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THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND GRIEF AFTER ROMANTIC SEPARATION: THE MEDIATING ROLE OF CYBERSTALKING

BY

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ÖZET

Zeynep Büşra KAYA, Bağlanma Biçimleri ve Ayrılık Sonrası Yas Arasındaki İlişki: Siber takibin Aracı Rolü. Başkent Üniversitesi, Sosyal Bilimler Enstitüsü, Klinik Psikoloji Tezli Yüksek Lisans Programı, 2025.

Dijital teknolojiler sosyal etkileşimlere giderek daha fazla entegre hale geldikçe, siber takip gibi problemli davranışlar da daha yaygın ve çok yönlü hale gelmektedir. Bu bağlamda, bu çalışma, yetişkin bağlanma stilleri ile romantik ayrılık sonrası yaşanan yas arasındaki ilişkide, romantik partneri siber takip etmenin aracı rolünü incelemiştir. Çalışma, son 3 ila 6 ay içinde romantik bir ayrılık yaşamış ve şu anda romantik bir ilişki içinde olmayan, yaşları 18 ile 45 arasında değişen 294 birey (M = 23.50, SD = 4.29) ile yürütülmüştür. Katılımcılar, Yakın İlişkilerde Yaşantılar Envanteri-II (YİYE-II), Yakın İlişkilerde Sibertakip Ölçeği (YİSÖ), Ayrılık Sonrası Yas Ölçeği (ASYÖ), ve bir demografik bilgi formunu doldurmuşlardır. Sonuçlara göre, kaygılı bağlanma, daha yüksek düzeyde siber takip davranışlarını anlamlı şekilde yordarken; kaçıngan bağlanma, siber takip davranışlarını anlamlı bir şekilde yordamamıştır. Ayrıca, siber takip davranışları, romantik ayrılık sonrası yaşanan yas düzeylerini anlamlı şekilde yordamıştır. Aracılık analizleri, siber takip davranışlarının, kaygılı bağlanma ile romantik ayrılık sonrası yas arasındaki ilişkide kısmi aracılık ettiğini göstermiştir. Bu bulgular, terk edilme korkusu ve yakınlık ihtiyacıyla hareket eden kaygılı bağlanma eğilimindeki bireylerin, ilişki sırasında ya da sonrasında dijital gözetim davranışlarına yönelme eğiliminde olabileceğini öne süren kuramsal varsayımlarla örtüşmektedir. Bu tür dijital davranışlar, duygusal çözüm sürecini engelleyebilir ve yas sürecini yoğunlaştırabilir. Kaçıngan bağlanma eğilimindeki bireyler siber takibe daha az başvursalar da, duygusal kopukluk veya sosyal geri çekilme gibi alternatif mekanizmalar yoluyla yas sürecini yaşayabilirler. Yazarın bilgisi dahilinde, bu çalışma, romantik ayrılık sonrası yas ile yetişkin bağlanma stilleri arasındaki ilişkide romantik partneri siber takip davranışının aracı rolünü inceleyen ilk çalışmadır. Bu durum, günümüz ilişkilerinde dijital alışkanlıkların yas sürecindeki önemli rolünü kabul etmenin gerekliliğine işaret etmektedir. Bulgular, özellikle kaygılı bağlanma eğilimindeki bireyler için, bağlanma ile ilgili ihtiyaçlara ve dijital başa çıkma stratejilerinin geliştirilmesine odaklanan terapi müdahalelerinin uzun süren yas tepkilerini hafifletebileceğini göstermektedir.

Anahtar Kelimeler: Bağlanma stilleri, siber takip, yas, romantik ayrılık, kaygılı bağlanma.

ABSTRACT

Zeynep Büşra KAYA, The Relationship Between Attachment Styles and Grief After Romantic Separation: The Mediating Role of Cyberstalking, Başkent University, Institute of Social Sciences, Master's Degree in Clinical Psychology, 2025.

As digital technologies become increasingly embedded in social interactions, problematic behaviors like cyberstalking are also becoming more common and multifaced. In this context, the present study investigated the mediating role of intimate partner cyberstalking in the relationship between adult attachment styles and grief after romantic separation. The study was conducted with 294 individuals aged between 18 and 45 (M = 23.50, SD = 4.29), who had experienced a romantic breakup within the past 3 to 6 months and were not currently in a romantic relationship. Participants completed The Experiences in Close Relationships- II (ECR- II), The Intimate Partner Cyberstalking Scale (IPCS), and The Grief After Separation Scale (GASS), along with a demographic information form. According to the results, anxious attachment significantly predicted higher levels of cyberstalking behaviors, while avoidant attachment did not significantly predict cyberstalking engagement. Furthermore, cyberstalking was found to significantly predict grief levels following romantic separation. Mediation analyses demonstrated that cyberstalking partially mediated the relationship between anxious attachment and grief after romantic separation. These findings align with theoretical assumptions suggesting that individuals with anxious attachment, driven by a heightened fear of abandonment and a desire for proximity, may engage in digital surveillance behaviors during or after the relationship. These behaviors, in turn, may hinder emotional resolution and intensify the grieving experience. Although avoidantly attached individuals were less likely to engage in cyberstalking, they may still process grief through alternative mechanisms such as emotional detachment or social withdrawal. As far as the author is aware, this study is the first to look into how intimate partner cyberstalking may act as a mediator in the relationship between grief after romantic separation and adult attachment styles. It highlights how crucial it is to acknowledge that digital habits play a big role in the grieving process in contemporary relationships. The results imply that long-lasting grieving reactions may be lessened by therapy therapies that target attachment-related needs and the development of digital coping mechanisms, especially for those with anxious attachment.

Keywords: Attachment styles, cyberstalking, grief, romantic separation, anxious attachment.

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1. INTRODUCTION

1.1. Attachment Theory

The origins of attachment theory can be traced back to the influential contributions of John Bowlby and Mary Ainsworth. They developed this theory together (Ainsworth & Bowlby, 1991). John Bowlby suggested that the relationships infants form with their families impact their future. Therefore, attachment experienced in the early period can affect the entire life of the individual (Bowlby, 1978; Mikulincer et al., 2003). Bowlby (1979) posited that the attachment established with caregivers during childhood profoundly influences an individual's perceptions of their environment and self-concept in adulthood. The attachment figure is not limited to biological parents; any individual who provides care to the infant can fulfill this role (Ainsworth, 1979). Accordingly, Bowlby conceptualizes attachment as the emotional bond individuals form with those they deem significant in their lives (Bowlby, 1973). This attachment is paramount for a person's perceived emotional safety and need for protection. The attachment system is a crucial evolutionary mechanism for an infant's survival and well-being. It is not exclusive to humans but is present across all mammalian species in nature (Yıldızhan, 2017). To feel safe in their environment, infants naturally turn to their attachment figures for emotional support. Infants are encouraged to confidently explore and interact with their surroundings when a trustworthy attachment figure is present (Hazan & Shaver, 2000). A secure base means having a caregiver who makes the child feel safe and comforted while they go out and explore. The child knows someone is there for them, which gives them the confidence to explore their surroundings (Lally & Valentine-French, 2017).

Babies do not all react the same way to their caregivers; this is because they develop different attachment styles. To study this, Canadian-American psychologist Mary Ainsworth designed a well-known experiment in 1979 known as the "Strange Situation" (Ainsworth, 1979). In this study, she observed how infants behaved when briefly separated from their mothers and left alone with a stranger in a lab setting. Their reactions helped researchers understand the emotional bond between mothers and their infants (Van Rosmalen et al., 2015). During this procedure, infants were exposed to a stranger while their caregiver was absent. The primary objective was to observe how these infants coped with anxiety and their reactions to the stranger's presence. Following this, mothers returned

to the room, and the infants' behaviors were systematically recorded. Based on these observations, Ainsworth identified three primary attachment styles: avoidant, anxious (also known as insecure attachment), and secure attachment (Ainsworth, 1979). Mary Ainsworth's "Strange Situation" experiment played a crucial role in demonstrating that Bowlby's attachment theory holds up in real-life situations (Holmes, 2014). What is interesting is that researchers have also employed this same method to study attachment not only in babies but also in animals (Rehn et al., 2013).

Babies with a secure attachment style experience anxiety when their mothers leave during the experiment, and their anxiety is visible. However, they are relieved when their mothers return and continue to explore the environment (Ainsworth, 1979). Anxiously attached babies, on the other hand, experienced anxiety after their mothers left the environment and could not adapt to it. Their minds are very busy with their mothers (Ainsworth, 1979). Infants exhibiting an avoidant attachment style showed no visible response when their mothers left the experimental setting and remained indifferent. Upon their mothers' return, these infants displayed a lack of reaction (Ainsworth, 1979).

Attachment theory was first developed to understand how babies form attachments to their caregivers. However, later on, people realized it could also help explain how adults connect in close relationships. In Ainsworth's "Strange Situation" study, researchers observed 60 infants at 12 months and assessed them again 20 years later. The study found that most participants maintained their attachment styles into adulthood (Waters et al., 2000). In addition, attachment theory has not remained confined to these three categories for adults; some theorists have expanded on attachment theory and proposed four different attachment styles. These are secure, preoccupied, fearful, and dismissing (Bartholomew & Horowitz, 1991).

1.1.1. Attachment in adulthood

According to Ainsworth (1979), adult romantic relationships may reflect attachment-based dynamics formed through specific emotional bonds. This perspective is particularly pertinent to both marital and committed non-marital partnerships. Numerous studies indicate that the attachment patterns established during childhood are mirrored in adult relationships (Brennan et al., 1998). Consequently, research focusing on the

manifestation of attachment in adult relationships has garnered significant interest among scholars, leading to an increase in relevant studies. George et al., (1996) developed the first official method to understand how adults form attachments. They referred to it as the Adult Attachment Interview. Building on attachment theory, West and Sheldon (1988) explored its pathological implications for adult attachment. Following Ainsworth's ideas, Hazan and Shaver (1987) identified three main types of attachment in adults: secure, anxious, and avoidant. According to attachment theory, individuals exhibiting these different styles demonstrate notable variations in their thoughts, behaviors, and emotional responses (Campbell & Marshall, 2011).

Many aspects of successful functioning in adulthood are linked to secure attachment (Justo-Nunez et al., 2022). Regarding the coherence of their interviews and the level of intimacy in their connections, the securely attached adults received exceptionally high evaluations. Additionally, they scored well on warmth, friendship control dynamics, and degree of romantic relationship participation (Bartholomew & Horowitz, 1991). Furthermore, individuals who are securely attached tend to demonstrate strong psychological resilience, emphasizing the importance of self-care and self-respect (Bender & Ingram, 2018). Individuals who are securely attached can work independently and, when necessary, collaboratively with others (Simmons et al., 2009).

According to Brennan et al. (1998), insecure attachment typically presents in two primary forms: anxious and avoidant. According to Wallace and Vaux (1993), people with insecure attachment tend to think more negatively and struggle to accept help from others. Moreover, according to Rodriguez et al. (2015), individuals with anxious attachment tend to experience more jealousy in romantic relationships. Those exhibiting anxious attachment often struggle with self-worth and show minimal tolerance for ambiguity in relational contexts. Avoidantly attached individuals struggle to trust others and, therefore, tend to avoid romantic relationships (Bowlby, 1969). Additionally, adult attachment styles parallel the attachment patterns established in infancy, and attachment theory holds a significant place in understanding adult romantic relationships (Feeney & Noller, 1990).

1.1.2. Romantic relationship attachment

Researchers have extended attachment theory to examine its specific functioning within adult romantic partnerships (Campbell & Marshall, 2011). When two adults enter a romantic relationship, they utilize the same attachment systems that babies do to feel safe and comfortable (Collins & Feeney, 2000). Collins (2003) defines "voluntary and intense communication in which mutual interests and expressions are shared" as a romantic relationship. Hazan and Shaver (1987) created a simple, one-question tool to understand how people form attachments in romantic relationships. It was designed to identify someone's attachment style based on their self-perception quickly. They were asked to indicate which attachment types (anxious, avoidant, and secure) they fit into. They discovered that individuals who identified as secure were more likely to report that their romantic relationships were pleasant, kind, dependable, and encouraging (Hazar & Shaver, 1987).

Childhood attachment styles influence adult attachment styles, and individuals tend to seek out relationships that reflect the attachment type they were accustomed to in their early years. Thus, the attachment within a romantic relationship is determined by the attachment established with parents in childhood (Mikulincer, 2006).

According to research, people with secure, avoidant, and anxious attachment styles naturally enter into various kinds of romantic relationships with varying expectations (Simpson, 1990). Individuals who are securely attached tend to exhibit sincerity in their relational interactions and actively seek it from their partners (Mikulincer & Erev, 1991). Conversely, those exhibiting an avoidant attachment style often gravitate toward partners who contrast with their personality traits. According to Simpson (1990), individuals with a secure attachment style typically experience more positive emotions in their romantic relationships. On the other hand, those with anxious or avoidant attachment styles are more likely to experience negative feelings. A study also reveals that three distinct attachment styles exist. Securely attached adults generally exhibit stronger self-confidence and greater interpersonal trust in their close relationships, whereas individuals with avoidant attachment styles often tend to avoid intimacy. Anxious-ambivalent attachment is typically associated with emotional dependence and an intense need for commitment, often reflecting instability in romantic views (Feeney & Noller, 1990).

One area researchers have explored in attachment theory is how people experience grief following separation (Shair & Shair, 2005). For example, Fraley and Bonanno (2004) did a study with 59 older adults. First, they measured their attachment styles and then looked at how strongly they felt grief. They found that people with anxious attachment felt more intense grief. In contrast, those with secure attachment showed fewer signs of anger, physical symptoms, and hopelessness after a breakup or the death of a loved one. Overall, these findings suggest that a person's attachment style can shape how they deal with grief (Waskowic & Chartier, 2003).

1.2. Grief

Terms such as "bereavement," "mourning," and "grief" are often used interchangeably and refer to various social, personal, and post-loss processes (Çolak & Hocaoğlu, 2021). People go through a grieving process when a loved one passes away or is lost. When someone experiences a loss or a death, they could go through a denial phase. Individuals may relocate away from their social surroundings, neglect their hygiene, or struggle with mental health problems. This is a typical aspect of grief (Zara, 2011). Reactions to grief have cognitive, emotional, and behavioral dimensions. Grief can have common and unique experiences for everyone (Bui, 2018). Grieving is a challenging and complex experience that profoundly affects every aspect of a person's life. However, it is a natural reaction to loss, not something that should be seen as an illness (Bildik, 2013). Those who have experienced a loss must rediscover the joy, meaning, and purpose in life (Shear, 2012). Researchers have delineated responses to loss into two distinct categories: normal and pathological (Bowlby, 1980).

The concept of grief first emerged in academic literature through the work of Freud (1917). Emotional reactions and the severity of distress caused by loss differ significantly depending on various circumstances (Shear, 2012). Among the most emotionally challenging life events is the loss of someone with whom one has a close emotional bond. Feeling deep sadness after a loss like this is normal. It is a natural part of the grieving process that people often go through. Since death is an inevitable part of life (Howarth, 2011), everyone will eventually encounter it. How someone experiences grief can depend on a few things, like how close they were to the person they lost, what kind of personality they have, and whether they have people around them offering support (Worden, 2001).

Worden (2009) explained the situations during the normal grief process by dividing them into four categories. The first category includes physical symptoms, which may manifest as chest tightness, shortness of breath or feeling short of breath, depersonalization, and dry mouth (Worden, 2009). Feelings such as sadness, rage, guilt, worry, loneliness, exhaustion, helplessness, shock, yearning, emancipation, relief, and numbness are a few common emotional symptoms. Another category is cognitions. People who experience loss often do not initially accept the reality of the loss. Memory loss and mental preoccupations with the lost person occur frequently (Worden, 2009). Worden (2009) distinguishes the last category of normal grief as behavioral symptoms. The most noticeable problem is sleep disorders (Monk et al., 2008). The person may have trouble falling or staying asleep. The other behavioral symptoms are uncontrollably changing one's appetite, withdrawing from society, sobbing, losing interest in the outside world, avoiding places or people that remind one of the dead, and carrying items that remind the survivor of the dead (Worden, 2009).

Over time, these reactions to grief decrease, and the individual continues to live after the loss, including the loss in her/his life. These symptoms experienced over time are perceived positively, and the individual remembers positive memories of the person he/she lost. Thus, the normal grieving process lasts approximately 2 to 6 months (Shear, 2012). Symptoms of depression and typical grief symptoms are confused. However, the most apparent symptom of normal grief is that the person experiences emptiness regarding the loss, and this situation decreases over time. However, in depressive disorders, negative emotions are dominant, and there is a significant decrease in the person's self-esteem (American Psychiatric Association, 2014). One of the main things that distinguishes grief from depression is the loss of self-esteem. Grief and depression have similar symptoms, but there is no loss of self-esteem in the grieving individual (Worden, 2009).

When looking at the literature, grief has been conceptualized in various forms beyond what is considered normative, such as the notion of pathological grief introduced by Horowitz et al. (1993). According to ICD-11, a diagnosis of prolonged grief disorder requires the individual to experience intense yearning and persistent mental focus on the deceased. In addition, at least one of the other ten items (sadness, anxiety, anger) must also cause the person to experience a significant loss of functionality in their life, lasting at least six months (WHO, 2018). According to DSM-5-TR (APA, 2022), individuals suffering

from pathological grief often report a persistent yearning for the person lost, continuing beyond twelve months after the bereavement; such preoccupation with the deceased may become so intense that it significantly impairs daily functioning.

1.2.1. Grief after romantic relationship

A romantic relationship consists of voluntarily sustained interactions that are acknowledged by both parties, typically featuring signs of affection and possibly involving sexual activity, either present or expected in the future (Collins et al., 2009). For humans, who naturally thrive on social interaction, romantic partnerships represent a vital component of personal and relational well-being (Demir, 2008). During the adolescent period, romantic relationships often begin and play a significant role in this developmental stage (Arnett, 2000). Nearly all individuals between the ages of 20 and 25 report having personal experience with the end of a romantic relationship or a breakup (Connolly & McIsaac, 2009).

Individuals who engage in romantic relationships may eventually experience breakups, as separation can be considered a natural part of the romantic relationship process (Lopez-Cantero, 2018). According to many studies, it has been found that grief reactions are not only given after death but also for losses not related to death (Reimer & Estrada, 2021). Dismissal, unemployment, divorce, loss of an idea, or separation from a romantic relationship are also processes that create loss and subsequent grief reactions (Gitterman & Knight, 2019; Nolan & Hallam, 2019). While many adults develop resilience after a romantic breakup, many others develop grief reactions (Field et al., 2009). Studies show that the loss of a romantic relationship, especially during adolescence, is the most immense grief that is not related to death (Cooley et al., 2014). While the literature on grief associated with death is extensive, there is a notable lack of emphasis on the exploration of grief that is not directly related to death. In the conducted verbal interview, the individual experiencing grief after a breakup expressed that they felt they did not have the right to feel this way (Doka, 2008). However, it is known that individuals seek assistance from psychosocial support centers at their universities after a romantic breakup, and there have been cases of breakup-related situations that resulted in suicide (Van der Watt et al., 2022).

People who break up with a romantic relationship experience sadness, anger, and appetite changes, similar to reactions to death-related losses (Kaczmarek & Backlund, 1991). While previous studies were concerned with losses due to death, attention is now paid to losses other than death. The fact that the grief reactions that develop after a romantic separation are well understood and widely accepted significantly impacts the support people receive (Cohen, 1996). The research was conducted with undergraduate students, and four death-related loss scenarios and four non-death loss scenarios were shown to the participants. After the study, questionnaires were given to describe the intensity of emotions and grief they experienced. The results show that grief reactions following a non-death loss (romantic relationship separation, parent's divorce) and death loss (roommate or friend dead, parent dead) are pretty standard (Cohen, 1996). Another study supports these findings. Field et al. (2009) studied 192 college students who broke up with romantic relationships. These people have unwanted, disturbing thoughts about the relationship ending and high rates of anxiety and depression. It can also be said that individuals who exhibit stronger grief reactions after a breakup were closer to their romantic partners during the relationship (Robak & Weitzman, 1998). Many factors influence grief after a romantic separation. One of these factors is attachment styles and research on this topic has been gaining momentum.

1.3. Attachment Style and Grief After Romantic Separation

Romantic separation is often perceived as emotionally taxing and psychologically demanding events by individuals. This process may elicit a range of emotional difficulties and grief responses. Numerous individuals face losses throughout their lives, yet some may exhibit positive responses, and any declines in their functioning are often minimal and short-lived. Some individuals, however, tend to exhibit grief responses similar to those described above following a romantic breakup (Emery, 2011). Those who encounter the same event may not necessarily react in the same manner (Bonanno, 2004). Post-romantic breakup responses vary significantly among individuals; while some undergo positive transformations, others exhibit grief-related reactions. These divergent responses to the same event can be attributed to numerous factors, one of which is the individual's attachment style patterns (Boelen & Reijntjes, 2008). This thesis aims to explore the

relationship between attachment patterns and grief reactions following the dissolution of a romantic relationship.

Research has consistently found that adult attachment patterns are closely linked to how individuals emotionally respond to romantic separations. Individuals with secure attachment styles typically exhibit reduced stress and enhanced emotional adaptability following breakups. This suggests that attachment orientations play a key role in shaping how individuals cope with relationship dissolution, with those possessing secure attachment patterns being better equipped to handle the emotional challenges of a breakup (Gilbert & Sifers, 2011).

Birnbaum et al. (1997) examined how adult attachment styles influence individuals' emotional responses to loss and grief in the context of divorce. The study involved 120 participants undergoing divorce proceedings and a control group of 108 married individuals. Findings indicated that participants who were experiencing divorce reported significantly higher levels of emotional distress. This effect was particularly pronounced among those with avoidant or anxious-ambivalent attachment styles, whereas individuals with secure attachment reported comparatively lower levels of distress. The study also noted significant variations in coping strategies based on attachment styles, highlighting their influence on the grieving process during divorce.

An analysis of the data revealed that individuals with anxious attachment styles suffer more acutely from breakup-related grief. Furthermore, individuals exhibiting anxious attachment reported increased symptoms of depression and lower overall life satisfaction. This heightened distress can be attributed to their dependency on romantic partners, combined with a profound fear of rejection and abandonment. Consequently, a breakup may be perceived as a realization of their deepest fears, complicating their emotional adjustment and prolonging the integration of their loss, akin to unresolved grief (Valois et al., 2016).

1.4. Cyberstalking

The advancement of technology has significantly increased internet accessibility among individuals. These changes have made it much easier for social media platforms to become a regular part of everyday life. Consequently, the prevalence of social media

utilization is notably high, both on a global scale and within our country, with estimates indicating that approximately 88.8% of the population engages with the internet and social media (TÜİK, 2022). The rise of social media platforms and their increasing usage has enabled individuals to share their emotions, thoughts, and creative works more freely. This phenomenon underscores the transformative role of social media in facilitating interpersonal communication and self-expression in contemporary society (Solmaz et al., 2013).

The widespread use of platforms like Instagram, Facebook, and Twitter has profoundly influenced how people form and maintain romantic relationships. Today, individuals have unprecedented access to global networks, enabling them to interact with millions of people whom, under previous circumstances, they would likely never have encountered. Numerous studies suggest that increased social media engagement may have detrimental effects on romantic relationships, often due to various underlying factors, such as increased jealousy, decreased communication, or trust issues (Yacoub et al., 2018). Social networking sites (SNSs) reduce the disconnect between identity and personal information, which often arises due to the anonymity of online interactions. These platforms allow users to create and manage personal profiles, share details about themselves, form connections within a structured network, and view the profiles of their contacts (Boyd & Ellison, 2008). As a result, SNSs serve as ideal spaces for individuals who engage in surveillance of others (Tokunaga, 2011). Moreover, the emergence of social networking sites has given rise to the phenomenon of cyberstalking.

Cyberstalking is an issue that occurs primarily in romantic relationships but has not been widely researched (Reiss et al., 2022). Social media use has been widespread lately and is becoming increasingly prevalent, and concerns about people's privacy are growing (Silva et al., 2021). Research into stalking on social networks has recently been expanded (Strawhun et al., 2013). People who stalk can do this by constantly calling, texting, or leaving notes for them to find (Sheridan & Davies, 2001). In the literature, cyberstalking behavior is explored in various forms. However, within the scope of this thesis, it will be explicitly examined in the context of romantic relationships.

Cyberstalking behaviors toward romantic partners, whether past or present, are widespread and frequently reported. These actions are rising and pose significant psychological, emotional, and financial risks (Smoker & March, 2017). The concept of

cyberstalking directed at romantic partners encompasses various related terms, including interpersonal electronic surveillance (Tokunaga, 2011), partner monitoring on social media (Fox & Tokunaga, 2015), and electronic intrusion (Reed et al., 2015). When examining these concepts, it becomes evident through the literature review that they are similar and have been utilized interchangeably in the context of cyberstalking.

One of the key variables influencing cyber-stalking behaviors directed at romantic partners is gender. Research indicates that sex differences have been found to significantly influence the manifestation of cyberstalking behaviors, with differences in patterns observed between men and women (Muise et al., 2014). Research indicates that women exhibit cyberstalking behaviors more frequently than men (Muise et al., 2014). Moreover, young adults have been identified as more likely to engage in cyberstalking behaviors compared to older age groups (Brady et al., 2017).

Research investigating cyberstalking behaviors directed at romantic partners has also examined attachment styles. Research indicates that individuals with anxious attachment tendencies are more likely to monitor their romantic partners through social media platforms (Fox & Warber, 2013). Also, two studies examined how attachment anxiety and avoidance predict Facebook-related jealousy and surveillance behaviors, such as monitoring a partner's profile. The findings showed that anxiety in attachment was positively linked to jealousy and partner-monitoring behavior, whereas avoidant attachment showed an inverse pattern. Trust was identified as a partial mediator in the pathway between attachment-related anxiety and feelings of jealousy. The second study confirmed these findings and indicated that, over a week, anxious individuals tended to engage with increased surveillance, with daily jealousy experiences serving as a mediator. The findings highlight the intricate link between attachment orientations and how individuals behave on social media within romantic contexts (Marshall et al., 2013).

Furthermore, leaving a romantic relationship is a complex process, and social media use exacerbates this challenge (Fox et al., 2015). Through social networking platforms, individuals can access information about former partners more easily following a breakup (Marshall, 2012). Stalking behavior can cause negative emotions to increase after a relationship separation. Studies conducted to explain stalking behavior have dealt with attachment theory (Sbarra & Emery, 2005). While attachment serves many purposes, it also foretells the emotions people will experience following a romantic breakup.

Individuals who exhibit avoidant attachment styles tend to limit their post-breakup engagement with former partners (Davis et al., 2003). In contrast, those with anxious attachment are often more mentally focused on their former partners following separation (Dutton & Winstead, 2006).

1.5. The Aim of the Study & Research Questions

This study seeks to explore whether cyberstalking mediates the relationship between attachment styles and grief after romantic separation. It is anticipated that cyberstalking will function as a mediating variable in the association between attachment styles and grief after romantic separation.

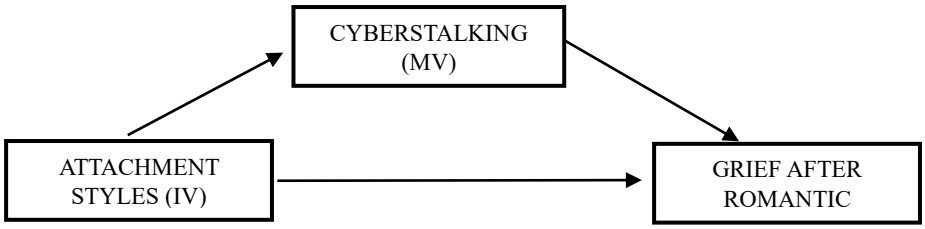

Figure 1.1. The Conceptual Model of the Study (HAYES Model 4)

1.6. Hypotheses

The primary hypotheses of this thesis are as follows:

1) Anxious attachment score would positively and significantly predict cyberstalking score.
2) Avoidant attachment score would negatively and significantly predict cyberstalking score.
3) Cyberstalking score would positively and significantly predict grief after romantic separation score.
4) Cyberstalking score would mediate the relationship between anxious attachment scores and grief after romantic separation score.
5) Cyberstalking score would mediate the relationship between avoidant attachment scores and grief after romantic separation score.

2. METHOD

2.1. Participants

The sample of the study consists of participants between the ages of 18 and 45 who broke up at least 3 and at most 6 months ago and who are not currently in a romantic relationship. In line with previous recommendations, the study aimed to recruit at least 150 participants (Schoemann, 2017) who had separated from their partners within the last 3 to 6 months (Heshmati et al., 2022; Civilotti et al., 2021). At the end of the data collection period, 623 people participated in the study. The data set was evaluated during the preliminary review process, and participants who did not meet the inclusion criteria were excluded from the study. In this context, 42 participants who stated that they were currently in a romantic relationship, 170 participants who had been separated for 7 months or more, and 110 participants who had only broken up for 0–2 months were excluded from the analyses because they did not meet the specified period. Additionally, nine people were excluded because their Z-scores fell outside the accepted range of -3.29 to +3.29, indicating that they might be univariate outliers (Tabachnick & Fidell, 2014). As a result of the data deletion process, data analyses were performed with 294 participants. The sample's average age was 23.50 (*SD* = 4.29), and participants ranged in age from 18 to 45 years old. The current study consisted of 231 females (78.6%) and 60 males (20.4%), with 3 participants who did not wish to specify their gender. Information on the distribution of participants according to all demographic variables is given in Table 2.1. and Table 2.2.

Table 2.1. Demographic Information of Participants Variables (N= 294)

Variables		Frenquency	Percent (%)
Gender	Female	231	78.6
	Male	60	20.4
	Not specified	3	1.0
Education	High school graduate	104	35.4
	Bachelor's degree	153	52.0
	Postgraduate degree	37	12.6
Income Level	Low	20	6.8
	Middle	206	70.1
	High	68	23.1
Social Media Usage Status	Yes	275	93.5
	No	19	6.5
Type of the Most Recent Romantic Relationship	Casual dating	71	24.1
	Dating (boyfriend/girlfriend relationship)	207	70.4
	Engagement	10	3.4
	Betrothal	4	1.4
	Other	2	0.7

Note. N = 294

Table 2.2. Descriptive Statistics for Continuous Variables

	M±SD	Range
Age (years)	23.50±4.29	18-45
Relationship Duration (months)	11.81±13.22	1-78
Time Since Breakup (months)	4.27±1.08	3-6

Note. M: Mean, SD: Standard Deviation

2.2. Materials

Prior to participation, individuals were required to provide written informed consent, indicating their voluntary agreement to take part in the study. Following this, they completed a Demographic Information Form (DIF) to provide details about their socio-demographic characteristics. "Participants" attachment styles were assessed using the Experiences in Close Relationships II Scale (ECR-II). Additionally, the Grief After Separation Scale (GASS) was utilized to assess grief reactions following a separation, while the Intimate Partner Cyberstalking Scale (IPCS) evaluated digital stalking behaviors during the relationship.

2.2.1. Informed consent form

Prior to participation, individuals were required to provide written informed consent, indicating their voluntary agreement to take part in the study. Additionally, the form included information on the study's duration and its objectives (see Appendix 1).

2.2.2. Demographic information form (DIF)

Prior to administering the scales, participants will complete a Demographic Information Form. This form will consist of a 9-item questionnaire developed by the researcher, asking participants to provide information on their age, gender, current educational level, marital status, income level, social media use, nature of the recently ended relationship, duration of the relationship, and the time elapsed since the relationship ended (see Appendix 2).

2.2.3. Grief after separation scale (gass)

The Grief After Separation Scale, developed by Balcı-Çelik and Bayraktar (2023), was designed to assess the intensity of grief experienced by adults following a romantic breakup. The scale consists of 15 items and is formatted as a 4-point Likert-type instrument, ranging from 1 ("Not at all suitable for me") to 4 ("Completely suitable for me"). An example item is: "The moment our relationship ended frequently comes to my mind." Notably, the scale includes no reverse-coded items. Possible scores range from a minimum of 15 to a maximum of 60. Construct validity was assessed through factor analysis in a study involving 348 participants. The scale is composed of two subdimensions: normal grief and pathological grief. The normal grief factor accounts for 30.6% of the total variance, while the pathological grief factor explains 26.5%. The overall internal consistency coefficient of the scale was calculated as .95. Reliability, tested via the test-retest method, yielded a coefficient of .74. Internal consistency values for the subscales were .89 for pathological grief and .94 for normal grief. In the present study, Cronbach's alpha coefficients were computed as .93 for normal grief and .88 for pathological grief, indicating high internal reliability (see Appendix 5).

2.2.4. Experiences in close relationships- ii scale (ecr- ii)

Developed by Fraley et al. (2000), the Experience in Close Relationship II (ECR- II) scale is designed to assess adult attachment styles. The scale independently assesses the dimensions of attachment-related anxiety and avoidance, with each domain comprising 18 items, for a total of 36 items. It employs a 7-point Likert format, ranging from 1 ("Completely disagree") to 7 ("Completely agree"). Example items include "I prefer not to show my partner what I'm really feeling" (avoidant attachment) and "I worry about losing the love of the person I am with" (anxious attachment). For each participant, scores for anxiety and avoidance were calculated by summing and averaging the respective item responses. Each subscale yields a possible score between 18 and 126. Elevated scores on the avoidance dimension suggest a higher tendency toward avoidant attachment, whereas elevated scores on the anxiety dimension reflect greater attachment anxiety. When both subscale scores are high, this indicates an insecure attachment style. The Turkish adaptation and validation of the ECR-II Scale was conducted by Selçuk et al. (2005). In

their study, internal consistency values (Cronbach's alpha) were reported as .90 for the avoidance subscale and .86 for the anxiety subscale, while test-retest reliability coefficients were .81 and .82, respectively. In the current research, internal consistency was also evaluated, with Cronbach's alpha coefficients calculated as .82 for avoidance and .74 for anxiety, indicating an acceptable to good level of reliability (see Appendix 4).

2.2.5. The intimate partner cyberstalking scale (ipcs)

The intimate partner cyberstalking scale was developed by Smoker & March (2017) to measure the intimate partner cyberstalking behavior. The scale consists of 21 items. The scale was adapted into Turkish by Sönmez and Solmazer (2022). The scale follows a 5-point Likert format, with responses ranging from "Strongly Disagree" (1) to " Strongly Agree" (5). An example item from the scale is: "When my partner goes out, I usually check their social media accounts to see what they are doing. In the study utilizing the Turkish adaptation of the scale, the internal consistency coefficient was reported as .90. In the current study Cronbach's alpha coefficients were calculated as .92.

To verify the scale's construct validity, extra correlational analyses regarding the Intimate Partner Cyberstalking Scale were undertaken. A significant negative correlation was found with the Scale of Social Media Jealousy in Romantic Relationships ($r = –.323$, $p < .001$), supporting the convergent validity of the scale. Furthermore, a negative but non-significant correlation was found with the Psychological Well-Being Scale ($r = –.106$, $p = .068$), providing support for the scale's divergent validity. Based on these results, the scale was deemed psychometrically appropriate for use in this study (see Appendix 3).

2.2.6. Scale of social media jealousy in romantic relationship (ssmjrr)

The social media jealousy in romantic relationship scale was developed by Aydın & Uzun (2021) to measure social media jealousy in romantic relationship. The 21-item scale consists of three sub-dimensions: 'Restrictive and Controlling Attitude,' 'Skeptical and Observant Attitude,' and 'Respect and Trust in the Field of Social Media. The items corresponding to these sub-dimensions are as follows: for "Skeptical and Observant Attitude" items 1, 5, 8, 11, 14, 17; for "Restrictive and Controlling Attitude" items 2, 4, 7,

10, 13, 16, 19, 20, 21; and for "Respect and Trust in the Field of Social Media" items 3, 6, 9, 12, 15, 18. Example items include: “I do not want my partner to use social media” (Restrictive and Controlling Attitude), “I feel curious about who my partner is friends with on social media” (Skeptical and Observant Attitude), and “It doesn’t bother me if my partner likes the photo of someone of the opposite sex whom I don’t know on social media” (Respect and Trust in the Field of Social Media). Each item is rated on a 5-point Likert scale ("1=Completely applicable to me, 2= Applicable to me, 3= Neutral, 4= Not applicable to me, 5= Not at all applicable to me). The Lower scores on the scale indicate higher levels of social media jealousy in romantic relationships. The internal consistency of the scale was measured using Cronbach's alpha, resulting in .922 for the entire scale. For the sub-dimensions, the coefficients were .881 for "Skeptical and Observant Attitude," .878 for both "Restrictive and Controlling Attitude" and "Respect and Trust in the Field of Social Media. The scale is valid and reliable. For the current study, Cronbach’s alpha coefficients were calculated as follows: for .87 restrictive and controlling attitude, for .84 skeptical and observant attitudes and for .84 respect and trust in social media (see Appendix 6)

2.2.7. Psychological well being scale (pwbs)

Diener et al. (2009;2010) created the Psychological Well-Being Scale to enhance existing assessments of well-being, focusing specifically on measuring sociopsychological well-being**.** The adaptation of the scale into Turkish was carried out by Telef (2011; 2013). The factor analysis conducted to assess structural validity revealed that the items on the scale loaded onto a single factor, with 58.36% of the variance explained by psychological well-being. The scale follows a 7-point Likert format, with responses ranging from "Strongly Disagree" (1) to " Strongly Agree" (7), and includes a total of 8 items. An example scale item could be: "My social relationships are supportive and satisfying." In the reliability analysis of the scale, the Cronbach's alpha internal consistency coefficient was calculated to be .80. The item-total correlations of the Psychological Well-Being Scale were found to range between .41 and .63, with t-values being statistically significant. For the current study Cronbach’s alpha coefficients were calculated .88 (see Appendix 7).

2.3. Procedure

First, ethical approval was obtained from the Başkent University Ethics Committee. Informed consent forms were collected from all participants. After obtaining informed consent, participants completed a demographic information form. Then, they completed the Grief After Separation Scale, the Experiences in Close Relationships II Scale, the Intimate Partner Cyberstalking Scale, The Scale of Social Media Jealousy in Romantic Relationships and Psychological Well Being Scale. The data collection process was conducted online, and the survey link was distributed via social media platforms. All responses were collected through Google Forms. Completing all the forms took approximately 15 minutes.

Although the reliability of the Intimate Partner Cyberstalking Scale has been previously established, its validity has not yet been tested. Therefore, an additional study will be conducted outside the scope of this thesis to contribute to the academic literature by establishing the scale's validity. As part of this validity study, participants were asked to complete additional measures. To assess convergent validity, the Scale of Social Media Jealousy in Romantic Relationships was administered. To assess divergent validity, the Psychological Well-Being Scale was used.

2.4. Statistical Analysis of Data

Statistical analyses were conducted using IBM SPSS Statistics version 30.0 and Hayes' PROCESS Macro program (Model 4). Initially, the data were scanned to identify any missing values and outliers. The normality assumption was assessed using skewness and kurtosis values, histograms, Q-Q plots, and Z-scores. Participants with Z-scores outside the acceptable range of -3.29 to +3.29 were excluded from the analysis. Descriptive statistics, including frequency, percentage, mean, and standard deviation, were calculated for demographic variables and study scales. Pearson correlation coefficients were employed to examine the relationships between continuous variables. Simple linear regression analyses and mediation analyses were performed to test the research hypotheses. In the mediation analyses, a bootstrapping method with 5,000 samples was utilized to estimate indirect effects and confidence intervals. A significance level of $p < .05$ was set for all analyses.

3. RESULT

Participants completed the survey via Google Forms. The responses were then exported into Excel for data cleaning and preparation and analyzed using SPSS (Statistical Package for the Social Sciences) version 30.0. The responses prior to the analyses, the normality of the numerical data was assessed using Skewness and Kurtosis values, Histogram and Q-Q Plot graphs, as well as Z-scores. After these evaluations, it was determined that the Z-scores of 9 participants were outside the acceptable range of -3.29 to +3.29; therefore, these were excluded from the dataset (Tabachnick & Fidell, 2014). After this adjustment, the data were considered to meet the assumption of normal distribution.

Frequencies and percentages were used to report categorical variables, while means and standard deviations were calculated for numerical variables. Pearson correlation analysis was conducted to assess the relationships among numerical variables. Mediation hypotheses were evaluated using Hayes' PROCESS macro (Model 4). A significance level of $p < .05$ was adopted for all statistical analyses.

3.1. Correlational Analysis Result of the Study Variables

The thresholds proposed by Cohen (1988) were considered in interpreting the correlation coefficients. Accordingly, coefficients between 0.10 and 0.29 were interpreted as low, those between 0.30 and 0.49 as moderate, and those 0.50 and above as high levels of association (Cohen, 1988). It should be noted that lower scores obtained from the Scale of Social Media Jealousy in Romantic Relationships reflect higher levels of jealousy. Therefore, in correlation analyses, lower jealousy scores correspond to higher jealousy intensity.

The Intimate Partner Cyberstalking Scale was found to have a significant positive correlation at a moderate to high level with Anxious Attachment (r = .468, p< .01), Grief After Romantic Separation (r = .418, p<. 01), Normal Grief (r = .399, p< .01), and Pathological Grief (r = .380, p< .01). Significant negative correlations were found with Restrictive and Controlling Attitude (r = -.443, p< .01) and Skeptical and Observant Attitude (r = -.200, p < .01). A low, yet significant, positive correlation was observed with

Respect and Trust in the Field of Social Media (r = .195, p< .01). These findings are presented in Table 3.1.

Avoidant Attachment had a low but significant positive correlation only with Normal Grief (r = .130, p< .05), and a low negative correlation with Restrictive and Controlling Attitude (r = -.269, p< .01). Relationships with other variables were either low or not statistically significant.

Anxious Attachment demonstrated moderate to high positive correlations with Grief After Romantic Separation (r = .488, p< .01), Normal Grief (r = .486, p< .01), and Pathological Grief (r = .412, p< .01). It was negatively correlated with Restrictive and Controlling Attitude (r = -.196, p< .01) and Skeptical and Observant Attitude (r = -.293, p< .01), and positively correlated with Respect and Trust in the Field of Social Media (r = .286, p< .01).

Grief After Romantic Separation was negatively correlated at a low but significant level with Restrictive and Controlling Attitude (r = -.217, p< .01) and Skeptical and Observant Attitude (r = -.252, p< .01), and positively correlated at a low but significant level with Respect and Trust in the Field of Social Media (r = .245, p< .01).

Normal Grief showed low but significant negative correlations with Restrictive and Controlling Attitude (r = -.189, p< .01) and Skeptical and Observant Attitude (r = -.290, p< .01), and a low but significant positive correlation with Respect and Trust in the Field of Social Media (r = .282, p< .01).

Pathological Grief demonstrated low but significant negative correlations with Restrictive and Controlling Attitude (r = -.226, p< .01) and Skeptical and Observant Attitude (r = -.153, p< .01), and a low but significant positive correlation with Respect and Trust in the Field of Social Media (r = .148, p< .05).

Restrictive and Controlling Attitude and Skeptical and Observant Attitude were positively correlated at a low but significant level (r = .165). However, no significant correlation was found between Restrictive and Controlling Attitude and Respect and Trust in the Field of Social Media (r = .020, p = .731). Finally, a moderate, significant negative correlation was observed between Skeptical and Observant Attitude and Respect and Trust in the Field of Social Media (r = -.387).

Table 1.1. Correlations Among the Scales and Subdimensions Included in the Study

	Mean	SD	1	2	3	4	5	6	7	8	9
1- IPC	43.95	15.96	-								
2- AA	3.52	0.98	.105	-							
3- AnxA	3.93	1.08	.468**	.101	-						
4- GAS_Total	33.06	12.04	.418**	-.077	.488**	-					
5- GAS_NG	21.66	7.86	.399**	-.130*	.486**	.961**	-				
6- GAS_PG	11.40	4.99	.380**	.019	.412**	.900**	.743**	-			
8- SOA	14.78	6.09	-.200**	.031	-.293**	-.252**	-.290**	-.153**	.165**	-	
9- RTFSM	20.98	6.07	.195**	.061	.286**	.245**	.282**	.148*	.020	-.387**	-

Note. IPC: Intimate partner cyberstalking score; AA: Avoidant attachment; AnxA: Anxious attachment; GAS_Total; Grief after romantic separation total score; GAS_NG: Normal grief subscale of grief after romantic separation; GAS_PG: Pathological grief subscale of grief after romantic separation; RCA: Restrict and controlling attitude subscale of social media jealousy in romantic relationship; SOA: Skeptical and observant attitude subscale of social media jealousy in romantic relationship; RTFSM: Respect and trust in the field of social media subscale of social media jealousy in romantic relationship; SD: Standard deviation.
Note 2. $*p < .05$, $**p < .001$

3.2. Regression Analysis of the Effect of Anxious Attachment on Cyberstalking

To test the first hypothesis, which stated that anxious attachment scores would positively and significantly predict cyberstalking, a simple linear regression analysis was conducted with anxious attachment as the independent variable and intimate partner cyberstalking as the dependent variable. Prior to the analysis, key assumptions of regression- normality, linearity, and absence of outliers- were checked and found to be sufficiently met. The Variance Inflation Factor (VIF) was 1.000, indicating no evidence of multicollinearity.

As shown in table 3.2. anxious attachment was found to significantly and positively predict intimate partner cyberstalking (B = 6.918; F (1, 292) = 81.750; p < .001). The proportion of variance in intimate partner cyberstalking explained by anxious attachment was found to be 22% (R^2 = .219).

Table 3.2. The Effect of Anxious Attachment on Intimate Partner Cyberstalking

	$\hat{\beta}$	$SE\,\hat{\beta}$	*Beta*	*t*	*P*	*R*	R^2	*F*	*p*
(Constant)	16.778	3.116		5.385	<.001	.468	.219	81.750	<.001
Anxious Attachment	6.918	.765	.468	9.042	<.001				

Dependent Variable: Intimate Partner Cyberstalking

3.3. Regression Analysis of the Effect of Avoidant Attachment on Cyberstalking

To test the second hypothesis, which stated that avoidant attachment scores would negatively and significantly predict cyberstalking, a simple linear regression analysis was conducted with avoidant attachment as the independent variable and intimate partner cyberstalking as the dependent variable. Preliminary checks confirmed that the assumptions of normality, linearity, absence of multicollinearity, and lack of outliers were met (VIF = 1.000).

Table 3.3. The Effects of Avoidant Attachment on Intimate Partner Cyberstalking

	$\hat{\beta}$	$SE\,\hat{\beta}$	*Beta*	*t*	*p*	*R*	R^2	*F*	*p*
(Constant)	37.899	3.467		10.931	<.001	.105	.011	3.275	.071
Avoidant Attachment	1.717	.949	.105	1.810	.071				

Dependent Variable: Intimate Partner Cyberstalking

As shown in table 3.3. avoidant attachment did not significantly predict intimate partner cyberstalking (B = 1.717; F (1, 292) = 3.275; p = .071).

3.4. Regression Analysis of the Effect of Intimate Partner Cyberstalking on Grief After Romantic Separation

A simple linear regression was conducted to test the third hypothesis, which proposed that higher cyberstalking scores would significantly and positively predict grief after a romantic separation, with cyberstalking as the predictor and grief as the outcome variable. Preliminary checks confirmed that the assumptions of normality, linearity, absence of multicollinearity, and lack of outliers were met (VIF = 1.000).

Table 3.4. The Effects of Intimate Partner Cyberstalking on Grief After Romantic Separation

	$\hat{\beta}$	$SE\,\hat{\beta}$	*Beta*	*t*	*P*	*R*	R^2	*F*	*p*
(Constant)	19.198	1.875		10.239	<.001	.418	.175	61.854	.000
Intimate Partner Cyberstalking	.315	.040	.418	7.865	<.001				

Dependent Variable: Grief After Romantic Separation

As shown in table 3.4. intimate partner cyberstalking was found to significantly and positively predict grief after romantic separation (B = 0.315; F (1, 292) = 61,854, p = .000). The proportion of variance in grief after romantic separation explained by intimate partner cyberstalking was found to be 17,5% (R^2 = .175).

3.5. The Mediating Role of Cyberstalking in the Anxious Attachment and Grief After Romantic Separation

To test the fourth hypothesis**,** a mediation model was proposed to examine whether intimate partner cyberstalking mediates the relationship between anxious attachment (predictor variable, X) and grief after romantic separation (outcome variable, Y). The model illustrated in Figure 3.1. In this model, path a represents the direct effect of anxious attachment on cyberstalking, path b represents the effect of cyberstalking on grief after romantic separation, path c represents the total effect of anxious attachment on grief after romantic separation, and path c′ denotes the direct effect of anxious attachment on grief after romantic separation accounting for the mediator (cyberstalking).

The result of the analysis indicated that anxious attachment significantly predicted cyberstalking (path a; $B = 6.92$, $p < .001$). In turn, cyberstalking significantly predicted grief after romantic separation (path b; $B = 1.183$, $p < .001$). The total effect of anxious attachment on grief after romantic separation was also found to be significant (path c; $B = 5.449$, $p < .001$). However, when cyberstalking was included in the model as a mediator, the direct effect of anxious attachment on grief after romantic separation (path c'; $B = 4.181$, $p < .001$) remained significant. These findings indicate that the relationship between anxious attachment and grief after romantic separation was partially mediated by intimate partner cyberstalking.

Examining the indirect effects, the indirect effect of anxious attachment on grief after romantic separation through cyberstalking was found to be significant ($B = 1.268$, $SE = 0.370$, 95% CI [0.607, 2.061]). Since the confidence interval does not include zero, this finding supports the presence of a statistically significant partial mediation effect. The completely standardized indirect effect was also found to be significant ($\beta = .114$, BootSE = .034, 95% CI [.054, .184]), indicating that cyberstalking partially explains how anxious attachment contributes to increased levels of grief after romantic separation. Indirect effect estimates are presented in Table 3.5.

Table 3.5. The Indirect Effects of Anxious Attachment on Grief After Romantic Separation

			95% Confidence Interval	
Indirect Effects	B	SE	Lower	Upper
Total indirect effect	1.27	0.37	0.61	2.06*
Anxious Attahchment → Cyberstalking → Grief After Romantic Separation	1.27	0.37	0.61	2.06*

*Statistically significant indirect effect (zero not included in the confidence interval).
Note. SE: Standard Error
Note 2. **p* < .05

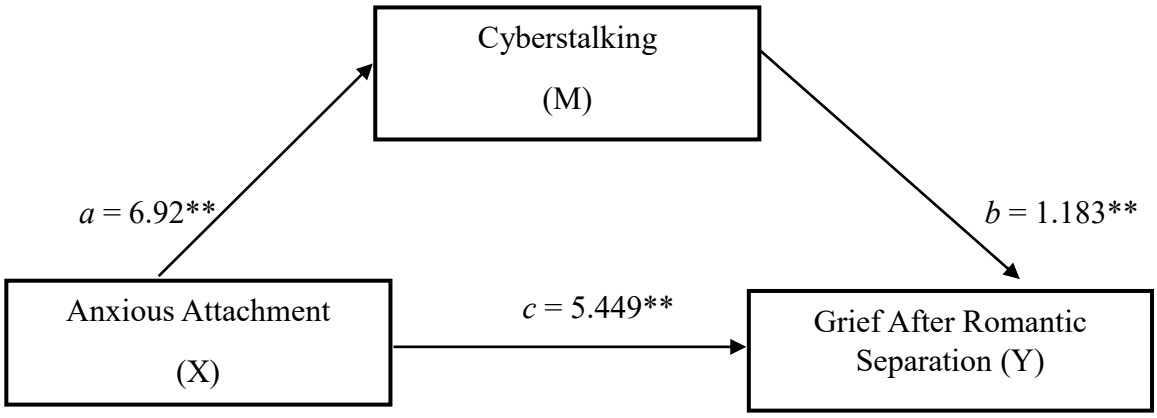

Figure 3.1. The Mediating Role of Intimate Partner Cyberstalking in the Relationship Between Anxious Attachment and Grief After Romantic Separation

3.6. The Mediating Role of Cyberstalking in the Anxious Attachment and Normal Grief

A mediation analysis was conducted using Hayes' PROCESS macro (Model 4) to examine whether intimate partner cyberstalking mediates the relationship between anxious attachment (X) and normal grief after romantic separation (Y). The model is illustrated in Figure 3.2. In this model, path a represents the effect of anxious attachment on cyberstalking, path b represents the effect of cyberstalking on normal grief, path c denotes the total effect of anxious attachment on normal grief, and path c′ represents the direct effect of anxious attachment on normal grief, controlling for the mediator.

The results of the analysis showed that anxious attachment significantly predicted cyberstalking (path *a*; $B = 6.918$, $SE = 0.765$, $p < .001$, 95% CI [5.412, 8.424]). Furthermore, cyberstalking significantly predicted normal grief (path *b*; $B = 0.108$, $SE = 0.028$, $p < .001$, 95% CI [0.054, 0.163]). The total effect of anxious attachment on normal

grief was also significant (path *c*; *B* = 3.541, *SE* = 0.372, *p* < .001, 95% CI [2.808, 4.274]). When cyberstalking was added to the model, the direct effect of anxious attachment on normal grief remained significant (path *c'*; *B* = 2.792, *SE* = 0.412, *p* < .001, 95% CI [1.983, 3.602]).

These results indicate that cyberstalking partially mediates the relationship between anxious attachment and normal grief. The indirect effect of anxious attachment on normal grief via cyberstalking was found to be significant (*B* = 0.749, BootSE = 0.222, 95% CI [0.335, 1.211]). Because the confidence interval does not include zero, this supports a statistically significant partial mediation effect. The completely standardized indirect effect was also significant (*β* = 0.103, BootSE = 0.031, 95% CI [0.045, 0.166]). Indirect effect estimates are presented in Table 3.6.

Table 3.6. The Indirect Effects of Anxious Attachment on Normal Grief After Romantic Separation

			95% Confidence Interval	
Indirect Effects	B	SE	Lower	Upper
Total indirect effect	0.749	0.222	0.335	1.211*
Anxious Attachment → Cyberstalking → Normal Grief After Romantic Separation	0.749	0.222	0.335	1.211*

*Statistically significant indirect effect (zero not included in the confidence interval).
Note. SE: Standard Error
*Note 2. *p* < .05

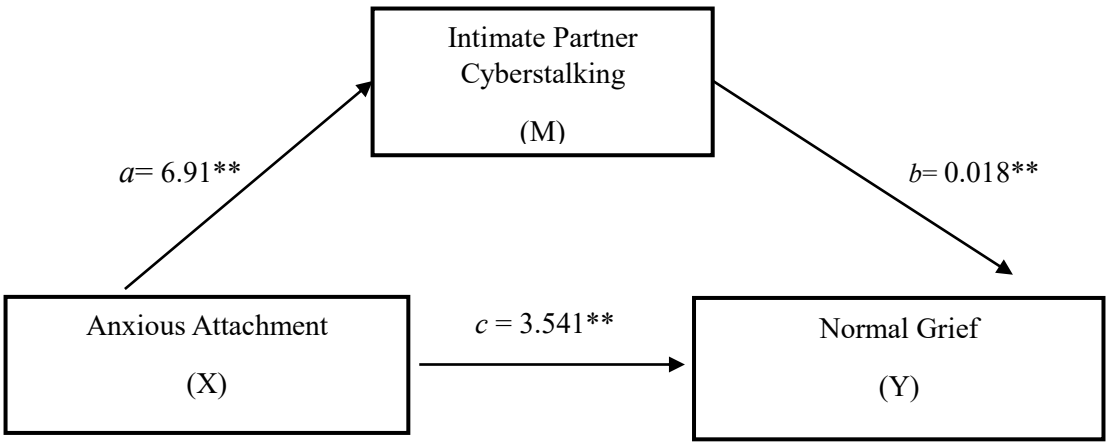

Figure 2.2. The Mediating Role of Intimate Partner Cyberstalking in the Relationship Between Anxious Attachment and Normal Grief After Romantic Separation

3.7. The Mediating Role of Cyberstalking in the Anxious Attachment and Pathological Grief

A mediation model was tested to examine whether intimate partner cyberstalking (M) mediates the relationship between anxious attachment (X) and pathological grief after romantic separation (Y). The model is illustrated in Figure 3.3. In this model, path a represents the effect of anxious attachment on cyberstalking, path b represents the effect of cyberstalking on pathological grief after romantic separation, path c denotes the total effect of anxious attachment on pathological grief, and path c′ represents the direct effect of anxious attachment on pathological grief after accounting for the mediator.

The analysis revealed that anxious attachment significantly predicted cyberstalking (path *a*; $B = 6.918$, $p < .001$). In turn, cyberstalking significantly predicted pathological grief (path *b*; $B = 0.075$, $p < .001$). The total effect of anxious attachment on pathological grief was significant (path *c*; $B = 1.908$, $p < .001$), and the direct effect remained significant when cyberstalking was included as a mediator (path *c′*; $B = 1.389$, $p < .001$). These results indicate partial mediation.

Regarding the indirect effect, the mediation path from anxious attachment to pathological grief through cyberstalking was statistically significant ($B = 0.519$, BootSE = 0.164, 95% CI [0.221, 0.871]). The completely standardized indirect effect was also significant ($\beta = 0.112$, BootSE = 0.036, 95% CI [0.048, 0.188]), further supporting the presence of a partial mediation effect. Indirect effect estimates are presented in Table 3.7.

Table 3.7. The Indirect Effects of Anxious Attachment on Pathological Grief After Romantic Separation

			95% Confidence Interval	
Indirect Effects	B	SE	Lower	Upper
Total indirect effect	0.519	0.164	0.221	0.871*
Anxious Attachment → Cyberstalking → Pathological Grief After Romantic Separation	0.519	0.164	0.221	0.871*

*Statistically significant indirect effect (zero not included in the confidence interval).
Note. SE: Standard Error
Note 2. *$p < .05$

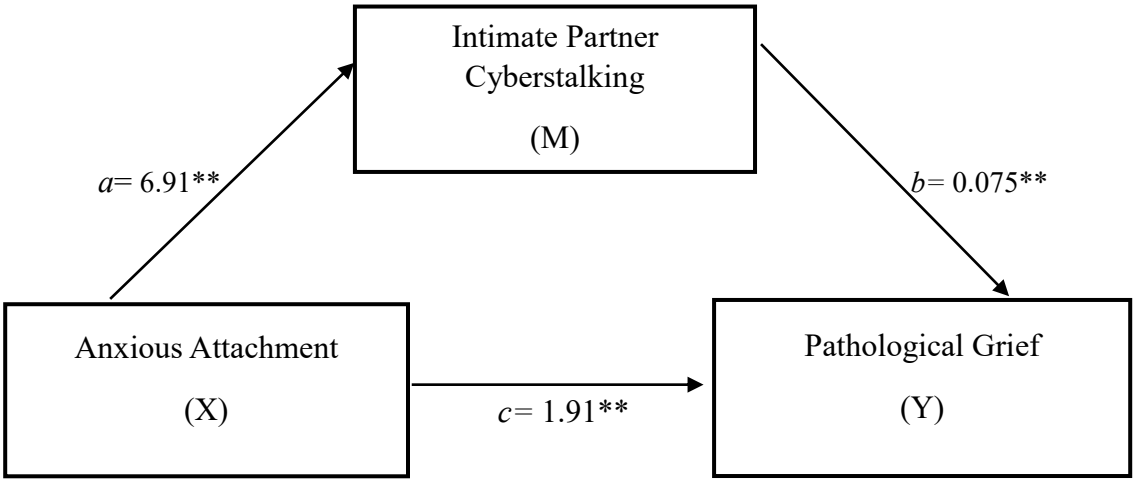

Figure 3.3. The Mediating Role of Intimate Partner Cyberstalking in the Relationship Between Anxious Attachment and Pathological Grief After Romantic Separation

3.8. The Mediating Role of Cyberstalking in the Avoidant Attachment and Grief After Romantic Separation

The fifth hypothesis of the study proposed that cyberstalking would mediate the relationship between avoidant attachment and grief after romantic separation. There is no significant mediating role of intimate partner cyberstalking was found in the relationship between avoidant attachment and normal grief. According to the analysis results, the effect of avoidant attachment on intimate partner cyberstalking was not statistically significant (β = 1.7170, p = .0714; lower confidence interval = -0.1503, upper confidence interval = 3.5844). In other words, avoidant attachment did not significantly predict intimate partner cyberstalking behavior. However, the total effect of avoidant attachment on normal grief was found to be significant (β = -1.0406, p = .0262; lower confidence interval = -1.9573, upper confidence interval = -1.239), indicating that avoidant attachment has a negative effect on normal grief.

When the mediator variable, intimate partner cyberstalking, was included in the model, its effect on normal grief was found to be significant (β = 0.2055, p < .001; lower confidence interval = 0.1541, upper confidence interval = 0.2570). Additionally, the direct effect of avoidant attachment on normal grief remained statistically significant after

including the mediator (β = -1.3935, p = .0012; lower confidence interval = -2.2321, upper confidence interval = -0.5549).

Upon examining the indirect effect (β = 0.348; lower confidence interval = -0.019, upper confidence interval = 0.765), it was observed that the confidence interval included zero, indicating that the indirect effect was not statistically significant.

To conclude, the analysis showed that intimate partner cyberstalking does not function as a mediator between avoidant attachment and normal grief. Avoidant attachment influenced grief levels directly, but cyberstalking did not significantly contribute to this pathway.

4. DISCUSSION

The present study aimed to investigated the relationship between adult attachment styles, intimate partner cyberstalking, and grief after romantic separation. In addition, it examined whether cyberstalking mediated some of these relationships. The findings showed that anxious attachment significantly predicted cyberstalking behaviors and grief intensity, while avoidant attachment did not significantly predict cyberstalking. Moreover, cyberstalking was found to predict higher levels of grief after romantic separation significantly. Mediation analysis revealed that cyberstalking partially mediated the relationship between anxious attachment and grief after romantic separation. In this section, the results of these analyses are interpreted in light of existing literature. This is followed by a discussion of the mediation effect and the unique contribution of cyberstalking as a behavioral response to insecure attachment. Finally, clinical implications, study limitations, and suggestions for future research are presented.

4.1. Evaluation of the Relationship Between Anxious Attachment and Intimate Partner Cyberstalking

According to the first hypothesis, cyberstalking behaviors would be positively and significantly predicted by anxious attachment. The findings support the first hypothesis by demonstrating that intimate partner cyberstalking, which refers to the use of technology to track or monitor a romantic partner's activities without their consent, is positively and significantly predicted by anxious attachment. Similar patterns have been observed in prior research that people with anxious attachment styles are more likely to act in ways that are controlling, watching, and pursuing closeness in romantic situations (Marshall, 2013). Attachment theory states that people with an anxious attachment style are terrified of being rejected and actively seek out their romantic partners' attention (Campbell & Marshall, 2011). Anxiously attached people can now learn more about their partners' whereabouts, activities, and social connections thanks to the widespread use of social media. Although the interactive nature of social media can influence anyone in a romantic relationship, individuals with anxious attachment styles may be more vulnerable to its effects due to their heightened sensitivity to relational cues (Reed et al., 2015).

Anxiously attached individuals tend to experience intense fears of rejection, which may compel them to engage in cyberstalking as a maladaptive strategy to maintain emotional closeness in romantic relationships. Research highlights that those with anxious attachment frequently rely on various digital tactics to satisfy their craving for closeness with their partners (Reed et al., 2015). Reiss et al. (2022) also found that individuals with anxious attachment styles were more likely to engage in cyberstalking behaviors in romantic contexts, further supporting the connection between attachment insecurity and problematic digital surveillance. The insights reveal that anxious attachment not only shapes emotional responses within romantic partnerships but also gives rise to troubling digital behaviors, such as online surveillance and incessant monitoring of loved ones. These actions can be understood as attempts to shield against perceived threats to the relationship, crave reassurance, and navigate relational anxiety. These actions may seem like attempts to stay in touch or show concern at first, but they are frequently the result of a deeper sense of unease and hypervigilance that has its roots in early attachment experiences (Bowlby, 1969; Mikulincer & Shaver, 2007). Because it creates the appearance of continuous access and control over the partner, the digital environment exacerbates these impulses. This electronic closeness might paradoxically both reduce and exacerbate relational distress in anxiously attached people. Checking a partner's online status or social media activity, for example, may provide momentary solace, but over time, these actions frequently strengthen fixation and create emotional dependency (Reed et al., 2015; Tokunaga, 2011).

Additionally, individuals with anxious attachment may react intensely to ambiguous cues in online communication such as being left on "read" or when their partner does not like or engage with their posts as they may interpret these actions as signs of rejection or emotional distance. According to Campbell and Marshall (2011), these ambiguous cues might reinforce maladaptive beliefs like "I am being ignored" or "They are losing interest," which worsen relationship instability. They can also lead to cognitive distortions like mind-reading and catastrophizing. People grow more dependent on online surveillance as a result of this feedback loop, which raises the frequency and severity of cyberstalking activities. In addition to failing to lessen anxiety, this pattern of behavior may also seriously strain the romantic connection. Digital monitoring activities may be viewed as necessary or protective by anxiously attached people, but they may be viewed as intrusive, controlling, or suspicious by their partners.

This study examines the predictive relationship between anxious attachment and intimate partner cyberstalking a phenomenon that remains insufficiently understood despite its growing presence in digitally mediated romantic relationships. While previous studies have addressed attachment styles and online surveillance behaviors separately, few have focused specifically on their association within the context of romantic cyberstalking. By identifying anxious attachment as a significant predictor of these behaviors, the current study contributes to a better understanding of how early attachment patterns can lead to maladaptive digital relationship strategies. These findings may offer valuable insights for clinical practices and digital relationship education, particularly in developing focused interventions for individuals prone to anxiety-driven online surveillance.

4.2. Evaluation of the Relationship Between Avoidant Attachment and Intimate Partner Cyberstalking

The second hypothesis proposed that avoidant attachment would negatively and significantly predict cyberstalking behavior. However, the study's findings did not support this hypothesis, as the relationship between avoidant attachment and cyberstalking was not statistically significant. According to this finding, people who exhibit avoidant attachment styles are not likely to engage in online behaviors like controlling or watching their partners. According to attachment theory, people with avoidant attachment styles tend to prefer autonomy over intimacy in their romantic relationships (Mikulincer & Erev, 1991). Because of this, they might be less inclined to engage in cyberstalking, which is an effort to maintain emotional ties or manage relational insecurity —needs that avoidant people are more likely to repress or deny. Prior studies have shown that partner surveillance behavior is typically negatively correlated with avoidant attachment (Marshall et al., 2013), supporting the theoretical claim that individuals with avoidant attachment are less inclined to pursue closeness or exercise relational control. Despite the lack of a significant effect in the study, the association's direction was consistent with previous research, and the lack of significance could be attributed to measurement variability or a sample-specific factor. The current study's lack of significant correlation between cyberstalking and avoidant attachment may be due to several methodological and contextual factors. First, the majority of the sample consisted of young adults who actively use digital communication tools. Even avoidantly attached people might occasionally engage in monitoring behaviors due to

habitual or normative digital practices rather than attachment insecurity, given the normative use of social media in this demographic. Second, avoidant individuals are more likely to employ covert or passive surveillance techniques, such as using different accounts to evade detection or silently monitoring a partner's activities without engagement, which may not have been adequately captured by the operationalization of cyberstalking in the current study.

4.3. Evaluation of the Relationship Between Intimate Partner Cyberstalking and Grief After Romantic Separation

According to third hypothesis, more intense grief after a romantic separation would be significantly predicted by higher levels of cyberstalking. The findings supported this hypothesis by demonstrating that cyberstalking significantly and positively predicted grief after romantic separation. This result show that cyberstalking is not just a relationship problem; it can also contribute to emotional strain that a person is under while they are adjusting to their separation.

In this study, intimate partner cyberstalking was assessed using the total score obtained from the Intimate Partner Cyberstalking Scale. The total score reflects the overall frequency and intensity of cyberstalking behaviors without distinguishing between specific types or patterns. According to Reed et al. (2015), cyberstalking practices can be used to improve control over a relationship, lessen uncertainty, or deepen a person’s closeness with their partner. While such digital intimacy behaviors may intensify emotional closeness during the relationship, their sudden discontinuation after a breakup can be difficult to cope with. The individual may experience a sense of loss not only of the partner but also of the constant online connection, potentially leading to more intense grief reactions. This difficulty may be particularly pronounced for individuals with anxious attachment, who tend to rely heavily on proximity and reassurance to regulate their emotional states. The disappearance of digital traces, such as online conversations, location tracking, or social media interactions, may create a sudden emotional vacuum, exacerbating feelings of abandonment and uncertainty. Additionally, the inability to access the ex-partner's online presence may disrupt the person's mental representations of the relationship, making it harder to cognitively and emotionally process the separation. This disruption can result in

rumination, longing, or even compulsive behaviors aimed at restoring connection, such as digital surveillance or excessive checking. In this context, cyberstalking behaviors may serve as a maladaptive attempt to reduce separation-related distress and re-establish a symbolic sense of proximity with the lost partner. Such behavioral patterns may, paradoxically, prolong the grieving process rather than facilitate emotional resolution (Reimer & Estrada, 2021). Similarly, Davis et al. (2003) found that individuals with high attachment anxiety reported greater distress and used maladaptive strategies, such as obsessive thoughts and efforts to reconnect. These findings support the idea that cyberstalking may reflect an attempt to regulate post-breakup distress. In contrast, securely attached individuals were more likely to seek social support, underlining attachment's role in grief regulation.

These findings are consistent with previous research, which found that using technology to monitor romantic partners may increase emotional distress and impair individuals' ability to cope effectively with breakups. This may be because digital surveillance behaviors, while providing temporary relief or perceived control during the relationship, can foster dependency on immediate feedback and constant online connection. When the relationship ends, the loss of this digital access may create a sudden rupture in the individual's coping system, leaving them vulnerable to intrusive thoughts, emotional dysregulation, and prolonged grieving. From a psychological standpoint, the constant monitoring of a partner can also reinforce anxious cognitive schemas such as fear of abandonment or hypervigilance toward signs of rejection. Thus, when these behaviors become habitual, the individual may experience greater emotional instability once they are no longer able to engage in them post-breakup. In this way, the very tools used to manage relationship anxiety may become maladaptive coping mechanisms that hinder the natural grieving process and intensify the emotional toll of separation. These results underline the importance of addressing digital behaviors in interventions targeting relational distress and breakup recovery, especially among individuals with insecure attachment patterns.

4.4. Evaluation of Mediating Role of Cyberstalking in the Relationship Between Anxious Attachment and Grief After Romantic Separation

The fourth hypothesis suggested that the link between anxious attachment and grief following romantic separation would be mediated by cyberstalking behavior. The analysis outcomes aligned with this prediction, demonstrating that individuals with elevated levels of anxious attachment tended to engage more frequently in cyberstalking, which subsequently intensified their grief responses. The results of the mediation analysis revealed a statistically significant indirect path, indicating that cyberstalking partially accounted for the effect of anxious attachment on grief. Although the direct association between anxious attachment and grief remained statistically significant after including the mediator, the observed reduction in the strength of this direct effect alongside the significant indirect path provides support for the presence of a partial mediation effect**.**

These results suggest that individuals with an anxious attachment style are more likely to experience heightened grief following a breakup. However, this relationship is partially explained by their engagement in cyberstalking behaviors during the romantic relationship. That is, anxiously attached individuals may attempt to cope with relational insecurity through increased digital surveillance of their partners. While such behaviors may provide a temporary sense of control during the relationship, they can ultimately intensify emotional pain after the relationship ends, thereby mediating the effect of anxious attachment on grief after separation.

Cyberstalking can be viewed in this perspective as a continuation of the hyperactivation techniques that are typical of anxious attachment. These people frequently have an intense need for intimacy, heightened sensivity to danger, and fear of being abandoned (Mikulincer & Shaver, 2007). These desires may continue after romantic relationship ends and show themselves as intrusive online conduct. Cyberstalking, instead of promoting closure, may represent an anxious attachment-driven behavior that impairs how individuals regulate and process the emotional impact of a breakup (Reimer & Estrada, 2021). Similarly, Reiss et al. (2022) demonstrated that cyberstalking behaviors function as maladaptive coping strategies among those with insecure attachment, contributing to post-breakup distress.

These findings provide further support for the mediation model tested in this study, which suggested that cyberstalking serves as a behavioral pathway through which anxious attachment contributes to intensified grief following a romantic separation. Previous research has also indicated that digital surveillance in romantic relationships can increase emotional distress (Tokunaga, 2011). Fox and Warber (2014) noted that digital monitoring of a partner, including tracking their social media engagement, might temporarily offer relief from relational ambiguity. However, when such behaviors are used excessively, they may sustain feelings of unresolved attachment and hinder emotional disengagement, thereby prolonging the grieving process. This aligns with the present findings, where cyberstalking emerged as a mechanism that connects attachment anxiety with more intense grief responses.

4.5. Evaluation of Mediating Role of Cyberstalking in the Relationship Between Avoidant Attachment and Grief After Romantic Separation

In hypothesis 5, it was proposed that individuals with high levels of avoidant attachment would engage in cyberstalking behaviors during ongoing romantic relationships, which in turn would influence the intensity of grief experienced after a breakup. However, the findings of the current study did not support this hypothesis. Avoidant attachment was not found to be a significant predictor of cyberstalking behaviors within ongoing romantic relationships, and cyberstalking did not mediate the relationship between avoidant attachment and grief after romantic separation.

This result can be interpreted in light of attachment theory, which emphasizes that avoidantly attached individuals cope with attachment-related distress by employing deactivating strategies, such as emotional suppression, cognitive distancing, and avoidance of proximity-seeking behaviors (Mikulincer & Shaver, 2007). These individuals strive to maintain autonomy and independence in close relationships and are therefore less likely to engage in behaviors that signal emotional involvement or dependency, including partner-monitoring behaviors such as cyberstalking (Fraley & Shaver, 2000; Bartholomew & Horowitz, 1991).

Cyberstalking behaviors inherently reflect an interest in and concern for the partner's activities, representing a form of relational proximity-seeking, even when conducted

covertly (Tokunaga, 2011). For avoidantly attached individuals, engaging in such behaviors may conflict with their self-perception of independence and emotional detachment. Thus, they are likely to refrain from cyberstalking during ongoing relationships as a means of preserving their psychological distance and protecting themselves from perceived relational vulnerability (Fox & Tokunaga, 2015; Reiss et al., 2022).

Furthermore, the cyberstalking measure used in the current study primarily focused on active monitoring behaviors, such as checking a partner's social media activities or observing their interactions online. However, prior research suggests that avoidant individuals may engage in passive monitoring behaviors (lurking), which involve silently viewing a partner's content without direct interaction or overt engagement (Tossell et al., 2015; Reed et al., 2015). The absence of items capturing such passive strategies in the current measurement approach might have contributed to the non-significant relationship found between avoidant attachment and cyberstalking.

Avoidant individuals are also known to employ internal coping mechanisms, such as cognitive deactivation and emotional numbing, rather than outward behaviors like partner surveillance, to manage relational insecurities (Mikulincer et al., 2003; Fraley et al., 1998). Consequently, even during relationship distress, these individuals are less likely to resort to observable behaviors like cyberstalking. Instead, they may downplay their emotional needs and suppress thoughts related to attachment, which diminishes the likelihood of cyberstalking serving as a mediator in the association between avoidant attachment and grief.

Cultural factors may further explain these findings. In collectivistic societies such as Turkey, relationship dynamics are influenced by social expectations emphasizing emotional self-control and avoidance of overtly controlling or intrusive behaviors (Yıldızhan, 2017; Koçak et al., 2023). Avoidantly attached individuals may thus refrain from cyberstalking to align with these cultural norms and protect their self-image of being emotionally self-reliant and non-dependent, even when experiencing relational distress.

The non-significant mediation also indicates that cyberstalking may not be a primary mechanism through which avoidant attachment influences grief after romantic separation. Unlike anxiously attached individuals, who are more prone to hyperactivating strategies

like excessive monitoring to cope with relational uncertainty (Marshall et al., 2013; Campbell & Marshall, 2011), avoidant individuals prefer psychological distancing. Their coping strategies are predominantly internal and self-regulatory, which makes cyberstalking an unlikely behavioral outlet for their distress (Fraley & Bonanno, 2004; Gilbert & Sifers, 2011).

4.6. Clinical Implication

The findings of this study have several important implications for clinical practice. First, they underscore the importance of evaluating not only attachment styles but also digital relational behaviors that occur within ongoing romantic relationships. For individuals with anxious attachment, engaging in cyberstalking may serve as a maladaptive strategy to manage relational anxiety and reinforce emotional proximity. However, such behaviors can increase emotional dependency and relational tension over time. Therefore, therapeutic interventions should include psychoeducation on the psychological consequences of digital surveillance and support clients in developing healthier emotional regulation and relational strategies, such as assertive communication or boundary setting.

Moreover, incorporating discussions about digital boundaries, partner monitoring, and emotional responses to online behaviors into therapeutic work with young adults may help prevent maladaptive patterns. For instance, exploring how repeatedly checking a partner's social media activity reflects deeper attachment-related insecurities can enable clients to recognize and disrupt unhelpful cognitive and behavioral cycles.

Additionally, clinicians should be aware that subtle and often normalized digital behaviors such as reading a partner's messages, checking their location, or analyzing their online interactions may reflect deeper unmet emotional needs and relational anxieties. Integrating attachment-focused approaches (e.g., Emotionally Focused Therapy or Schema Therapy) with awareness of technology use can help address both emotional and behavioral aspects of relational functioning.

Beyond individual therapy, these findings also offer guidance for preventive efforts and psychoeducational programs, especially in educational and digital settings. As digital technologies increasingly shape intimacy dynamics, raising awareness about the emotional

risks of excessive partner monitoring could support healthier relationship practices and reduce anxiety-driven online behaviors. This may include group workshops or school-based interventions aimed at promoting digital literacy and healthy relationship norms. In couples therapy, redefining digital boundaries, enhancing mutual trust, and clarifying expectations around online behavior could also serve as important areas of clinical focus.

In addition to these clinical implications, the findings can also be interpreted through a behavioral theoretical lens. From this perspective, grief reactions typically considered emotional outcomes can be conceptualized as behavioral responses shaped by core variables such as attachment. The study illustrates how a seemingly internal and abstract concept like anxious attachment becomes behaviorally observable through cyberstalking. In this regard, cyberstalking can be understood as a tangible manifestation of the control-seeking tendencies embedded within the anxiety dimension of insecure attachment. These behaviors are not random or solely technologically driven; rather, they function as learned responses aimed at reducing relational uncertainty and preserving perceived proximity. Consequently, the mediating role of cyberstalking behavior offers valuable insight into how attachment insecurity translates into maladaptive digital coping strategies, which in turn intensify grief reactions. This highlights the necessity of therapeutic approaches that address not only cognitive-emotional patterns but also the observable behavioral expressions of relational anxiety. Interventions grounded in both attachment theory and behavioral therapy may be particularly effective in targeting these maladaptive cycles, enabling clients to recognize the reinforcement mechanisms underlying their digital behaviors and restructure them toward healthier relational functioning.

4.7. Limitations and Directions for Future Research

The current investigation offers significant contributions as one of the pioneering studies examining the effects of attachment styles on grief reactions after romantic separation through cyberstalking behaviors. However, the study has several limitations and the findings should be evaluated with caution in this context.

First, causal interpretation is naturally constrained by the cross-sectional design. The temporal ordering of variables cannot be verified, despite statistical testing of mediation

models. Subsequent longitudinal studies may shed light on whether attachment-related cyberstalking behaviors occur before or after relational loss.

Second, the exclusive reliance on self-report instruments poses a risk of response biases, such as memory distortions, social desirability, or the underreporting of socially undesirable behaviors like cyberstalking. Moreover, many variables required participants to retrospectively recall their experiences from previous relationships, which may have been influenced by current emotional states, leading to recall bias. This is particularly relevant for variables like attachment behavior and grief reactions, where temporal proximity and emotional salience may impact the accuracy of reporting.

Future studies could benefit from employing dyadic designs in which both partners provide concurrent data, allowing the exploration of interpersonal dynamics such as perceived surveillance versus actual behavior. Additionally, behavioral approaches such as digital trace analysis (e.g., frequency of profile visits, message retrieval attempts) may provide more objective insights into cyberstalking behaviors. These methods can enrich the ecological validity of findings and reduce the reliance on introspective self-reporting alone.

Third, the generalizability of the findings is limited due to the sample consisting predominantly of emerging adults recruited from a university setting. Individuals in this developmental stage often experience romantic relationships with less long-term commitment, greater instability, and heightened emotional fluctuation, which may uniquely shape both their attachment dynamics and grief experiences (Arnett, 2000). Moreover, cultural norms and gender roles can significantly influence how people regulate intimacy, experience emotional distress, or engage in post-breakup behaviors.

Given these contextual differences, future studies should aim to include more diverse populations in terms of age, gender, relationship history (e.g., marital vs. non-marital), and cultural background. For example, older adults who experience divorce after long-term relationships may exhibit entirely different attachment patterns and grief responses compared to younger individuals. Similarly, collectivist versus individualist cultures may differ in how acceptable or common cyber-monitoring behaviors are perceived. These expanded samples would enhance the external validity of research findings and help clarify the boundary conditions of the observed associations.

Moreover, the present analysis did not include potential alternative mediators or relevant moderators such as rejection sensitivity, rumination, interpersonal trauma history, or emotion regulation difficulties. However, during the data analysis process, it was observed that participants who reported higher levels of cyberstalking particularly those with anxious attachment tendencies also tended to report more intense grief reactions. This raised the possibility that some individual or relational factors might shape the nature and strength of the observed relationships. Given the exploratory nature of this model and the relatively novel application of cyberstalking in the context of post-breakup grief, future research should consider incorporating these variables into more complex models. For example, the inclusion of rejection sensitivity or past relational trauma may help clarify who is more vulnerable to using cyberstalking as a maladaptive coping strategy, and under what conditions it intensifies grief. Studies employing a moderated mediation framework could offer deeper insights into the mechanisms through which attachment-related processes influence digital behaviors and emotional adjustment following romantic separation.

In addition to the primary focus on romantic cyberstalking behaviors, a broader investigation into a range of post-breakup digital behaviors such as passive surveillance (e.g., repeatedly checking an ex-partner's profile without interaction), aggressive intrusion (e.g., attempting to access passwords or private accounts), or even digital withdrawal—could offer a more comprehensive understanding of how individuals cope with relational loss in the digital era. Future research might benefit from examining how these distinct digital strategies vary based on individual differences such as, emotion regulation capacity, or rejection sensitivity. Including additional constructs like self-esteem, online disinhibition, fear of missing out (FOMO), or social comparison tendencies could also enhance the explanatory power of the models. By integrating these variables into a more nuanced framework, future studies may contribute to the development of a more accurate taxonomy of digital coping strategies following romantic separation, ultimately aiding in the identification of individuals at risk for maladaptive adjustment.

5. CONCLUSION

In this study, the psychological mechanisms via which attachment styles influence grieving after romantic separation are demonstrated, adding to the increasing amount of research on digital activities in romantic partnerships. In particular, the results demonstrated that those with greater anxious attachment styles are more prone to cyberstalking, which serves as a behavioral pathway through which anxious attachment contributes to the experience of grief after romantic separation. In this situation, cyberstalking seems to be a maladaptive regulatory technique used to control emotional instability and maintain the illusion of intimacy in relationships. However, these actions appear to worsen emotional entanglement and obstruct a healthy transition to separation rather than promoting closure.

This study emphasizes the significance of cyberstalking as a crucial psychological concept in comprehending separation-related pain by fusing attachment theory with current insights of online relational behaviors. Furthermore, the findings add to the existing literature by suggesting that cyberstalking may function as a behavioral conduit through which anxious attachment contributes to the intensity of grief following romantic separation.

All things considered, these findings highlight the necessity of therapy approaches that focus on unhealthy coping mechanisms once a relationship ends. It may be possible to encourage more adaptive grieving processes and a more robust emotional recovery by assisting people, particularly those with insecure attachment styles, in identifying and breaking negative digital habits. The behavioral and psychological aspects of post-breakup adjustment in the setting of changing digital environments should be further investigated in future studies.

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APPENDICES

Appendix 1: Informed Consent Form

Sayın Katılımcı,

Bu araştırma Başkent Üniversitesi Klinik Psikoloji Tezli Yüksek Lisans programında öğrenim gören Psk. Zeynep Büşra Kaya tarafından, Dr. Öğr. Üyesi, Tuğba Uyar Suiçmez danışmanlığında yürütülen bir tez çalışmasıdır. Çalışmanın amacı bağlanma stilleri ve romantik ayrılık sonrası yas arasındaki ilişkiyi incelemektir. Çalışma yaklaşık 15 dakika sürecektir. Çalışmaya katılmak için 18-45 yaş aralığında olmanız beklenmektedir.

Eğer çalışmaya katılmayı kabul ederseniz, kabul ettikten sonra bir adet kişisel bilgi formu ve 4 adet ölçeği çözmeniz beklenmektedir. Çalışma sürecinde paylaşacağınız tüm bilgiler gizli kalacaktır ve kimliğinizi açığa çıkaracak herhangi bir bilgi talep edilmeyecektir. Toplanan veriler yalnızca araştırmacılar tarafından incelenecek ve yalnızca bilimsel amaçlarla ve eğitimde kullanılacaktır. Çalışmaya katılım tamamen isteğe bağlıdır. Anket, kişisel olarak rahatsızlık yaratacak sorular barındırmamaktadır. Eğer katılım sürecinde kendinizi rahatsız hissederseniz, neden belirtmeden çalışmayı sonlandırma hakkına sahipsiniz. Araştırmanın sonuçlarından doğru ve anlamlı veriler elde edilebilmesi için soruların samimi ve eksiksiz bir şekilde yanıtlanması büyük önem taşımaktadır.

Çalışma hakkında daha fazla bilgi almak isterseniz, Psk. Zeynep Büşra Kaya ile iletişime geçebilirsiniz. (E posta:

Yukarıdaki açıklamayı okudum, çalışmaya tamamen gönüllü olarak katılmayı kabul ediyorum ve istediğim zaman çalışmayı sonlandırabileceğimi biliyorum.

□ Kabul Ediyorum. □ Kabul Etmiyorum.

Appendix 2: Demographic Information Form

Doğum Tarihini (Gün/Ay/ Yıl) (Örn: 07.09.1996):

Cinsiyetiniz: ( ) Kadın ( ) Erkek ( ) Belirtmek İstemiyorum ( ) Diğer

Eğitim Durumunuz (Son aldığınız diplomaya göre):

- ☐ **İlkokokul**
- ☐ **Ortaokul**
- ☐ **Lise**
- ☐ **Üniversite**
- ☐ **Diğer (Lütfen belirtiniz):**

Medeni Durumunuz: ◯ **Evli** ◯ **Bekar**

Gelir Düzeyiniz (Kendi geliriniz mevcut değil ise ailenizin gelirini düşünerek seçebilirsiniz): O Çok Düşük O Düşük O Orta O Yüksek O Çok Yüksek

Sosyal medya (twitter, Instagram, facebook) ve interneti etkin bir şekilde kullanıyor musunuz?

O Evet O Hayır

Şu anda bir ilişkiniz var mı?

O Hayır O Evet

Biten son ilişkinizi düşündüğünüzde aşağıdakilerden hangisi bu ilişkiyi en doğru tanımlar? O Flört O Sevgililik O Sözlülük O Nişanlılık O Diğer: _____ (belirtiniz)

İlişkiniz ne kadar sürdü? (Mümkünse gün ay yıl olarak belirtiniz.) __Gün __Ay __Yıl

İlişkiniz ne zaman bitti? (Lütfen gün ay yıl olarak belirtiniz.) __Gün __Ay __Yıl

Appendix 3: Intimate Partner Cyberstalking Scale

Lütfen en son ayrıldığınız romantik partnerinizi düşünerek aşağıdaki soruları cevaplayınız. Lütfen her maddeyi dikkatlice okuyup size en uygun olan seçeneği (1 ile 5 arasında) işaretleyiniz.

	Hiç Doğru Değil	Biraz Doğru	Orta Dereced e Doğru	Oldukça Doğru	Tamamen Doğru
1. Partnerim dışarı çıktığında, genellikle ne yaptığını görmek için sosyal medya hesaplarını kontrol ederim	1	2	3	4	5
2. Arkadaşlarımın partnerlerinin/eski partnerlerinin sosyal medya hesaplarına ulaşabilmelerine yardımcı olurum ya da yardımcı oldum.	1	2	3	4	5
3. Belirli bir dereceye kadar, partnerim onun sosyal medya hesaplarına gireceğimi beklemelidir.	1	2	3	4	5
4. Partnerimin mesajlarını (örn. e-posta, Facebook, telefon) onun haberi olmadan kontrol ettim.	1	2	3	4	5
5. Partnerimin telefonunda/bilgisayarında bulunan bilgileri onun haberi olmadan ekran görüntüsü aldım.	1	2	3	4	5
6. Partnerimin yalan söylediğinden şüphelendiğimde, şüphelerimi doğrulamak için onun sosyal medya hesaplarını kontrol ederdim.	1	2	3	4	5
7. Başkalarının profillerini onların haberi olmadan kontrol etmek için alternatif (sahte) bir sosyal medya hesabı (örn. Facebook, Instagram, e-mail) kullandım.	1	2	3	4	5
8. Ne yaptığını görmek için partnerimin telefon/bilgisayar geçmişini kontrol ettim.	1	2	3	4	5
9. Partnerimin haberi olmadan nerede olduğunu görebilmek için telefon/bilgisayarındaki konum ayarlarını kullandım.	1	2	3	4	5
10. Partnerimden hoşlanmadığım bazı kişileri telefon rehberinden veya sosyal medya hesabından silmesini ya da engellemesini istedim ya da bunu kendim yaptım.	1	2	3	4	5
11. Partnerimin belirli kişilerle iletişime geçmesini engelledim.	1	2	3	4	5

12. Başka türlü yanıt vermeyecek bir kişiyle iletişime geçmek için sosyal medyada, e-mail'de ya da telefonda başka birisi gibi davrandım.	1	2	3	4	5
13. Partnerim sosyal medyada yeni bir kişiyi eklerse, ona doğrudan sormadan bu kişi ve onun bağlantıları hakkında daha fazla bilgi edinmeye çalışırım.	1	2	3	4	5
14. Gelecekte ihtiyacım olması halinde kullanmak amacıyla partnerimin yanlış yaptığı şeylere ilişkin ekran görüntüleri aldım.	1	2	3	4	5
15. Partnerim bana ihanet etmiş olsaydı, onu küçük düşürmek için sosyal medyayı kullanmaktan çekinmezdim.	1	2	3	4	5
16. Sosyal medya platformlarında geçirdiğim sürenin büyük bir kısmı partnerimin sosyal medyasına bakmakla geçiyor.	1	2	3	4	5
17. Partnerimin sosyal medya hesaplarına ve telefonuna bakarak onun faaliyetleri ve arkadaşlıkları hakkında pek çok bilgi edinirim.	1	2	3	4	5
18. Bir partnerimden/eski partnerimden tepki almak için sosyal medyadaki ilişki durumumu değiştirdim.	1	2	3	4	5
19. Partnerimin davranışlarını sosyal medya aracılığıyla izlemeye çalışırım.	1	2	3	4	5
20. Partnerimin sosyal medya hesaplarına veya telefonuna onun haberi olmadan giriş yapmaya çalıştım.	1	2	3	4	5
21. Partnerimin faaliyetlerini takip etmek için telefon uygulamaları kullandım veya kullanmayı düşündüm.	1	2	3	4	5

Appendix 4: Experience In Close Relationship Ii Scale

Aşağıdaki maddeler romantik ilişkilerinizde hissettiğiniz duygularla ilgilidir. Bu araştırmada sizin ilişkinizde yalnızca şu anda değil, genel olarak neler olduğuyla ya da neler yaşanmış olduğuyla ilgilenmekteyiz. Maddelerde sözü geçen "birlikte olduğum kişi" ifadesi ile en son romantik ilişkide bulunduğunuz kişi kastedilmektedir. Şu an bir romantik ilişki içerisinde olmadığınız için genel anlamda ilişki içerisindeki durumunuzu düşünerek yanıtlayınız. Her bir maddenin ilişkilerinizdeki duygu ve düşüncelerinizi ne oranda yansıttığını karşılarındaki 7 aralıklı ölçek üzerinde, ilgili rakam üzerine çarpı (X) koyarak gösteriniz.

1. Birlikte olduğum kişinin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7
2. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.	1	2	3	4	5	6	7
3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.	1	2	3	4	5	6	7
4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissederim.	1	2	3	4	5	6	7
5. Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği kaygısına kapılırım.	1	2	3	4	5	6	7
6. Romantik ilişkide olduğum kişilere güvenipinanmak konusunda kendimi rahat bırakmakta zorlanırım.	1	2	3	4	5	6	7
7. Romantik ilişkide olduğum kişilerin beni,benim onları önemsediğim kadar önemsemeyeceklerinden endişe duyarım.	1	2	3	4	5	6	7
8. Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.	1	2	3	4	5	6	7
9. Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.	1	2	3	4	5	6	7
10. Romantik ilişkide olduğum kişilere açılmakonusunda kendimi rahat hissetmem.	1	2	3	4	5	6	7
11. İlişkilerimi kafama çok takarım.	1	2	3	4	5	6	7
12. Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.	1	2	3	4	5	6	7

13. Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.	1	2	3	4	5	6	7
14. Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.	1	2	3	4	5	6	7
15. Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.	1	2	3	4	5	6	7
16. Birlikte olduğum kişiyle kolayca yakınlaşabilirim.	1	2	3	4	5	6	7
17. Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18. Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19. Romantik ilişkide olduğum kişi kendimdenşüphe etmeme neden olur.	1	2	3	4	5	6	7
20. Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.	1	2	3	4	5	6	7
21. Terk edilmekten pek korkmam.	1	2	3	4	5	6	7
22. Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23. Birlikte olduğum kişinin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1	2	3	4	5	6	7
24.Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25. Romantik ilişkide olduğum kişiler bazenbana olan duygularını sebepsiz yere değiştirirler.	1	2	3	4	5	6	7
26. Başımdan geçenleri birlikte olduğum kişiylekonuşurum.	1	2	3	4	5	6	7
27. Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7
28. Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.	1	2	3	4	5	6	7
29. Romantik ilişkide olduğum bir kişi beniyakından tanıdıkça, "gerçek ben"den hoşlanmayacağından korkarım.	1	2	3	4	5	6	7

30. Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.	1	2	3	4	5	6	7
31. Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelendirir.	1	2	3	4	5	6	7
32. Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.	1	2	3	4	5	6	7
33. Başka insanlara denk olamamaktan endişe duyarım	1	2	3	4	5	6	7
34.Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.	1	2	3	4	5	6	7
35.Birlikte olduğum kişi beni sadece kızgın olduğumda önemser.	1	2	3	4	5	6	7
36.Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.	1	2	3	4	5	6	7

Appendix 5: Grief After Separation Scale

Maddeler	Hiçbir Zaman	Nadiren	Sık Sık	Her Zaman
1.İlişkimizin bittiği an zihnimde canlanıyor.	1	2	3	4
2.Onunla ilgili düşünceler sürekli aklıma geliyor.	1	2	3	4
3.İlişkimiz hakkında devamlı düşünüyorum.	1	2	3	4
4.Onunla ilgili hatıraları düşünmek zamanımın büyük bir kısmını alıyor.	1	2	3	4
5.Onu özlüyorum.	1	2	3	4
6.Tanıdık yerlerde onu arayıp da bulmayı arzuluyorum.	1	2	3	4
7.Ayrılıktan sonra psikolojik yardıma ihtiyaç duydum.	1	2	3	4
8.Tekrar birlikte olamayacağımızı düşündükçe üzülüyorum.	1	2	3	4
9.Sürekli onu düşünmekten günlük işlerimi aksatıyorum.	1	2	3	4
10.Onsuz hayatın eksik olduğunu düşünüyorum.	1	2	3	4
11.Bu acıya daha fazla dayanamayacağımı düşünüyorum.	1	2	3	4
12.Hayatımda hiç kimse onun yerini dolduramayacak.	1	2	3	4
13.Ayrılıktan sonra hayatın anlamı kalmadı.	1	2	3	4
14.Ayrıldıktan sonra iştah bozukluğu (iştahın artması ya da azalması) yaşıyorum.	1	2	3	4
15. Ayrıldıktan sonra sağlığım bozuldu.	1	2	3	4

Appendix 6: Scale Of Social Media Jeaolousy In Romantic Relationship

Aşağıda, partnerinizin (eşinizin, nişanlınızın/sözlünüzün, flörtünüzün/sevgilinizin ya da ayrıldığınız/boşandığınız eşinizin, sevgilinizin-eski partnerinizin) sosyal medya kullanımı ile ilgili maddeler bulunmaktadır. Lütfen; verdiğiniz tepki ya da düşünce şeklinizin, okuyacağınız her cümlede size ne ölçüde uyduğunu ifade etmek için aşağıdaki ölçeği kullanınız...

Maddeler	Bana tamamen uygun	Bana uygun	Ortadayım	Bana uygun değil	Bana hiç uygun değil
1. Partnerimin, sosyal medyadaki arkadaşlarını merak ederim.	1	2	3	4	5
2. Partnerimin, sosyal medya kullanmasını istemem.	1	2	3	4	5
3. Partnerimin, sosyal medyada tanımadığım bir karşı cinsin fotoğrafını beğenmesi, beni rahatsız etmez.	1	2	3	4	5
4. Partnerimin, sosyal medya hesabını incelemek için sahte bir hesap oluştururum.	1	2	3	4	5
5. Partnerimin, sosyal medyada paylaştığı fotoğrafları beğenen sosyal medya hesaplarını incelerim.	1	2	3	4	5
6. Partnerimin, sosyal medyada tanıdığım bir karşı cinsin fotoğrafını beğenmesi beni rahatsız etmez.	1	2	3	4	5
7. Partnerimin, sosyal medya hesabına açtığım sahte profilinden mesaj atarım.	1	2	3	4	5
8. Partnerimin, sosyal medyada paylaştığı fotoğraflara yorum yapan hesapları incelerim	1	2	3	4	5
9. Partnerimin, tanıdığım karşı cinslerle birlikte toplu fotoğraf paylaşması beni rahatsız etmez.	1	2	3	4	5
10. Partnerimin, sosyal medya hesabına ilişkimizle ilgili detaylar (tarih ve isim) yazmasını isterim.	1	2	3	4	5
11. Partnerimin, sosyal	1	2	3	4	5

medya hesabındaki merak ettiğim kişilerin kim olduğunu sorarım.					
12. Partnerimin, sosyal medyada, tanıdığım bir karşı cinsin fotoğrafının altına yorum yapması beni rahatsız etmez.	1	2	3	4	5
13. Partnerimin, sosyal medya hesabını kapatmasını isterim.	1	2	3	4	5
14. Partnerimin, sosyal medya hesabındaki karşı cinsten birinin, partnerimin birçok fotoğrafını ardarda beğenmesini sorgularım.	1	2	3	4	5
15. Partnerimin, tanıdığım karşı cinse arkadaşlık/takip isteği göndermesi beni rahatsız etmez.	1	2	3	4	5
16. Partnerimin, benimle birlikte ortak bir sosyal medya hesabı açmasını isterim.	1	2	3	4	5
17. Partnerimin, sosyal medya paylaşımına tanımadığım karşı cinsin yorum yapması beni meraklandırır.	1	2	3	4	5
18. Partnerimin, tanıdığım herhangi bir karşı cinsi ile birlikte başbaşa fotoğraf paylaşması beni rahatsız etmez.	1	2	3	4	5
19. Partnerimin, benimle birlikte ortak hesap açmak istememesi beni şüphelendirir.	1	2	3	4	5
20. Partnerimin, sosyal medya kullanım sıklığını kontrol ederim.	1	2	3	4	5
21. Partnerimin, şüphe duyduğum durumlarda; sosyal medyadaki tanımadığım karşı cinsteki arkadaşlarına mesaj atarım.	1	2	3	4	5

Appendix 7: Psychological Well Being Scale

Aşağıda katılıp ya da katılamayacağınız 8 ifade vardır. 1–7 arasındaki derecelendirmeyi kullanarak, her bir madde için uygun olan cevabınızı belirtiniz.

	Kesinlikle Katılmıyorum	Katılmıyorum	Biraz Katılıyorum	Kararsızım	Biraz Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum
Amaçlı ve anlamlı bir yaşam sürdürüyorum	1	2	3	4	5	6	7
Sosyal ilişkilerim destekleyici ve tatmin edicidir	1	2	3	4	5	6	7
Günlük aktivitelerime bağlı ve ilgiliyim	1	2	3	4	5	6	7
Başkalarının mutlu ve iyi olmasına aktif olarak katkıda bulunurum	1	2	3	4	5	6	7
Benim için önemli olan etkinliklerde yetenekli ve yeterliyim	1	2	3	4	5	6	7
Ben iyi bir insanım ve iyi bir hayat yaşıyorum	1	2	3	4	5	6	7
Geleceğim hakkında iyimserim	1	2	3	4	5	6	7
İnsanlar bana saygı duyar	1	2	3	4	5	6	7

Appendix 8: Ethics Committee Approval

Evrak Tarih ve Sayısı: 19.12.2024-410514

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19.12.2024

SOSYAL BİLİMLER ENSTİTÜSÜ MÜDÜRLÜĞÜNE

İlgi : 28.11.2024 tarih ve 403212 sayılı yazınız.

Enstitünüz Klinik Psikoloji (Tezli) Yüksek Lisans Programı öğrencisi Zeynep Büşra Kaya'nın, Dr. Öğr. Üyesi Tuğba Uyar Suiçmez danışmanlığında yürüteceği, "The Relationship Between Attachment Styles and Grief After Romantic Separation: The Mediating Role of Cyberstalking" başlıklı tez çalışması değerlendirilmiş ve bilgilerinize ekte sunulmuştur.

Prof. Dr. Sadegül AKBABA ALTUN
Kurul Başkanı

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Konu : Tez Çalışması

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Bilgilerinize saygılarımızla sunarız.

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