaired autonomy/performance. *Clinical Psychology & Psychotherapy*, *28*(6), 1509–1524. https://doi.org/10.1002/cpp.2581

Ouimet, A. J., Ashbaugh, A. R., & Radomsky, A. S. (2019). Hoping for more: How cognitive science has and hasn't been helpful to the OCD clinician. *Clinical psychology review*, *69*, 14–29. https://doi.org/10.1016/j.cpr.2018.04.003

Önder, B. (2019). *Obsesif kompulsif bozuklukta nörobilişsel esneklik, mükemmelliyetçilik ve obsesif inanışlar* (Master's thesis, Dokuz Eylul Universitesi (Turkey)).

Parlak Sert, H., & Başkale, H. (2023). Students' increased time spent on social media, and their level of coronavirus anxiety during the pandemic, predict increased social media addiction. *Health Information & Libraries Journal*, *40*(3), 262–274. https://doi.org/10.1111/hir.12448

Pettigrew, L. (2022). *Can obsessive thoughts predict problematic alcohol use through thought suppression?* (Master's thesis, Old Dominion University).

Pluhar, E., Kavanaugh, J. R., Levinson, J. A., & Rich, M. (2019). Problematic interactive media use in teens: Comorbidities, assessment, and treatment. *Psychology Research and Behavior Management*, *12*, 447–455. https://doi.org/10.2147/PRBM.S208968

Price, M., Legrand, A. C., Brier, Z. M., van Stolk-Cooke, K., Peck, K., Dodds, P. S., Danforth, C. M., & Adams, Z. W. (2022). Doomscrolling during COVID-19: The negative association between daily social and traditional media consumption and mental health symptoms during the COVID-19 pandemic. *Psychological Trauma: Theory, Research, Practice, and Policy*, *14*(8), 1338.

Rachman, S. (1998). A cognitive theory of obsessions: Elaborations. *Behaviour research and therapy*, *36*(4), 385-401.

Rachman, S., & Shafran, R. (1999). Cognitive distortions: thought–action fusion. *Clinical Psychology & Psychotherapy*, *6*, 80-85.

Raudsepp, L. (2019). Brief report: Problematic social media use and sleep disturbances are longitudinally associated with depressive symptoms in adolescents. *Journal of Adolescence*, *76*, 197-201.

Reuther, E. T., Davis III, T. E., Rudy, B. M., Jenkins, W. S., Whiting, S. E., & May, A. C. (2013). Intolerance of uncertainty as a mediator of the relationship between perfectionism and obsessive-compulsive symptom severity. *Depression and Anxiety*, *30*(8), 773-777.

Riehm, K. E., Holingue, C., Kalb, L. G., Bennett, D., Kapteyn, A., Jiang, Q. Veldhuis, C. B., Johnson, R. M., Fallin, M. D., Kreuter, F., Stuart, E. A., & Thrul, J. (2020). Associations between media exposure and mental distress among US adults at the beginning of the COVID-19 pandemic. *American Journal of Preventive Medicine*, *59*, 630-638.

Ruppin, S., Arias, O., & Dar, R. (2023). OCD symptoms are related to seeking and relying on external information even in neutral perceptual decisions. *Journal of Obsessive-Compulsive and Related Disorders*, *39*, 100843.

Salkovskis, P. M. (1985). Obsessional-compulsive problems: A cognitive-behavioural analysis. *Behaviour Research and Therapy*, *25*, 571-583.

Sánchez-Fernández, M., Borda-Mas, M., Horvath, Z., & Demetrovics, Z. (2024). Similarities and differences in the psychological factors associated with generalised problematic internet use, problematic social media use, and problematic online gaming. *Comprehensive Psychiatry*, *134*, 152512.

Sandstrom, A., Krause, S., Ouellet-Courtois, C., Kelly-Turner, K., & Radomsky, A. S. (2024). What's control got to do with it? A systematic review of control beliefs in obsessive-compulsive disorder. *Clinical Psychology Review*, *107*, 102372. https://doi.org/10.1016/j.cpr.2023.102372

Sarialioğlu, A. & Oluç, T. (2024). The relationship between social media addiction and perceived stress in adolescents. *Journal of Child and Adolescent Psychiatric Nursing*, *37*, e70000. https://doi.org/10.1111/jcap.70000

Satıcı S. A., Gocet-Tekin. E., Deniz, M. E., & Satıcı, B. (2022). Doomscrolling scale: Its association with personality traits, psychological distress, social media use, and wellbeing. *Applied Research in Quality of Life*, *18*,833-847.

Scott, J., & Beck, A. T. (2008). Cognitive behavioural therapy. *636*.

Shabahang, R., Hwang, H., Thomas, E. F., Aruguete, M. S., McCutcheon, L. E., Orosz, G., Hossein Khanzadeh, A. A., Mokhtari Chirani, B., & Zsila, Á. (2024). Doomscrolling evokes existential anxiety and fosters pessimism about human nature? Evidence from Iran and the United State*s*. *Computers in Human Behavior Reports, 15*, 100438.

Shannon, H., Bush, K., Shvetz, C., Paquin, V., Morency, J., Hellemans, K. G., & Guimond, S. (2024). Longitudinal problematic social media use in students and its association with negative mental health outcomes. *Psychology Research and Behavior Management*, *17*, 1551–1560. https://doi.org/10.2147/PRBM.S450217

Sharma, B., Lee, S. S., & Johnson, B. K. (2022). The dark at the end of the tunnel: doomscrolling on social media newsfeeds. *Technology, Mind and Behavior*, *3*,1-13.

Shoshani, A., Kor, A., Farbstein-Yavin, S., & Gvion, Y. (2024). Risk and protective factors for substance use and media addictive behaviors in adolescents during the COVID-19 pandemic. *Journal of Adolescence*, *96*, 746–759. https://doi.org/10.1002/jad.12295

Sica, C., Ghisi, M., Altoè, G., Chiri, L. R., Franceschini, S., Coradeschi, D., & Melli, G. (2009). The Italian version of the Obsessive Compulsive Inventory: Its psychometric properties on community and clinical samples. *Journal of Anxiety Disorders*, *23*(2), 204-211.

Simsek, A., Elciyar, K., & Kizilhan, T. (2019). A comparative study on social media addiction of high school and university students. *Contemporary Educational Technolo*gy, *10*(2), 106-119

Sireli, O., Dayi, A., & Colak, M. (2023). The mediating role of cognitive distortions in the relationship between problematic social media use and self-esteem in youth. *Cognitive Processing*, *24*(4), 575–584. https://doi.org/10.1007/s10339-023-01155-z

Sommerfeld, E., & Dror, C. (2025). Perfectionist self-presentation and problematic social media use serially mediate the association between attachment and depression among adolescent girls, *International Journal of Adolescence and Youth*, *30*(1), 2447481, 10.1080/02673843.2024.2447481

Stein, D. J., Costa, D. L. C., Lochner, C., Miguel, E. C., Reddy, Y. C. J., Shavitt, R. G., van den Heuvel, O. A., & Simpson, H. B. (2019). Obsessive-compulsive disorder. *Nature Reviews. Disease Primers*, *5*(1), 52. https://doi.org/10.1038/s41572-019-0102-3

Stinson, L., & Dallery, J. (2023). Reducing problematic social media use via a package intervention. *Journal of Applied Behavior Analysis*, *56*(2), 323–335. https://doi.org/10.1002/jaba.975

Stockdale, L. A. & Coyne, S. M. (2020). Bored and online: Reasons for using social media, problematic social networking site use, and behavioral outcomes across the transition

from adolescence to emerging adulthood. *Journal of Adolescence*, *79*, 173-183. https://doi.org/10.1016/j.adolescence.2020.01.010

Sun, C., Li, Y., Kwok, S. Y. C. L., & Mu, W. (2022). The Relationship between intolerance of uncertainty and problematic social media use during the COVID-19 pandemic: A serial mediation model. *International journal of environmental research and public health*, *19*(22), 14924. https://doi.org/10.3390/ijerph192214924

Şentürk, E., Geniş, B., & Coşar, B. (2021). Social media addiction in young adult patients with anxiety disorders and depression. *Alpha Psychiatry*, *22*(5), 257.

Tabachnick, B. G., & Fidell, L. S. (2013). Using Multivariate Statistics (6th ed.). Boston, MA: Pearson.

Taskin, S., Yildirim Kurtulus, H. Y., Satici, S. A., & Deniz, M. E. (2024). Doomscrolling and mental well-being in social media users: A serial mediation through mindfulness and secondary traumatic stress. *Journal of Community Psychology*, *52*, 512–524. https://doi.org/10.1002/jcop.23111

Taylor, S., Abramowitz, J. S., & McKay, D. (2007). Cognitive-Behavioral Models of Obsessive-Compulsive Disorder.

Taymur, I., Budak, E., Demirci, H., Akdağ, H. A., Güngör, B. B., & Özdel, K. (2016). A study of the relationship between internet addiction, psychopathology and dysfunctional beliefs. *Computers in Human Behavior*, *61*, 532-536.

Thordarson, D. S., Radomsky, A. S., Rachman, S., Shafran, R., Sawchuk, C. N., & Hakstian, A. R. (2004). The Vancouver obsessional compulsive inventory (VOCI). *Behaviour Research and Therapy*, *42*(11), 1289-1314.

Torres, A. R., Prince, M. J., Bebbington, P. E., Bhugra, D., Brugha, T. S., Farrell, M., Jenkins, R., & Lewis, G. (2006). Obsessive-compulsive disorder: prevalence, comorbidity, impact, and help-seeking in the British National Psychiatric Morbidity Survey of 2000. *American Journal of Psychiatry*, *163*(11), 1978-1985.

Türk-Kurtça, T., & Kocatürk, M. (2025). Beyond the scroll: Exploring how intolerance of uncertainty and psychological resilience explain the association between trait anxiety and doomscrolling. *Personality and Individual Differences*, *233*, 112919.

Usman, S., Huma, T., & Akbar, M. R. (2025). Impact of doom scrolling on mental well-being among media students in karachi. *Annals of Human and Social Sciences*, *6*(2), 357-369.

Uysal, E., Altun, I. K., & Karaguzel, E. O. (2024). The relationship between neurocognitive profile and metacognitions in obsessive-compulsive disorder patients with autogenous and reactive features. *Dusunen Adam*, *37*(3), 140-154.

Viar, M. A., Bilsky, S. A., Armstrong, T., & Olatunji, B. O. (2011). Obsessive beliefs and dimensions of obsessive-compulsive disorder: An examination of specific associations. *Cognitive Therapy and Research*, *35*, 108-117.

Vogel, E. A., Ramo, D. E., Prochaska, J. J., Meacham, M. C., Layton, J. F., & Humfleet, G. L. (2021). Problematic social media use in sexual and gender minority young adults: Observational study. *JMIR Mental Health*, *8*(5), e23688.

Wang, C., Lee, M. K. O., & Hua, Z. (2014). A theory of social media dependence: Evidence from microblog users. *Decision Support Systems*, *69*, 40–49.

Watson, J. C., Prosek, E. A. & Giordano, A. L. (2020). Investigating psychometric properties of social media addiction measures among adolescents. *Journal of Counseling & Development*, *98*, 458-466. https://doi.org/10.1002/jcad.12347

Weed, M. H. (2022). *Examining the role of obsessive beliefs in obsessive-compulsive symptoms* (Order No. 29165460). Available from ProQuest Dissertations & Theses Global. (2692090967). Retrieved from https://www.proquest.com/dissertations-theses/examining-role-obsessive-beliefs-compulsive/docview/2692090967/se-2

West, S. G., Taylor, A. B., & Wu, W. (2012). Model fit and model selection in structural equation modeling. *Handbook of structural equation modeling*, *1*(1), 209-231.

Whittal, M. L., & Mclean, P. D. (1999). CBT for OCD: The rationale, protocol, and challenges. *Cognitive and Behavioral Practice, 6*, 383-396.

Williams, S. (2024). How active use of social media is linked to mental illness.

Wojtaszek, J. A., & Saules, K. K. (2022). The moderating effects of intolerance of uncertainty and social connectedness on college students' addictive behaviors and mental health symptoms during the COVID-19 pandemic. *Journal of American College Health*, *72*(5), 1551–1560. https://doi.org/10.1080/07448481.2022.2082848

Wong, S. F., Lim, V., Black, M. J., & Grisham, J. R. (2021). The impact of modifying obsessive-compulsive beliefs about perfectionism. *Journal of Behavior Therapy and Experimental Psychiatry*, *73*, 101675. https://doi.org/10.1016/j.jbtep.2021.101675

Wu, M. S., & Storch, E. A. (2016). A Case Report of Harm-Related Obsessions in Pediatric Obsessive-Compulsive Disorder. *Journal of clinical psychology*, *72*(11), 1120–1128. https://doi.org/10.1002/jclp.22392

Yorulmaz, O., Çulha-Güngör, D., & Gökdağ, C. (2019). Obsesif İnançlar Anketi: Kısa formların Türkçeye uyarlanması ve psikometrik özelliklerinin incelenmesi. *Türk Psikiyatri Dergisi, 30,* 191-199.

Youssef, L., Hallit, R., Akel, M., Kheir, N., Obeid, S., & Hallit, S. (2021). Social media use disorder and alexithymia: Any association between the two? Results of a cross-sectional study among Lebanese adults. *Perspectives in Psychiatric Care*. *57*, 20–26. https://doi.org/10.1111/ppc.12506

Ytre-Arne, B., & Moe, H. (2021). Doomscrolling, monitoring and avoiding: News use in COVID-19 pandemic lockdown. *Journalism Studies*, *22*(13), 1739–1755. https://doi.org/10.1080/1461670X.2021.1952475

Zappia, C. & Makri, S. (2022). "I try to find a balance": Investigating strategies for self-regulating Covid news consumption. *Proceedings of the Association for Information Science and Technology*, *59*, 368-380. https://doi.org/10.1002/pra2.760

APPENDICES

APPENDIX 1: Informed Consent Form

Sayın Katılımcı,

Güncel çalışma, Başkent Üniversitesi Klinik Psikoloji Yüksek Lisans programı kapsamında Dr. Öğr. Üyesi Elif Üzümcü Özdemir danışmanlığında, Psk. Serra Kaya tarafından yürütülen bir tez çalışmasıdır. Bu çalışmada, sosyal medya kullanımı ile ilişkili faktörleri ve çeşitli düşünce biçimlerini incelemek amaçlanmaktadır. Bu çalışmaya katılabilmeniz için 18-60 yaş aralığında bulunmanız, en az bir sosyal medya platformunu kullanıyor olmanız gerekmektedir. Anketlerin doldurulması yaklaşık olarak 30 dakika sürecektir.

Çalışmaya katılımınız gönüllülük esasına dayanmaktadır. Çalışmaya katılımınız bilimsel çalışmalara ve literatüre katkı sağlamaktadır. Çalışmaya katıldığınız takdirde bir adet demografik bilgi formu ve 4 adet anket doldurmanız beklenmektedir. Anketlerde yer alan soruları eksiksiz bir şekilde doldurmanız beklenmektedir. Bu çalışma sırasında herhangi bir nedenden dolayı kendinizi rahatsız hissederseniz, çalışmadan ayrılabilirsiniz.

Demografik bilgi formunda kimliğinizi belirleyecek herhangi bir bilgi istenmeyecektir ve çalışmada elde edilecek bilgiler gizli tutulacaktır. Çalışma sonunda verilerin incelenmesinin ardından, veriler imha edilecektir. Çalışmanın sonunda talep ederseniz, çalışmanın sonuçları sizinle paylaşılabilecektir. Çalışmayla ilgili herhangi bir sorunuz olduğunda ya da daha fazla bilgi edinmek istediğinizde, Psk. Serra Kaya ile belirtilen mail adresi yoluyla iletişime geçebilirsiniz.

Bilgilendirilmiş Onam Formunu okudum. Psk. Serra Kaya tarafından ve Dr. Öğr. Üyesi Elif Üzümcü Özdemir danışmanlığında yürütülen bu tez çalışmasına gönüllü olarak katılmayı kabul ediyorum.

□ Kabul ediyorum.

□Kabul etmiyorum.

APPENDIX 2: Demographic Information Form

1. Cinsiyetiniz:

   _____

2. Yaşınız:

   _____

3. Aktif olarak kullandığınız sosyal media platformu: (Birden fazla işaretleme yapabilirsiniz.)

   () X/Twitter ()Instagram ()TikTok ()Facebook ()Youtube ()Diğer

4. Sosyal medyada 1 gün içerisindeki ekran süreniz (Gün/Saat):

   _____

5. Hangi sosyal medya içeriklerini daha sık izliyorsunuz/takip ediyorsunuz?

   () Eğitim () Sağlık () Siyaset () Eğlence () Spor () Diğer

6. Günlük haberleri takip etmek için sosyal medya platformlarını tercih ediyor musunuz?

   () Evet () Hayır

7. Haberleri takip etmek için hangi sosyal medya platformunu tercih ediyorunuz? (Birden çok işaretleme yapabilirsiniz.)

   () X/Twitter ()Instagram ()TikTok ()Facebook ()Youtube ()Diğer

8. Sosyal medyada sıklıkla takip ettiğiniz haberlerin teması/konusu nedir?

   _____

9. Herhangi bir psikiyatrik tanınız bulunuyor mu?

() Evet () Hayır

10. Eğer psikiyatrik bir tanınız varsa, tanınızı belirtebilir misiniz?

_____

11. Tanınızın kim tarafından konulduğunu belirtebilir misiniz? (psikiyatrist, vs.)

_____

APPENDIX 3: Vancouver Obsessive-Compulsive Inventory

Her bir ifadeyi, ifadenin sizin için kadar doğru olduğunu en iyi tanımlayan sayıyı daire içine alarak belirtiniz. Lütfen, belirli bir madde üzerinde çok fazla vakit harcamadan her bir maddeyi yanıtlayın.

Aşağıdaki ifadeler sizin için ne kadar doğru?	**Hiç**	**Çok az**	**Biraz**	**Oldukça**	**Çok**
1. Mektupları postalamadan önce, her harfi tekrar tekrar kontrol etme mecburiyeti hissederim.	0	1	2	3	4
2. Kesici bir alet kullanmakla ilgili istenmeyen düşüncelerim nedeniyle sıklıkla keyfim kaçar.	0	1	2	3	4
3. Paraya dokunduktan sonra kendimi çok kirli hissederim.	0	1	2	3	4
4. Önemsiz kararları almak bile bana çok zor gelir.	0	1	2	3	4
5. Kendimi, tamamıyla mükemmel olmaya mecbur hissederim.	0	1	2	3	4
6. Bir kaza hakkındaki aynı istenmeyen düşünce veya imge (hayal) tekrar tekrar aklıma gelir	0	1	2	3	4
7. Musluk ve elektrik düğmesi gibi şeyleri kapattıktan sonra tekrar tekrar kontrol ederim.	0	1	2	3	4
8. Evi veya kendimi mikroplardan korumak için aşırı miktarda dezenfektan (mikrop öldürücü) kullanırım.	0	1	2	3	4
9. Sıklıkla önemsiz şeyleri (ör. araba plakaları, levhalardaki talimatlar) ezberlemeye mecbur hissederim.	0	1	2	3	4
10. Evim, biriktirdiğim eşyalarla darmadağınık olduğu için günlük ev işlerini yapmakta zorlanırım.	0	1	2	3	4
11. Bir şeye karar verdikten sonra, çoğunlukla kararım konusunda uzun süre endişe duyarım.	0	1	2	3	4
12. Hemen hemen her gün, zihnimde istem dışı beliren olumsuz düşüncelerden dolayı rahatsız olurum.	0	1	2	3	4
13. Ellerimi yıkamak için çok zaman harcarım.	0	1	2	3	4
14. Her şeyi tam olarak doğru yapmaya çalıştığım için işleri tamamlamakta sıklıkla zorluk yaşarım.	0	1	2	3	4

15. Ayakkabılarımın tabanına dokunmak beni çok huzursuz eder.	0	1	2	3	4
16. Cinsel içerikli istenmeyen düşünce ve imgelerimden (hayallerden) sıklıkla rahatsız olurum.	0	1	2	3	4
17. Çok önemsiz bir karar bile vermek zorunda olsam, kendimi gergin hissederim.	0	1	2	3	4
18. Kendimi günlük işleri yaparken, çok katı bir sıralama takip etmeye mecbur hissederim.	0	1	2	3	4
19. Mobilyalarımın veya diğer eşyalarımın her zaman tam olarak aynı pozisyonda/konumda olmaması beni rahatsız eder.	0	1	2	3	4
20. Her ne kadar bunu yapma isteğine karşı koymaya çalışsam da kapı ve pencerelerin kilitli olup olmadığını tekrar tekrar kontrol ederim.	0	1	2	3	4
21. Çöp ya da çöp kutusuna dokunmak bana çok zor gelir	0	1	2	3	4
22. Bir şeyi atmam gerektiğini düşündüğümde kendimi çok gergin veya üzgün hissederim.	0	1	2	3	4
23. Mikroplar ve hastalık konusunda gereğinden fazla endişeliyimdir.	0	1	2	3	4
24. Günlük işleri zamanında tamamlayamadığım için çoğunlukla geç kalırım.	0	1	2	3	4
25. Bir şey bulaşma (kirlenme) olasılığı nedeniyle umumi telefonları kullanmaktan kaçınırım.	0	1	2	3	4
26. Biriktirdiğim gereksiz eşya yığınlarından dolayı insanları evime davet etmeye utanırım.	0	1	2	3	4
27. Ölüm ile ilgili aynı üzüntü verici düşünce veya imge (hayal) aklıma tekrar tekrar gelir.	0	1	2	3	4
28. Herkesin içinde birdenbire küfür etmek ve hakaret etmek ile ilgili istenmeyen düşünce ve imgeler beni sıklıkla rahatsız eder	0	1	2	3	4
29. Diğer insanları üzmüş olabileceğime dair çok endişelenirim.	0	1	2	3	4
30. Sıklıkla, akıp giden bir trafiğin içine arabayla veya koşarak dalma dürtüsü beni korkutur.	0	1	2	3	4

31. Rutin işlerimi yaparken neredeyse her zaman sayı sayarım.	0	1	2	3	4
32. Bir hayvana dokunduğum zaman kendimi çok kirlenmiş hissederim.	0	1	2	3	4
33. En büyük sorunlarımdan biri, bir şeyi tekrar tekrar kontrol etmektir	0	1	2	3	4
34. Aklıma sıklıkla, kontrolü kaybedeceğime dair rahatsız edici istem dışı düşünceler gelir.	0	1	2	3	4
35. Neyi saklayıp neyi atmam gerektiğine karar vermek benim için neredeyse imkânsızdır.	0	1	2	3	4
36. Güçlü bir şekilde, bir şeyleri saymaya kendimi mecbur hissederim.	0	1	2	3	4
37. Bunu yapma dürtüsüne karşı koysam bile, ocağı kapatıp kapatmadığımı tekrar tekrar kontrol ederim.	0	1	2	3	4
38. Yatmadan önceki rutin hazırlığımı kesinlikle aynı şekilde tamamlayamazsam çok rahatsız olurum.	0	1	2	3	4
39. Vücut salgıları (kan, idrar ve ter vb.) ile en ufak bir temastan bile çok korkarım.	0	1	2	3	4
40. Sıklıkla, diğer insanlara zarar vermeye yönelik istem dışı istek ve dürtülerimden çok rahatsız olurum.	0	1	2	3	4
41. Her gün, aynı şeyleri tekrar tekrar kontrol etmekle çok zaman harcarım.	0	1	2	3	4
42. İsraf etmekten korktuğum için bazı şeyleri atmakta çok zorlanırım.	0	1	2	3	4
43. Sıklıkla elektrik düğmesi, musluk, araç-gereç ve kapı gibi şeyleri birkaç defa kontrol etmek zorunda kalırım.	0	1	2	3	4
44. En büyük sorunlarımdan biri, temizlik konusunda aşırı endişeli olmamdır.	0	1	2	3	4
45. Gelecekte ihtiyacım olabilir diye korktuğum için, eski dergi, gazete ve fişleri biriktirme zorunluluğu hissederim.	0	1	2	3	4
46. Aklıma tekrar tekrar dinsel içerikli rahatsız edici ve kabul edilemez düşünceler gelir.	0	1	2	3	4
47. Aynı şeyleri tekrar tekrar yaptığım için genellikle işlerimi yetiştiremem.	0	1	2	3	4

48. Hata yapmaktan çok korktuğum için bir konuda karar vermeyi ertelemeye çalışırım.	0	1	2	3	4
49. Sıklıkla aklıma hastalık konusunda rahatsız edici ve istenmeyen düşünceler gelir.	0	1	2	3	4
50. Mikroplar konusunda oldukça hassas olduğum için bakımlı olsa bile, umumi tuvaletleri bile kullanmaktan korkarım.	0	1	2	3	4
51. Karşı koymaya çalışmama rağmen, hiç kullanmayacağım çok sayıdaki nesneyi biriktirme mecburiyeti hissederim.	0	1	2	3	4
52. Rahatsız edici ve istenmeyen biçimdeki ahlak dışı düşünceler aklıma tekrar tekrar gelir.	0	1	2	3	4
53. En büyük sorunlarımdan biri ayrıntıya çok fazla takılmamdır.	0	1	2	3	4
54. Kendime zarar verme dürtüsünden sıklıkla rahatsız olurum.	0	1	2	3	4
55. Her şeyi tamamen doğru yapmaya çalıştığım için hazırlanıp evden dışarı çıkmam çok fazla zaman alır.	0	1	2	3	4

APPENDIX 4: Obsessive Beliefs Questionnaire-20

Bu envanterde, insanların zaman zaman takındıkları bir dizi tutum ve inanış sıralanmıştır. Her bir ifadeyi dikkatlice okuyunuz ve ifadeye ne kadar katılıp katılmadığınızı belirtiniz.

Her bir ifade için, *nasıl düşündüğünüzü en iyi tanımlayan* cevaba karşılık gelen rakamı seçiniz. İnsanlar birbirinden farklı olduğu için envanterde doğru veya yanlış cevap yoktur.

Sunulan ifadenin, tipik olarak yaşama bakış açınızı yansıtıp yansıtmadığına karar vermek için sadece *çoğu zaman nasıl olduğunuzu* göz önünde bulundurunuz.

Derecelendirme için aşağıdaki ölçeği kullanınız:

1	2	3	4	5	6	7
Kesinlikle katılmıyorum	Katılmıyorum	Biraz katılmıyorum	Ne katılıyorum ne katılmıyorum	Biraz Katılıyorum	Katılıyorum	Tamamen Katılıyorum

Derecelendirme yaparken, ölçekteki orta değeri işaretlemekten (4) kaçınmaya çalışınız; bunun yerine, inanış ve tutumlarınızla ilgili ifadeye genellikle katılıp katılmadığınızı belirtiniz.

1. Bir şeyden tamamıyla emin değilsem, kesin hata yaparım	
2. Değerli biri olmam için yaptığım her şeyde mükemmel olmalıyım	
3. Zarar verme/görme olasılığı çok az olsa bile, ne yapıp edip onu engellemeliyim	
4. Bana göre, kötü/uygunsuz dürtülere sahip olmak aslında onları gerçekleştirmek kadar kötüdür	
5. Bir tehlikeyi önceden görmeme karşın bir harekette bulunmazsam, herhangi bir sonuç için suçlanacak kişi konumuna ben düşerim	
6. Her türlü günlük aktivitede, zarar vermeyi engellemede başarısız olmak kasten zarar vermek kadar kötüdür	
7. Benim için, zararı önlememek zarar vermek kadar kötüdür	
8. Bir hata yaparsam üzüntülü olmalıyım	
9. Benim için, her şey mükemmel olmazsa işler yolunda sayılmaz	

10. Müstehcen düşüncelerin aklımdan geçmesi çok kötü bir insan olduğum anlamına gelir	
11. İlave önlemler almazsam, ciddi bir felaket yaşama veya felakete neden olma ihtimalim, diğer insanlara kıyasla daha fazladır	
12. Diğer insanlara kıyasla, kendime veya başkalarına kazara zarar vermem daha muhtemeldir	
13. Kötü düşüncelere sahip olmak tuhaf veya anormal biri olduğum anlamına gelir	
14. Dikkatli olsam da kötü şeylerin olabileceğini sıklıkla düşünürüm	
15. İstenmeyen biçimde zihnimde beliren düşünceler, kontrolü kaybettiğim anlamına gelir	
16. Dikkatli olmadığım takdirde zarar verici hadiseler yaşanabilir	
17. Bir şey tam anlamıyla doğru yapılıncaya kadar üzerinde çalışmaya devam etmeliyim	
18. Benim için bir felaketi önlemekte başarısız olmak ona sebep olmak kadar kötüdür	
19. Kötü bir düşünceye sahip olmak, ahlaki açıdan kötü bir şekilde davranmaktan çok da farklı değildir	
20. Ne yaparsam yapayım, yaptığım iş yeterince iyi olmayacaktır	

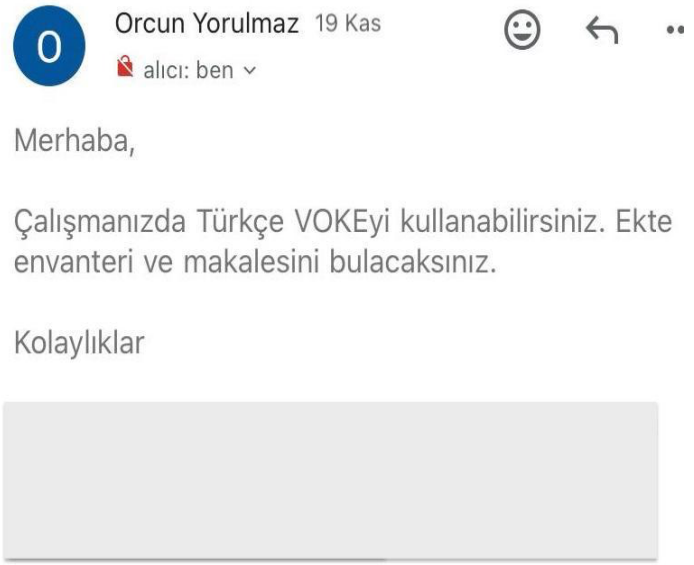
APPENDIX 5: Bergen Social Media Addiction Scale

Son bir yılınızı düşünerek sosyal medya (Facebook, Instagram, Twitter, vb.) kullanımınız hakkındaki aşağıdaki durumları ne sıklıkla yaşadığınızı belirtiniz. ***(1)** Çok nadir **(2)** Nadir **(3)** Bazen **(4)** Sıkça **(5)** Oldukça sık*						
1	Sosyal medyayı düşünerek ya da sosyal medya kullanmayı planlayarak çok fazla zaman harcadınız mı?	1	2	3	4	5
2	Sosyal medyayı giderek daha fazla kullanma arzusu hissettiniz mi?	1	2	3	4	5
3	Sosyal medyayı kişisel sorunlarınızı unutmak için kullandınız mı?	1	2	3	4	5
4	Sosyal medya kullanmayı bırakma denemeleriniz başarısızlıkla sonuçlandı mı?	1	2	3	4	5
5	Sosyal medya kullanmanız yasaklansaydı rahatsız ve sıkıntılı olur muydunuz?	1	2	3	4	5
6	Sosyal medyayı çok fazla kullanmanız işlerinizi/çalışmalarınızı olumsuz etkiledi mi?	1	2	3	4	5

APPENDIX 6: Doomscrolling Scale

Lütfen aşağıdaki maddelerin karşısında bulunan ve maddelere ne kadar katıldığınızı gösteren sayılardan size en uygun olanını işaretleyiniz. 1- Kesinlikle katılmıyorum, 2- Çoğunlukla katılmıyorum, 3- Biraz katılmıyorum, 4-Kararsızım, 5- Kısmen katılıyorum, 6- Çoğunlukla katılıyorum, 7-Kesinlikle katılıyorum								
1	Sosyal medyada, gittikçe artan bir biçimde kötü haber araştırma isteği duyuyorum.	1	2	3	4	5	6	7
2	Sosyal medyada, kötü haberler okurken zamanın nasıl geçtiğini anlamıyorum.	1	2	3	4	5	6	7
3	Kötü bir şey olup olmadığını görmek için, haber akışımı (ana sayfamı) sürekli yeniliyorum.	1	2	3	4	5	6	7
4	Daha fazla olumsuz haberler bulmak için gece geç saatlere kadar ayakta kalıyorum.	1	2	3	4	5	6	7
5	Sosyal medyadaki olumsuz haberleri okumak benim için artık bir alışkanlık haline geldi.	1	2	3	4	5	6	7
6	Online (çevrim içi) olduğumda, çok geçmeden kötü bir şey olacakmış gibi gergin hissediyorum.	1	2	3	4	5	6	7
7	Cihazımda gezinirken sürekli panik halinde hissediyorum.	1	2	3	4	5	6	7
8	Haber akışımı, farkında olmadan kötü haber var mı diye kontrol ediyorum.*	1	2	3	4	5	6	7
9	Ana sayfamdaki her şeyi görmüş olsam bile, olumsuz haberler için ekranı kaydırmaya devam ediyorum.*	1	2	3	4	5	6	7
10	Kendimi, sürekli olumsuz haberlere göz atarken buluyorum.*	1	2	3	4	5	6	7
11	Sabahları sosyal medyayı, ne tür kötü şeyler olduğunu görmek için kontrol ediyorum.*	1	2	3	4	5	6	7
12	Kendimi olumsuz haberlere bağımlı gibi hissediyorum.*	1	2	3	4	5	6	7
13	Sosyal medya aramalarım, muhtemelen ana sayfamı daha olumsuz hale getiriyor.	1	2	3	4	5	6	7
14	Sosyal medyada gördüklerimden çok korkuyorum, ama bakmaktan da geri duramıyorum	1	2	3	4	5	6	7
15	Sosyal medyada olumsuz haberleri okumayı bırakmak zordur.*	1	2	3	4	5	6	7

APPENDIX 7: Scale Permissions



Orcun Yorulmaz 19 Kas

alıcı: ben

Merhaba,

Çalışmanızda Türkçe VOKEyi kullanabilirsiniz. Ekte envanteri ve makalesini bulacaksınız.

Kolaylıklar

Orcun Yorulmaz 9 Ara

alıcı: ben

Merhaba,

Çalışmanızda Türkçe OİA'yı kullanabilirsiniz. Ekte anketi ve makalesini bulacaksınız.

Kolaylıklar

İbrahim DEMİRCİ 10:43

alıcı: ben

Merhabalar, ölçeği kullanabilirsiniz. Aşağıdaki linkten ölçekle ilgili bilgileri inceleyebilirsiniz. Yetişkinlere de uygulanabilir.
Dosyalar bölümünde word dosyasında gerekli açıklamalar bulunuyor.

İyi çalışmalar dilerim.

Dr. İbrahim DEMİRCİ
Sinop Üniversitesi Rehberlik ve Psikolojik

a

Gazanfer Anlı 29 Eki

alıcı: ben

Merhabalar,

Ölçeği kullanmanıza izin veriyorum. Gerekli dosyaları ekte bulabilirsiniz.

İyi çalışmalar dilerim.

--
Doç. Dr. Gazanfer ANLI

Bursa Teknik Üniversitesi

APPENDIX 8: Ethical Committee Approval

Evrak Tarih ve Sayısı: 04.02.2025-426842

1993
T.C.
BAŞKENT ÜNİVERSİTESİ REKTÖRLÜĞÜ
Akademik Değerlendirme Koordinatörlüğü

04.02.2025

Sayı : E-62310886-605-426842
Konu : Serra Kaya'nın Etik Onayı

SOSYAL BİLİMLER ENSTİTÜSÜ MÜDÜRLÜĞÜNE

İlgi : 03.01.2025 tarih ve 415428 sayılı yazınız.

Enstitünüz Psikoloji Ana Bilim Dalı Klinik Psikoloji (Tezli) Yüksek Lisans Programı öğrencisi Serra Kaya'nın, Dr. Öğr. Üyesi Elif Üzümcü Özdemir danışmanlığında yürüteceği "An Examination of the Predictive Role of OCD Symptom Severity and Obsessive Beliefs in Problematic Social Media Use and Doomscrolling" başlıklı tez çalışması değerlendirilmiş ve bilgilerinize ekte sunulmuştur.

Prof. Dr. Sadegül AKBABA ALTUN
Kurul Başkanı

Ek: Değerlendirme Formu

Başkent Üniversitesi Bağlıca Kampüsü Fatih Sultan Mahallesi Eskişehir Yolu 18. Km
06790 Etimesgut/ANKARA
Telefon No:0 312 246 67 40 Faks No:0 312 246 66 05
e-Posta:adk@baskent.edu.tr İnternet Adresi:www.baskent.edu.tr
Kep Adresi:baskentuniversitesi@hs02.kep.tr

Bilgi için: Gamze SONBAY
Koordinatör
Telefon No: 246 66 66 / 5138

Evrak Tarih ve Sayısı: 04.02.2025-426842

Sayı : 17162298.600- 23
Konu : Tez Çalışması

21 Ocak 2025

İlgili Makama

Üniversitemiz Sosyal Bilimler Enstitüsü Psikoloji Ana Bilim Dalı Klinik Psikoloji (Tezli) Yüksek Lisans Programı öğrencisi Serra Kaya'nın, Dr. Öğr. Üyesi Elif Üzümcü Özdemir danışmanlığında yürüteceği, "An Examination of the Predictive Role of OCD Symptom Severity and Obsessive Beliefs in Problematic Social Media Use and Doomscrolling" başlıklı tez çalışması değerlendirilmiş ve yapılmasında bir sakınca olmadığı tespit edilmiştir.

Bilgilerinize saygılarımızla sunarız.

Başkent Üniversitesi Sosyal ve Beşeri Bilimler ve Sanat Alan Araştırma Kurulu

Ad, Soyad	Değerlendirme	İmza
Prof. Dr. Gözen Güner Aktaş	Olumlu/~~Olumsuz~~	
Prof. Dr. Sadegül Akbaba Altun	Olumlu/~~Olumsuz~~	
Prof. Dr. Fatih Çetin	Olumlu/~~Olumsuz~~	
Prof. Dr. Hasan Tahsin Fendoğlu	Olumlu/Olumsuz	
Prof. Dr. Filiz Kalelioğlu	Olumlu/~~Olumsuz~~	
Prof. Dr. Hidayet Hale Künüçen	Olumlu/~~Olumsuz~~	
Prof. Dr. Özcan Yağcı	Olumlu/~~Olumsuz~~	