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THE RELATIONSHIP BETWEEN BORDERLINE PERSONALITY
ORGANIZATION AND TIME PERSPECTIVE

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The Relationship Between Borderline Personality Organization and Time
Perspective

Sınırdurum Kişilik Örgütlenmesi ve Zaman Yönelimi İlişkisi

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Abstract

This thesis aims to investigate the relationship between borderline personality organization from a psychoanalytic point of view of Kernberg and time perspective model of Zimbardo's, defined by five orientations related to past (positive and negative), present (hedonistic and fatalistic) and future. Previous research has been done with DSM defined borderline personality as a disorder but borderline personality organization is more generalizable for non-clinical population and there has not been any study in this area before. Three surveys have been applied to 314 adults from non-clinical population. The major construct of borderline personality organization being identity diffusion, it has been found to be significantly related to Past-negative, Present-hedonistic and Present-fatalistic orientations of Time Perspective. Among other constructs of borderline personality, primitive defenses have been found as the strongest predictor of Past-negative orientation which is generally associated with low self-esteem and depression. Borderline features have also been associated with a new measure of time conceptualized as linear or non-linear, especially with disrupted temporality. Among demographic variables, relationship status has been found to be the strongest predictor of a Present-fatalistic orientation which is generally associated with a negative view of the world. The results are promising for further research and development of new tools for therapeutic work with people with borderline personality organization.

Özet

Bu tezin amacı, Kernberg'ün psikanalitik bakışıyla sınır durum kişilik örgütlenmesi ve Zimbardo'nun geçmiş (pozitif ve negatif), şimdi (hazcı ve kadercı) ve gelecek olarak tanımlanan beş zaman yönelimi modeli arasındaki ilişkiyi incelemektir. Daha önceki araştırmalar DSM tanımıyla sınır durum kişilik bozukluğu ile yapılmıştır fakat sınır durum kişilik örgütlenmesi daha genele yayılan, klinik olmayan örnekleme de çalışılabilen bir durumdur ve daha önce böyle bir araştırma yapılmamıştır. Bu çalışmada, klinik örneklemeden olmayan rastgele 314 yetişkine (20-45 yaş) 3 adet anket uygulanmıştır. Sınır durum kişilik örgütlenmesinin temel yapısı olan kimlik dağılması, geçmiş-olumsuz, şimdi-kadercı ve şimdi-hazcı zaman yönelimleriyle anlamlı biçimde ilişkili bulunmuştur. Sınır durum kişiliğın diğer yapılarından ilkel savunma mekanizmalarının ise düşük özgüven ve depresyonla bağdaştırılan geçmiş-negatif yönelimi için en güçlü yordayıcı olduğu bulunmuştur. Aynı zamanda, sınır durum kişilik özellikleri, çizgisel ya da döngüsel olarak tariflenen, özellikle de bozulmuş zamansallık denen yeni bir zaman kavramıyla da ilişkili bulunmuştur. Demografik değişkenler arasından, ilişki durumu, genelde dünyayı negatif algılamayla tanımlanan şimdi-kadercı zaman yöneliminin en güçlü yordayıcısı olarak bulunmuştur. Bu çalışmanın sonuçları ileriki araştırmalar ve sınır durum kişilik örüntüsü olanlarla çalışmada yeni yöntemler geliştirmek için ümit vaat edicidir.

CHAPTER 1

INTRODUCTION

How does the past, present, and future occupy a place in our minds? The ease of movement we feel while we move across from one to another in our mind is directly related to our happiness, and accordingly, our satisfaction in life. Yet while we do so, we do not always realize the role of our time perspective in it. This time perspective, which is also our psychological sense of time, is a critical factor that we all consider in all of our decisions. So, in order to understand a very major factor in our decision making, we must mark out how our psychological sense of time influences the conscious and unconscious decisions we make on a daily basis.

The concept of time has been included in psychology research mostly as *Time Perception*, which refers to the subjective estimation of its duration; and *Time Perspective*, which refers to the subjective model by which a person chronologically orders experience and ascribes an orientation tone to it. Time perception is a commonly studied concept in cognitive psychology. On the other hand, since its introduction, Time Perspective (TP) has become an interesting and challenging concept for the field of applied psychology, as researchers revealed some main factors that influence people's decisions and lead to make changes in their adaptive behaviors (Zimbardo & Boyd, 1999). The most common model that is employed in literature is Zimbardo's Time Perspective, patterning the experience of time chronologically as Past, Present and Future with an affect or orientation aspect. Many studies in this area have focused on how time perspective has been important to predict behaviors, such as risk behaviors (e.g. Robbins & Bryan, 2004), alcohol related problems (e.g. McKay, Andretta, & Cole, 2017) and well-being (e.g. Ilona, Evgeny, & Galina, 2010) to name a few.

As Time Perspective was found to be associated with many aspects of personality, its association with psychopathology has also been a focus of research. Several of such studies have outlined the relationship between time perspective and psychiatric disorders, and the studies have noted that the

individuals' time perspective may indeed be altered because of their psychiatric disorders (e.g., Bahadırılı, Tutuğ, Ceviz, & Çalıyurt, 2013). Specifically, Time Perspective was found to be changed in respect to psychiatric disease such as; schizophrenia, attention deficit/hyperactivity syndrome, depression, anxiety disorders.

A controversial topic of study in clinical psychology, for both research and practice, is borderline personality. What a borderline state denotes is a clinically challenging concept, since the term simultaneously refers to a personality disorder (DSM-5, 2013) and in the psychoanalytic terminology, to a level of personality organization (McWilliams, 2004). This terminology perplexity has a background of intense clinical and empirical efforts to make sense of the states/conditions that are characterized by lack of identity integration, use of immature defenses, poor impulse control, and a black-and-white view of the world. These states, regardless of their label, are thought to represent the most challenging clients in the mental health field. This is one of the reasons why this study focuses on borderline states.

The literature on the concept of time and borderline states supports the presence of an association. In terms of time perception there is available literature on the Borderline Personality Disorder (BPD) patients' time perception, which outline the aspects in which the individual's time perception is altered due to their BPD (e.g., Berlin & Rolls, 2004). Further, there is also support for an association between time perspective and impulsivity and the underlying motives of risk-taking behaviors. There are also studies focusing on temporal disintegration: the present time being isolated from continuity of past and future time - mostly occurring in case of trauma - which is discussed as an etiological aspect of borderline personality traits' development (Macintosh, Godbout, & Dubash, 2015).

As mentioned above, the literature on Borderline Personality Disorder focuses more on the conception of time as duration, not the perspective of time. Yet, these studies provide an inspirational background for the hypotheses of this current study. But, the direct link between borderline states and Time Perspective has not been studied before. Besides, the Time Perspective literature is rarely

integrated with a psychoanalytic approach. Therefore, this study aims to focus on the relationship between borderline personality organization and time perspective from a psychoanalytic point of view.

The focus of this study will not be on Borderline Personality Disorder (BPD) as a diagnostic category. Instead, the term Borderline will be used to describe the level of a person's developmental level of organization. Borderline Personality Organization (BPO) concept is based on a more continuous portrayal of health and psychopathology, offering the possibility of developing studies not only in clinical populations, but also in general community samples (Aydemir et al., 2006). Thus, exploring the relationship between borderline personality organization and the time perspective provides a broader understanding of how time perspective differs according to the individuals.

Besides, exploring possible relationships between different dimensions of BPO -such as identity, defense, reality testing- and time perspective is expected to provide us with a deeper understanding of borderline features and thus, some insights regarding how to use time perspective in psychoanalytic / psychodynamic psychotherapy with borderline clients.

1.1. BORDERLINE PERSONALITY ORGANIZATION (BPO)

1.1.1. History of the Concept

Since the beginning of the psychiatric medical records, the unbalanced, unstable, and intense moods of some individuals were acknowledged. First in 1938, A. Stern (1938) indicated the concept of borderline personalities to indicate a group of patients standing between neurosis and psychosis. After that, Deutsch (1942) presented the concept of 'as if personality'; which corresponds to a more coherent conceptualization of borderline organization by emphasizing the significance of the source of emotional disturbances. Particularly, in some cases, the persons were not aware of their emotional disturbances even though they might sense it. Thus, they projected their internal disturbances to external factors

without understanding their source.

In 1949, Hoch and Polatin drew attention to “borderline” cases which they called “pseudo-neurotic forms of schizophrenia”. Such people did not have delusions, hallucinations or regressions; however, they demonstrated similar clinical symptoms with schizophrenia.

Furthermore, many theoreticians have contributed to establish a coherent conceptualization of the borderline organization in terms of internalized object relations point of view. Specifically, Knight (1953;1986) stated that borderline patients’ neurotic structures should be considered as defense of severe regressive levels of personality structure, given that borderline patients have varying and fluctuating ego functioning. Also, Jacobson (1953) drew attention to how these people associate their physical and mental beings to external objects instead of internal.

Main (1957) mentioned a specific group of patients who demonstrated manipulative behaviors which had effect on the hospital staff. These patients’ requests - both conscious and unconscious - have evoked a desire among the staff to treat these patients distinctly and provide assistance. However, as time passed, despite evoking such feelings among the staff, these patients continued to demonstrate behaviors that reflect their feelings of being rejected and not receiving enough help. Accordingly, the hospital staff then felt helpless in the face of these behaviors, joined by feelings of anger and self-doubt.

Following Main’s mention of the borderline patients, Frosch (1964) contributed by providing the differentiation between the borderline personality organization and psychosis in diagnosis. He indicated that even though borderline patients experience alterations in their sense of reality and in their connection with reality, they also maintain a certain capacity to assess reality, which cannot be observed among patients with psychotic reactions.

Grinker, Werble, and Drye’s (1968) study focused on the borderline patients’ behaviors and their relationships in hospital environments. Their study investigated the fundamental characteristics of borderline patients and how these characteristics are diverse from severe character pathology. The study was

significant to the extent that it provided a new understanding of the borderline syndrome, which is separate from character pathology. They focused on ego organizations of borderline patients and found that the self and the object were not integrated among these patients.

Above all, Kernberg was one of the originators of borderline personality organization (BPO) based on the contemporary object relations psychoanalytic view. Kernberg (1984) has positioned the borderline level of organization between neurotic and psychotic and indicated that borderline level of organization contains both neurotic and psychotic characteristics. Yet, he argues that BPO should not be considered as a transient state; instead, he portrays borderline as a rather stable personality organization. According to Kernberg (1984), “identity diffusion, primitive defenses, impaired reality testing and fear of fusion” constructs are the descriptive features of Borderline Personality Organization. His model sets the foundation of the contemporary diagnostic portrayal of borderline conditions. But there is need to reemphasize the fact that there is no definitive definition of the borderline condition.

1.1.2. Borderline Personality Organization Characteristics

Identity diffusion is a major characteristic of the borderline level of personality organization (BPO) according to Kernberg (1984). Thus, Kernberg’s object relations model of personality pathology is organized around the main concept of “identity.” Poorly consolidated identity is associated with an experience of self and others that is unstable, superficial, poorly differentiated, polarized (black-and-white), distorted, and discontinuous. Individuals organized at a borderline level of personality organization are distinguished from those with atypical psychotic disorders by the maintenance of reality testing. However, clinically significant pathology of identity formation is associated with deficits in social reality testing, the ability to accurately infer the motivations and internal states of others and to accurately read social cues (Clarkin, Caligor, Stern, & Kernberg, 2004).

As the defining characteristic of severe personality disorder is identity diffusion -the lack of integration-, the individual's level of personality organization is largely dependent on the degree of integration of the elements contributing to the psychological structure. The observable behaviors and subjective disturbance of patients with BPO have the external manifestation of the main problem; which is the pathological underlying psychological structure: intense emotions that are activated together with their corresponding cognitive systems. This is not simply affect dysregulation, but also a dysregulation of cognition. The person not only gets angry, but is also convinced that there is a good and justifiable reason to be angry. This lack of integration is based on a fundamental split between the positive and negative affects, and is referred to as the syndrome of identity diffusion. This unintegrated psychological make-up directly impacts the individual's experience in the world. Behavioral manifestations of this borderline level of organization include emotional lability, anger, interpersonal chaos, impulsive self-destructive behaviors and an inadequacy in the ability to understand the behavior of others. A characteristic of this unstable structure is the sudden, impulsive fluctuation between different cognitive-affective states (Clarkin, Caligor, Stern, & Kernberg, 2004).

According to Kernberg's point of view, the preferred defense mechanisms of people are most often primitive defenses such as denial, primitive idealization and splitting. Therefore, in the splitting defense mechanism in order to maintain their absolute quality, "good" and "bad" aspects are strictly detached from one another. This split that keeps things as either "all good" or "all bad" is the principal shortcoming of the borderline personality organization, which impacts the stability of ego boundaries. In line with this suggestion, Kernberg has identified the chief flaw that manifests in the development of the borderline personality organization as "*incapacity of the individual to synthesize positive and negative introjections and identifications; ...there is a lack of the capacity to bring together the aggressively determined and libidinally determined self and object images*" (1985, p. 28). This results in the individual's quick swings between overvaluing and undervaluing the other person based on its 'all good'

and 'all bad' perceptions. This in return, leads to difficult relationships with people and emotional instability.

1.1.3. Psychoanalytic Understanding of Borderline

As outlined in the first section on the history of the concept, most of the initial efforts were invested on identifying and naming the clinical picture of borderline states or organization. By the relative establishment of borderline as an organization, attempts to explain the dynamics underlying the borderline issues took precedence. These attempts mostly revolve around the more classical drive-object relations integration initiated by Kernberg, and attachment-mentalization perspective initiated by Fonagy and his colleagues.

Kernberg's formulation is heavily based on Klein's (1948a) theory of paranoid-schizoid position that provides a template for understanding the borderline personality functioning. Specifically, in Kleinian object relations theory, splitting defense mechanism predominates other defense mechanisms. From this perspective, development starts with the good and bad aspects of the self and other as split, and naturally moves towards their integration. The integration of the good and bad marks the shift to a depressive position. However, when one cannot attain or maintain this depressive position, the persecutory all bad aspect is projected onto the other that makes the world dangerous. Since there is no anxiety regarding the object loss as the good is always preserved owing to the split, there is no genuine guilt or sadness. Lastly, the projective identification overrides verbalization as the primary means of communication; thus, interaction cannot be reciprocal - the other person is influenced by the unacceptable parts of the borderline person's personality (cited in Fonagy & Target, 2003). From a purely Kleinian perspective, what makes one halt at the paranoid-schizoid position is a predominance of aggression over libido, due to constitutional factors.

Kernberg (1985) utilized also the Mahlerian psychoanalytic approach to further understand the developmental issues of borderline, and proposed that individuals with borderline personality organization experience difficulties at

Mahler's separation-individuation phase. He claims that the unsuccessful conciliation of the rapprochement sub-phase of the separation-individuation process that is marked by the ambivalence between symbiosis and autonomy may lead to the formation of the borderline personality organization. The mother's libidinal availability to confine and embrace as well as support for independency is vital to resolve the rapprochement crises. The absence of support from the primary caretaker results in the non-complete development that comes with alternation from omnipotence to dependency, which is a core struggle for borderline personality. From the Mahlerian perspective, the actual availability of a safe environment shapes the failure to achieve a healthy balance of autonomy and dependency.

Additionally, supporting Kernberg's and Mahler's point, Masterson and Rinsley (1975) have also stated that the disturbance in the typical separation-individuation process causes the non-complete development, leading to borderline pathology. The borderline pathology comes as a result of the embodiment of a relationship which stresses the need for compliance, helplessness, and insecure attachment as the main condition of attachment. In this type of non-complete development, it is anticipated to observe ego deficits in the fields of reality perception, frustration tolerance, impulse control and ego boundaries, in addition to the use of primitive defenses.

The importance of developing a secure attachment was also emphasized by Fonagy, Target, Gergely, Allen, & Bateman (2003), which stated that the failure to do so results in the possible development of borderline personality disorder. Such a 'trauma' comes as a possible result of the primary caretaker's inadequate mirroring, non-mirroring, lack of containment, failure of mentalization, lack of playfulness, establishment of the 'alien self' and the psychological as well as physical neglect. Adequate mirroring is the appropriate response of the caregiver to the child in terms of receptivity and emotions. If this response is lacking, self-development is injured and affect regulation is incomplete. This in turn explains the identity diffusion and emotional instability of the individual. Additionally, if the mentalization capacity is underdeveloped,

the individual is unable to attribute the appropriate meaning to others' thoughts and behaviors and the world becomes unpredictable, chaotic and dangerous.

1.1.4. Borderline Personality Disorder vs. Organization Distinction

As this current study has aimed to explore the Borderline Personality Organization instead of the Borderline Personality Disorder, an explanation regarding the distinction between Borderline Personality Organization and Borderline Personality Disorder needs to be provided at this point. The clarification of this distinction is necessary, given that the Borderline Personality Organization is more generalizable, broader and more applicable in comparison to the Borderline Personality Disorder, which connotes a more specific situation that classifies as a psychiatric disorder. Individuals with BPO belong to a continuum whereas individuals with BPD are placed in a category.

According to the Diagnostic and Statistical Manual of Mental Disorders DSM-V-TR, Borderline Personality Disorder is a serious psychiatric disorder that is characterized by “pervasive pattern of instability of interpersonal relationships, self-image and affects, and marked impulsivity beginning by early adulthood and present in a variety of contexts” (American Psychiatric Association, 2013).

In other words, the Borderline Personality Disorder is characterized primarily by the presence of instability across multiple areas in a person's life. One's interpersonal relationships, emotions, identity configuration, thoughts and behaviors are visibly affected from the previously mentioned instability (Holmes, 2001; Paris, 2005). Consistent with this belief, Dennis & Sansone (1997) reviewed that borderline individuals commonly have low levels of self-esteem related with their negative self-perception, significant problems in preserving stable interpersonal relationships with others, self-regulatory deficits and difficulty in impulse control.

On the other hand, Kernberg and his colleagues at the Personality Disorders Institute have articulated a model of personality pathology based on contemporary, psychodynamic object relations theory (Kernberg & Caligor,

2009). This approach combines a dimensional view of the severity of personality pathology, with a categorical classification based on descriptions consistent with many of the personality syndromes of DSM-5 (American Psychiatric Association, 2013).

Accordingly, the character pathology was evaluated on three levels of severity (Kernberg, 1976). Specifically, individuals were classified within their developmental organizational levels (McWilliams, 2004). The classification is formed based on object relations, preferred defense mechanisms, nature of primary conflict, and developmental progress. Kernberg's character pathology classification is based on several statements. He proposed that instinctual drives, superego functioning and object relations should be ranked in higher, lower or intermediate levels. These rankings were later named neurotic (higher level), borderline (intermediate level) and psychotic (lower level).

Furthermore, Kernberg describes the borderline personality organization as marking a disturbed ego functioning. Individuals with BPO have less serious pathology from the psychotic group and more serious pathology from neurotic group. In other words, they are in the borderline zone between psychotic and neurotic (Kernberg, 1975).

As previously mentioned, the Borderline Personality Organization is a term that refers to a broad group of people on a continuum. Thus, this study has aimed to refer to the individuals who have a Borderline Personality Organization instead of the individuals with Borderline Personality Disorder. Also, there are several studies that have assessed the Borderline Personality Organization with non-clinical student samples, which provides significant results with regards to their aims (Chabrol & Leichsenring, 2006; Lang, 2015).

1.2. TIME PERSPECTIVE

Immanuel Kant and many philosophers before and after him believed that the way people experienced time has differed from one individual to another. Yet they were not able to mark the scientific basis of their belief during their times. In

1905, with Einstein's introduction of his groundbreaking Theory of Relativity, he determined that the laws of physics are the same for non-accelerating observers, and that the physical phenomena have a subjective nature based on the importance of relativity in physical time compared to the 'perceived time.'

After Einstein, Lewin (1951) reemphasized the old philosophers' interpretation of time perspective, by defining as "the totality of the individual's views of his psychological future and psychological past existing at a given time" (p. 75). Although the following contemporary psychologists emphasized the importance of the Time Perspective, Zimbardo's Time Perspective model is the most recognized one which is based on Lewin's (1951) theoretical base.

Time Perspective is described as the way where individuals and cultures divide their total experiences into separate time-based sets of past, present and future. The importance, frameworks and usage of these sets can change based on learned preferences (Zimbardo, Marshall, & Maslach, 1971).

1.2.1. Zimbardo's Time Perspective Model

Time Perspective was considered by Zimbardo and Boyd (1999) as "*a fundamental dimension in the construction of psychological time, that emerges from cognitive processes partitioning human experience into past, present, and future temporal frames.*" Temporal frames are used in encoding, storing, and recalling experienced events, as well as in forming expectations, goals, conceptualization of possibilities, and fantasies. The present is the concrete representation between the abstract psychological constructions of prior past and expected future events. Gradually, time perspective is learned and a tendency develops to habitually overemphasize one of the past/present/future temporal frames when making decisions. These frames exert a dynamic influence on many judgments, decisions, and actions; and serve as a cognitive temporal "bias" toward being past, present, or future-oriented. When this chronically happens, this bias becomes a dispositional style, or an individual-differences variable, that characterizes and predicts how an individual will respond across a span of choices

in everyday life. Zimbardo and Boyd (1999) conceived of Time Perspective as determined according to situational requirements and as a relatively stable individual-differences process. Dependence on particular temporal frames may be influenced by many cultural, educational, religious, social class, and family modelling factors. The operation of Time Perspective is very common in people's lives, but people are not often aware of its subtle operation and biasing influence. Time Perspective construct provides a foundation on which many more visible constructs are related, such as achievement, goal setting, risk taking, sensation seeking, addiction, rumination, guilt, and possibly other psychological constructs. In that sense, Time Perspective can be considered as an integrative component of dynamic psychological processes.

Time Perspective was considered to be a cognitive style; a factor describing the flow of personal experience, forming mental frames or categories. These distinct categories are actually time perspectives (Holman & Zimbardo, 2009). Zimbardo and Boyd's (1999) Time Perspective concept distinguished five dimensions: two related to the past ("Past-negative" and "Past-positive"), two related to the present ("Present-hedonistic" and "Present-fatalistic"), and one related to the future ("Future-focused").

The Time Perspective dimensions related to the past ("Past-negative" and "Past-positive") reflect two different orientations. As Zimbardo and Boyd (1999) noted "the Past-negative factor suggests trauma, pain, and regret" (p.1274). In other words, the Past-negative focuses on the previous negative life experiences which may have the disappointing effect on the individual. The Past-positive factor which is mentioned in Zimbardo and Boyd (1999), "reflects a warm, sentimental attitude towards the past" (p.1274). The Past-positive has a rather pleasant view of the past and the individual is perceived to be in peace with his/her past life experiences.

The Present-hedonistic factor reflects a pleasure-seeking and risk-taking tendency; the person characterized by this dimension being oriented towards present excitement, with little concern for future consequences. This factor would imply that the Present-hedonistic individual seeks gratification in the current time,

even though the ratio of probability may be that s/he stands to gain later. The Present-fatalistic factor reveals a submissive, helpless and hopeless attitude towards the future and life. In other words, this factor implies that the Present-fatalistic individual feels trapped in the present, and has a pessimistic view of the future.

The Future dimension of Time Perspective includes mental representations of future consequences and concerns, responsibility, striving for future goals and rewards (Cretu, 2012). The Future-focused individual is driven by the gains s/he anticipates in the future and feels that s/he has to fulfil a list of accomplishments to get there.

Research in cognitive psychology suggests that when people experience new and extraordinarily complex stimuli, their ability to process the incoming information is delayed, which prolongs temporal perceptions of duration and extends time in the present. The disintegration of temporal perceptions may interrupt the natural process of differentiating and categorizing experiences into the past, present, and future (Zimbardo, 1994).

Zimbardo and Boyd (1999) came to conclude that the ideal “Balanced Time Perspective” would be the most psychologically and physically healthy perspective for individuals and optimal for societal functioning. A Balanced Time Perspective can operationally be defined as one which employs the cut-off-point method used by Drake et al. (2008), which categorizes each time perspective as low (below the 33rd percentile), moderate (between the 33rd and 66th percentile), or high (above the 66th percentile).

Using this method, a balanced time perspective is defined by “(a) low scores on Past-negative and Present-fatalistic and (b) moderate to high scores on Past-positive, present-hedonism, and future”. With a balanced orientation, the individual uses the mental ability to switch flexibly among Time Perspectives depending on task features, situational considerations and personal resources, rather than being biased toward a specific Time Perspective that is not adaptive across situations. Reviews (e.g., Boniwell, 2005; Kazakina, 1999) note that the majority of studies investigating Time Perspective have focused on a single time

frame only, and this frame has usually been the future. Less attention has been given to exploring a past orientation and assessing more than one time frame simultaneously.

In the studies conducted by Zimbardo and Boyd in developing a valid and reliable individual-differences metric, the results were found to be consistent with their theory. In demonstration of the predictive validity of the scale, in-depth interviews with the individuals scoring significantly high on one of the factors revealed many correlational relationships among health-related behaviors, sleep and dreaming problems, role and status influence, coping with homelessness, and research participation timing in college students.

The Time Perspective may prove to be more similar to a personality trait than to an attitude or a cognitive - motivational process (Kairys, 2010). Researchers have been discussing the issue of attaching TP to one or another group of mental phenomena for a long time. In the studies of relevant literature, Kairys identified 4 principal trends in the conceptualization of time perspective: “1) time perspective as a characteristic of task; 2) time perspective as a motivational - cognitive process; 3) time perspective as an attitude; and 4) time perspective as a construct similar to a personality trait” (2010, p.160). Even the holders of the first three approaches above mentioned, frequently admit that the identification of the differences of individual TPs is justified, and the TP itself and its characteristics are rather stable (Lens & Moreas, 1994; Gjesme, 1983; Zalecky, 1994); and it is possible to talk of lasting individual differences (Harber, 2003, p. 256)

1.2.1.1. Zimbardo’s Time Perspective and Personality

As stated above, Time Perspective, as a trait has been studied as to its associations with other personality factors. According to Stolarski (2015) two major personality traits – extraversion and neuroticism – and subjective well-being are linked and subjective well-being has been found to be significantly related to the likelihood of adopting a Balanced Time Perspective (BTP). His

study aimed to determine whether BTP moderates the relationships between personality and subjective well-being. Results of the study showed that BTP predicts subjective well-being, and that the personality - subjective well-being relationships are weaker in individuals who are high on time perspective balance, whereas personality is a particularly strong predictor of subjective well-being within those who are low on time perspective balance. It was concluded that high levels of time perspective balance may result in becoming more or less independent from the personality-based pre-determination of well-being. That is to say, Balanced Time Perspective explained as “between-time zone flexibility”, has proven to be a strong positive predictor of well-being (Zhang et al., 2013). Balanced Time Perspective could be then considered as an index of temporal self-regulation that enables an individual to obtain higher levels of well-being (Zhang et al., 2013).

Although self-esteem has been a popular area in the literature, the literature regarding time perspective and self-esteem is rather limited. In the limited literature however, time perspective has been found to associate with self-esteem. More specifically, the Past-negative and Present-fatalistic TPs are negatively associated with self-esteem, whereas Past-positive TP is associated with a strong sense of self-esteem (Drake et al., 2008; Zimbardo & Boyd, 1999). On the other hand, a recent study indicated that Past-negative Time Perspective is more related to self-esteem, when compared to the Past-positive time perspective. (Ortuno & Echeverria, 2013). In other words, the study acknowledged that negative assessments regarding past and future cause self-deprivation, which decreases one’s self-esteem and feeling of self-worthiness. Thus, they suggested that negative temporality affects the way we judge ourselves in a negative way.

1.2.1.2. Zimbardo’s Time Perspective and Mental Disorders

As would be expected from its associations with personality, the five TPs as suggested by Zimbardo are also found to be related to mental health, both in terms of well-being (e.g. self-esteem, proactive coping and optimism), and

psychopathology (e.g. depression and anxiety; Aspinwall, 2010; Korkeila et al. 2003). Several of such studies have outlined the relationship between time perspective and psychiatric disorders, and the studies have noted that the individuals' time perspective may indeed be altered because of their psychiatric disorders (e.g. Bahadırılı, Tutuğ, Ceviz & Çalıyurt, 2013).

Zimbardo and Boyd (1999) reported that Past-negative TP is positively associated with depression, trait anxiety, and self-reported unhappiness. The Past-positive TP on the other hand is related to happiness, and low levels of depression and anxiety. As would be expected, Present-fatalistic TP correlates negatively with happiness, and positively with depression and anxiety, since Present-fatalistic persons do not believe that their behavior will make any difference in the future consequences of their actions, thus exhibit a lack of concern for future. Present-hedonistic on the other hand is also positively associated with depression, low ego control, and an emphasis on novelty and sensation seeking, where Present-hedonistic persons engage in pleasurable behaviors with mindless spontaneity, and little concern for the consequences of their actions, by avoiding cost-benefit analyses and contingency planning. Future TP correlated negatively with depression and trait anxiety (Zimbardo & Boyd, 1999). Another study was conducted by Drake and colleagues (2008) to explore the mental health status and time perspective. They also supported the negative association between Past-negative and mental health status. Further, their finding implies that individuals who have negative perspective towards their past have minimum and insufficient interpersonal relationships, and have only a few aspects that they find satisfactory in their lives (Drake et al., 2008).

Furthermore, the present time perspective has been positively associated with risk taking behaviors in some studies. Specifically, people who maintain a present time perspective exhibit risky driving (Zimbardo, Keough, & Boyd, 1997) and higher levels of substance use (Keough, Zimbardo, & Boyd, 1999). It is argued that people who have present time perspective reveal higher levels of sensation seeking compared to others. Moreover, Laghi and colleagues (2009) investigated suicidal behaviors on a sample of 3700 Italian adolescents. Their

results indicated that Past-negative or a Present-fatalistic perspective were found to predict suicidal ideation among high school students.

Additionally, Anagnostopoulos and Griv (2012), conducted a study with Greek young adults that explored Time Perspective and mental health indicators. According to their results, traits of an aversive view of the Past and a Fatalistic attitude toward life were positively correlated with anxiety and depression symptoms; whereas they were negatively associated with self-esteem, proactive coping and dispositional optimism. Also, they found that the Future time perspective was positively related with proactive coping, while positive attitudes towards past were negatively associated with symptoms of depression and anxiety.

Although the existing research reports focus on depression and anxiety, Bahadırılı et al. (2013) suggested that distortions in time perception are most prevalent in schizophrenia, attention deficit/hyperactivity syndrome, depression, autism, and Parkinson's disease (see Bahadırılı, Tutuğ, Ceviz & Çalıyurt, 2013 for a discussion of the neurobiological underpinnings). This suggest a further need to study Time Perspective as conceptualized by Zimbardo on its relation to psychiatric disorders, more specifically the disorders that fall on the borderline to psychotic end of the spectrum.

1.2.2. Sequential and Opportune Time

Another perspective on understanding the subjective experience of time is its conceptualization in terms of temporality. Kelman introduced a new approach to the time disturbances in his well-known 1969 paper, which brought a new and multi-dimensional framework in comparison to simpler concepts of the past in this field. Kelman's approach was based on the concepts borrowed from Greek mythology, "Chronos" and "Kairos."

In his paper, Kelman uses "Chronos" to denote the linear definition of time, which is a spectrum from the past to the future; while "Kairos" is the singular, opportune instant that comes rarely and is one that must be taken

advantage of. Kelman describes “Kairos” as *“a right time in the course of events to do certain things that will favor a crucial happening; the necessity to be aware that there is such a right time so that it might be prepared for; and that it is an opportunity which must be immediately recognized and seized upon”* (Kelman, 1969, p. 80).

This approach by Kelman generated interest in the field of clinical psychology, since it touches upon a critical issue: how the change is possible in the course of psychotherapy. In clinical terms then, “Kairos” is when a chance for change appears and that this is the outcome of many smaller moments that provide glimpses (other “Kairos”) of this change. In Kelman’s argument, a breakthrough takes place when, through the confrontation, dialogue, conflict and crisis that the therapeutic process brings, a new, open, flexible and dynamic form emerges (p. 81). In this approach, the interaction of the patient and the therapist brings about a new form for the patient, which is born out of the active exchanges between the therapist and the patient.

Kelman had followers later on from different perspectives such as Jungian (Hainline, 1980) or Ericksonian (Goldwert, 1981), as well as in group therapy (Roberts, 2003) and in exploration of somatization (Fischbein, 2017). The “Kairos” as defined by Kelman came to be popularly referenced as the “now moment” in therapy, indicating *“a unique moment of opportunity must be seized, because your fate will turn on whether you seize it and how”* (Stern, 1998, p. 912).

From a psychoanalytic perspective, Joannidis (2005) explored new perspectives for “Chronos” and “Kairos” in terms of their implications for therapy, by integrating the dimensions of external and internal realities. Similar to Kelman’s approach, “Chronos” is taken as a linear time understanding, which is suggested by Joannidis as one that indicates “before and after,” whereby outlining a sequential nature with an objective of shared reality of succession (Joannidis, 2005, p. 164). Meanwhile, “Kairos” is defined as a duration of time; where it *“is the world of narration, a sphere of episodes that have a beginning, a middle, and an end: the human and living time of intentions and goals”* (p. 164). In Joannidis’ view, the therapeutic process maintains the togetherness of “Chronos” and

“Kairos”; where the objective shared reality and the patient’s subjective internal reality are both present. The interplay and togetherness of both is seen as what delivers change. In this approach, time has both the objective and the subjective inherently; as the patient shares his/her “Kairos” in the therapy, it encounters “Chronos” when they are interpreted by the therapist. As a result, the patient’s “Kairos” encounters “Chronos”, resulting in a new “Kairos”; in other words, a new order (Kaynak, 2018).

The conceptualization of Time Perspective in terms of Chronos and Kairos is almost solely restricted to the aforementioned psychotherapy literature and is based on the clinical accounts, mythology and philosophy. There’s only one recent effort in operationalizing Chronos and Kairos as the Sequential and Opportune Time perspective by Kaynak (2018). She provided promising support to this conceptualization as Disrupted Temporality (being stuck) and Chronos (Sequential Perspective) could be reliably measured with a Turkish sample. Regarding its association with mental health, Kaynak’s (2018) study reported that Disrupted Temporality is positively associated; and Chronos is negatively associated with trauma and dissociation.

1.3. TIME AND BORDERLINE PERSONALITY CHARACTERISTICS

As indicated in the previous section, the psychoanalytic literature regarding Time Perspective had not been available yet. Thus, the studies based on borderline personality disorder literature are used to provide a theoretical basis, although they cannot be considered as a direct reference.

According to the personality psychopathology literature, among personality disorders, the most studied personality disorder is the borderline personality disorder. Particularly, borderline personality disorder’s pathological traits, negative affectivity and disinhibition have been found to highly correlate with the perception of time in a study conducted by Moreira, Pinto, Almeida and Barbosa in 2016. Their study also revealed that impulsive individuals tend to overestimate the passage of time and to execute more premature responses,

producing and reproducing less time in behavioral tasks (Moreira, Pinto, Almeida, & Barbosa, 2016).

The study regarding the impulsive individuals has revealed that the cognitive speed (internal clocks) of impulsive individuals are faster than that of non-impulsive individuals (Barratt & Patton, 1983). Within the framework of this study, it was hypothesized that an impulsive individual would be likely to overestimate and under produce during time intervals. Individuals with BPD were taken as the experimental group. In line with the hypothesis, the results have revealed that the BPD patients produced in less time than the control group, and the BPD patients were found more impulsive (both by self-reporting and behaviorally). This finding was also parallel with impulsiveness (including non-planning, motor, and cognitive impulsivity) and other characteristics commonly associated with BPD. The BPD patients were also found to have shorter average time latency to respond than normal controls, in behavioral task performance.

Berlin and Rolls (2004) explored whether self-harming BPD patients also had time perception deficits, and if so, question which specific symptoms of BPD were related to time perception. The study was done by administering time estimation and production tasks (along with measures of impulsivity, emotion, and personality) to 19 self-harming BPD inpatients and normal controls. The results have shown that the time perception deficits were in relation to the central characteristics of BPD, most notably with impulsivity. The mentioned time perception deficits are mostly in reference to a quicker and subjective sense of time. Meanwhile, other BPD features such as introversion and intense emotional nature were not seen to be in connection with the time perception deficiencies.

1.3.1. Time and Identity

Identity diffusion was the most studied variable in terms of borderline features as regards its relation to time perspective. It was suggested that continuity of past, present, and future is important in identity formation (Erikson, 1968). This is applicable to the extent that a person's stance for his/her future can

actively influence the changes in his/her identity statuses, as suggested by Marcia (1993). In this respect, it could be argued that a person with a diffuse identity status, who does not have commitments in life or any motive for discovery, is expected to be focused on the present and not possess a high sense of the future.

The link between identity statuses and time perspective has been studied and shown in various researches. For instance, it was found that a higher level of futurity can be detected in identity achievers and people in the moratorium status in comparison to those who are in foreclosed statuses and are in diffuse; according to the study of Rappaport, Enrich, and Wilson (1985). This was supported by Pulkkinen and Rönkä (1994), who also indicated that there is a positive affinity between the clearness of future plans and identity achievement. In line with these findings, more recent research has expanded the scope of the applicability of how dissimilar identity statuses have connections with different views of the future, present and past. A sample of adolescents were used in a study by Laghi, Baiocco, Liga, Guarino, and Baumgartner (2013), who indicated that a positioning toward the future was related with achieved identity, building linkages between present behaviors and future results, as well as an inclination to have a positive view towards the past. The foreclosed and moratorium identity statuses were positively connected with the positive sentiments of the past and with the future time perspective; provided with moratorium's tendency to be inversely related to the negative sentiments of the past. Meanwhile the diffuse identity status showed a more limited positioning of one's self towards the future, together with less of an inclination towards building links with current behaviors and future results, as well as an inclination towards having a more negative view towards the past.

Additionally, Taber, and Blankemeyer's (2015) study indicated that a position of having negative views of the past while having hedonistic views of the present and nurturing the belief that future is beyond anyone's control; was connected with challenges linked with decision-making readiness, absence of self-information, and clashes with regards to erratic occupational information.

1.4. CURRENT STUDY

Following the review of the relevant literature, this study will aim to contribute to studies on Time Perspective and Borderline Personality Organization. The studies are inspiring in terms of thinking about borderline features, which is the research interest in this current study. As there is no previous study from a psychoanalytic perspective, this borderline features-time perspective relationship study will hopefully contribute to development of further studies from a new perspective.

As identity diffusion is one of the major characteristics of borderline personality organization, it is hypothesized that identity diffusion would be associated with Time Perspective orientations. Specifically, as the identity formation is internalization of early relationships, people who have high levels of identity diffusion would be related to Past-negative orientation. Also, it would be possible to assume that diffused identity perception would be related to perceiving the Present both in Hedonistic and Fatalistic terms, as both the sensation-seeking quality of the Hedonistic and the dismissive and deserted nature of the Fatalistic Perspectives can be associated with the fragmented self-perceptions of BPO.

It would be hypothesized that impaired reality testing will also be related to Time Perspective orientations. As aforementioned, the feeling of reality and the connection with reality that people with Borderline Personality Organization have, may become distorted to some extent. Thus, their time perspectives might be altered according to their relationship with reality at that specific point in time. It is therefore expected that impaired reality testing will be associated with Past-negative, Present-hedonistic, and Present-fatalistic orientations.

Borderline personality organization is characterized by the use of primitive defense mechanisms such as splitting, denial, and primitive idealization. It would be assumed that such defense mechanisms, since they operate on a primary process thinking mode by which the raw experience overrides narrative, would be related to Present time perspective orientations instead of past. Thus, it would be

expected that primitive defense mechanisms would be positively associated with Present-hedonistic and Present-fatalistic orientation.

Also, similar with the defense mechanisms, fear of fusion might be related to Present-hedonistic only, as it is focusing on the current satisfaction in relationships. People who are afraid of closeness may be thought of behaving in hedonistic way. That is to mean, they may prefer closeness at some occasions if the moment is promising.

Finally, people who demonstrate borderline personality organization features experience time in a non-linear sense. This non-linearity was conceptualized to be a disruption and, rather than a productive emergent non-linearity, since a continuous flow of time requires a narrative about the past, which is missing in borderline organization. Therefore, BPO features are expected to have a positive association with Disrupted Temporality.

1.4.1. Hypotheses

The links between the existing literature on Time Perspective and Borderline Personality Organization are outlined above. In the light of these presumed associations, following hypotheses are specified:

H1. Borderline PO features will be associated with a Past-negative Orientation.

H1a. Identity Diffusion will be positively associated with a Past-negative Orientation.

H1b. Impaired Reality Testing will be positively associated with a Past-negative Orientation.

H1c. Impaired Reality Testing will be a stronger predictor of Past-negative Orientation.

H2. Borderline PO features will be associated with a Present-hedonistic Orientation.

H2a. Identity Diffusion will be positively associated with a Present-hedonistic Orientation.

H2b. Impaired Reality Testing will be positively associated with a Present-hedonistic Orientation.

H2c. Primitive Defense Mechanisms will be positively associated with a Present-hedonistic Orientation.

H2d. Fear of Closeness will be positively associated with a Present-hedonistic Orientation.

H2e. Impaired Reality Testing will be the strongest predictor of Present-hedonistic Orientation.

H3. Borderline PO features will be associated with a Present-fatalistic Orientation.

H3a. Identity Diffusion will be positively associated with a Present-fatalistic Orientation.

H3b. Impaired Reality Testing will be positively associated with a Present-fatalistic Orientation.

H3c. Primitive Defense mechanisms will be positively associated with a Present-fatalistic Orientation.

H3d. Identity Diffusion will be the strongest predictor of Present-fatalistic Orientation.

H4. Borderline PO features will be positively associated with the experience of time as “disrupted.”

CHAPTER 2

METHOD

This chapter presents the design of the study and the procedures employed for data collection. First, the participant selection process and their demographic characteristics are presented. Then, the instruments used in this study are explained. Lastly, the procedure for data collection is presented.

2.1 Participants

Participants of this study were adults between ages of 20 and 45. Twenty was set as the lower age limit since it is considered to be the beginning of adulthood and 45 is the upper limit since adulthood is the period in the human lifespan in which full physical and intellectual maturity have been attained. There were no other inclusion or exclusion criteria.

Participants were recruited through snowball sampling technique. In order to increase the variability in the study data were collected from different occupations, cities, and backgrounds. A total of 427 participants entered the survey, among whom 314 have completed and submitted. Thus, analyses were conducted with 314 participants. The age of the participants ranged from 20 to 45 ($M = 31.12$, $SD = 7.83$). In terms of marital status, 58% were single, 38% married, and 4% was divorced. Also, 34% of them reported they were not in a relationship.

The level of education ranged from primary school to PHD, specifically, 2 (1%) had a primary school diploma, 3 (1%) had a middle school diploma, 78 (25%) had high school diploma, 147 (47%) had university diploma, 84 (27%) had an MA degree or above.

The detailed demographic characteristics of the participants can be seen in Table 2.1.

Table 2.1.
Demographic Characteristics of Participants (N = 314)

Age (years)	M	31.12
	SD	7.83
Gender (%)	Male	24.3
	Female	75.7
Marital Status (%)	Single	58
	Married	37.6
	Divorced	4.5
Relationship Status (%)	Not in a relationship	34.1
	In a relationship	62.4
	Other	3.5
Education (%)	Primary	0.6
	Secondary	1
	High school	24.8
	University	46.8
	Graduate	26.8
Psychical Disturbances (%)	Yes	88.5
	No	11.5
Psychological Disturbances (%)	Yes	88.9
	No	11.1

2.2. Procedure

Before data collection, the institutional ethics approval has been received. The data were collected via an online survey tool (SurveyMonkey). The links were shared through e-mails and social media posts on diverse context in order to reach the maximum number of people with different occupations, backgrounds, and cities in order to increase the variability in the study. The IP check was technically arranged to prevent multiple responding of the same participant.

Prior to the survey, an informed consent form was presented to participants regarding the procedure and aim of the study and requested their voluntarily participation. The form also highlighted to the participants that they have the right to quit at any stage of the study and that they have the right to communicate with the researcher in cases where they may have any questions (See Appendix A).

After the participants confirmed their participation to the survey, the following subscales were presented to the participants: the demographic form, then the Borderline Personality Inventory, Zimbardo Time Perspective Inventory, and the Sequential Opportune Time Scale, respectively. The survey took 15 to 20 minutes to complete.

2.3. Instruments

Demographics. Demographic information Form (see Appendix B) involved questions regarding participants' gender (Male, Female, Other), age, educational background (elementary, middle school, high school, university, graduate), occupation, city of residence, marital status (single, married, divorced), relationship status (Yes, No), chronic psychological problem(s), and psychological/psychiatric problem(s).

Borderline Personality Organization. The borderline personality organization is measured by The *Borderline Personality Inventory* (BPI) which is a 53-item true-false self-report instrument developed by Leichsenring (1999; See Appendix C).

The BPI is based on Kernberg's concept of BPO (Kernberg, 1981). It explores a broad range of phenomenological manifestations of borderline symptomatology such as affectivity and identity disturbances, fear of closeness, interpersonal instability, self-mutilative/suicidal behavior, impulsive behavior, dissociative symptoms, and psychotic symptoms. BPI contains scales for assessing identity diffusion, primitive defense mechanisms, and reality testing. Another scale refers to the fear of fusion. A cut-off score consisting of the 20 most discriminating items can be used to point at a clinical level of BPO. BPI combines dimensional and categorical models for borderline features. Internal consistency and retest reliability proved to be satisfactory (Cronbach's $\alpha = 0.68 - 0.91$). Results for sensitivity were between 0.85 and 0.89, and for specificity were between 0.78 and 0.89. Thus, the BPI appears to be an appropriate instrument for assessing borderline personality organization.

Time Perspective. The time perspective is measured by The *Zimbardo Time Perspective Inventory* (ZTPI; Zimbardo & Boyd 1999) which is a 56-item measure consisting of five subscales, each including 9 to 15 items (See Appendix D). Participants respond to statements using a 5-point Likert scale (1 = very uncharacteristic; 5 = very characteristic). Its developers have reported internal consistency estimates for subscale scores based on Cronbach's alpha coefficients ranging from .74 to .82. Test-retest reliabilities (over a 4-week period) of the five subscales ranged from .70 to .80. The 25-item short version is used in this study. ZTPI is an instrument specifically designed to evaluate how people conceptualize their past, present and future. It has been developed by Zimbardo and Boyd (1999). The Zimbardo Time Perspective Inventory (ZTPI) is a self-administered questionnaire that captures the following five factors: (1) Past-negative which reflects a generally negative, aversive view of the past, (2) Present-hedonistic which suggests an orientation toward present pleasures and excitement, with little concern for future consequences, (3) Future which is associated with planning and a striving for future goals and rewards, (4) Past-positive which is related to a nostalgic, positive attitude toward the past, and (5) Present-fatalistic which is characterized by a fatalistic, helpless and hopeless attitude toward life.

Sequential and Opportune Time. *Sequential and Opportune Time Scale (SOTS)* is a set of questions exploring the participants' experience of time as sequential / chronological and opportune / meaning-based. The 15 items on the scales are to be rated on a 5-point Likert scale and one item has a categorical response option (See Appendix E). The questions were formulated upon a rigorous review of the existing literature on time perception in clinical settings. The researchers finalized the scale after two rounds of editing and offered a 3-factor structure labeled as Stuck, Chronos and Kairos (Kaynak, 2018). Since this scale was used in a study only once, the factor structure and internal consistencies were checked prior to other analyses and reported in the Results chapter. A slightly different factor structure was found to be better fit with higher internal consistencies; Cronbach's alpha value has been 0.78 for 'Stuck', 0.72 for 'Kairos', and 0.53 for 'Chronos'. The results of the overall study supported the validity of the instrument.

CHAPTER III

RESULTS

The main purpose of this study was to explore the relationship between Borderline Personality Organization features and Time Perspective. Prior to testing the hypothesized relationships, the factor analysis was conducted for SOTS scale. After that, the demographics of the sample were explored. Lastly, the hypotheses were tested.

3.1. Factor analysis for SOTS Scale

Prior to the analysis, a Factor Analysis was performed for SOTS scale since the Cronbach Alpha's for some factors was found relatively low in the original scale construction study. Therefore, in order to retest the factorial structure, Principal Component Analysis (PCA) with Varimax rotation was conducted.

In order to assess the sample and the data The Kaiser-Meyer-Olkin measure of sampling adequacy was performed and resulted in .73. Also, Bartlett's Test of Sphericity was observed significant ($\chi^2(91) = 925.118$, $p < .001$); showing that the sample was adequate for further factor analysis.

The first PCA yielded 4 factors with eigenvalues greater than 1. The Varimax rotation was employed in order to facilitate the interpretation of the factors. The communalities for each item were also analyzed. One item (Item 13) was removed from further analysis due to the low communality. The remaining 14 items provided a three-factor structure which was statistically and theoretically meaningful (See Table 3.1). The three-factor structure explained 49.3% of the total variance.

Factor loadings were over .5 for all but one item. Internal consistencies for each factor were checked using Cronbach's alpha. Factor 1 ($\alpha = .78$) and Factor 2 ($\alpha = .72$) had good internal consistency. Factor 3 had a poor alpha level that could not have been improved via item deletion ($\alpha = .53$).

Table 3.1.
Factor Loadings for SOTS scale

<i>Items</i>	F1	F2	F3
1. Sometimes I visualize a moment or image from the past as if I am experiencing it now.	.717		
2. Sometimes I visualize a moment or event from the future as if I am experiencing it now	.622		
3. I have felt like experiencing two events back-to-back even though time had passed between them.	.680		
4. Some events in my life seem to be so near, as if no time has passed.	.621		
5. I sometimes experience time like a repeating cycle. As time goes by it is as if I go back to the beginning.	.538		
6. I believe that some things happen in their own opportune time. We cannot know beforehand.		.443	
7. For me it is the content and meaning rather than duration that defines time.		.737	
8. When I remember events. How I feel is more important than when they happened.		.675	
12. I think life offers unexpected opportunities that are independent from time and space.		.595	
11. Sometimes I feel that a moment emerges during the elapse of time and I feel the need to take action.		.445	
9. Time is a straight line; it always moves forward.			.327
10. I realize that I sort my memories chronologically.			.573
14. I like to organize myself according to each day and hour. This way, I minimize the possibility of something unexpected happening to me.			.363
15. If I were to tell my life story. I would tell it in the order of my birth to today.			.617

The items 1, 2, 3, 4, and 5 refer to the lack of a continuous linear flow of past, present, and future and had primary loadings on Factor 1. In the original study the Item 13 (I have difficulty letting myself go with the flow) was also included in this factor and the factor was labeled as Stuck. In this study since Item 13 was discarded, the rest of the items were re-evaluated and labeled with a more encompassing term, *Non-sequential Impression*

Factor 2 consisted of items 6, 7, 8, 11, and 12 which represented the common construct of *Kairos* as suggested by the original study, opportune time sense. Four items of the original factor structure were also maintained in this study, with the addition of Item 11 (Sometimes I feel that a moment emerges during the elapse of time and I feel the need to take action.), which was included in Factor 1 in the first solution; yet when included in Factor 2 on the basis of the second highest loading both increased internal consistency (as compared to $\alpha = 0.55$ in the original study), and supported the semantic interpretation of the Factor.

Factor 3 comprised of items number 9, 10, 14, and 15, which referred to time as linearly and chronologically ordered. All the items matched the Chronos factor in the original study. Thus, the label *Chronos* was kept, to refer to the *sequential* perception of the flow of the time.

Factor 1 Non-sequential Impression was positively correlated with Factor 2 Kairos ($r = .207$) and negatively correlated with Factor 3 Chronos ($r = -.141$). Chronos and Kairos were not found to be associated.

Further, the associations between SOTS Factors and Zimbardo Time Perspective measures were looked at for construct validity and also to gain more insight on the connotations of the concepts (See Table 3.2.).

Most noteworthy correlation was observed between Non-sequential Impression and Past-negative ($r = -.439$) that as the sense of time becomes more Non-sequential, Past-negative TP decreases. A slightly weaker association in the same direction is also observed for Present Fatalistic TP ($r = -.261$).

Table 3.2.**Pearson Correlation Coefficients Among SOTS and Zimbardo TP Subscales (N = 313)**

	Non-sequential Impression	Kairos	Chronos
Non-sequential Impression			
Kairos	.207**		
Chronos	-.141*	0.07	
Present-fatalistic	-.261**	-0.092	0.088
Present-hedonistic	-.118*	-0.11	0.057
Future	.137*	-0.008	-.335**
Past-positive	0.059	-0.039	-0.081
Past-negative	-.439**	-.171**	0.044

Note: * p < .05; ** p < .01

Kairos was significantly correlated only with Past-negative TP and Chronos only with Future TP. These associations suggest that an increased opportune-moment-oriented perception is associated with decreased Past-negative TP; whereas an increased chronological-order-oriented perception is associated with a decreased Future TP.

3.2. Descriptive Statistics

The means and standard deviations of items in Time Perspective Scale were analyzed in order to assess the overall time orientation distribution of the sample.

Except for the Present-fatalistic variable, all time perspective variables have shown moderate mean scores. However, Present-fatalistic time perspective was observed to have a lower mean in the sample (See Table 3.3).

Table 3.3.
Descriptive Statistics of Time Perspective Scale

	Mean	SD	Minimum	Maximum
Present-fatalistic	2.55	0.68	1.2	4.8
Present-hedonistic	3.01	0.72	1	5
Future	3.52	0.71	1.2	5
Past-positive	3.51	0.69	1	5
Past-negative	3.23	0.86	1	5

The descriptive statistics of Borderline Personality Inventory were examined in order to assess the overall Borderline Personality distribution of the sample (See Table 3.4). As the mean scores of binary responses were computed, all subscales and the total scores range between 1 and 2. For this sample, all scales are except for Reality Testing, as well as the total score are around 1.25, as would be expected from a non-clinical population.

Table 3.4.
Descriptive Statistics of Borderline Personality Inventory

	Mean	SD	Minimum	Maximum
Average BPI	1.23	0.15	1.21	2
Identity Diffusion	1.28	0.22	1	2
Primitive Defences	1.26	0.24	1	2
Reality Testing	1.10	0.20	1	2
Fear of Fusion	1.26	0.23	1	2

3.3. Associations between Demographic Variables and Study Variables

Prior to hypothesis testing the associations between demographic characteristics of the sample and both Time Perspective and Borderline PO-related study variables were analyzed in order to identify any possible control variables to be included in further hypothesis testing. Initial inspection of data revealed age, gender, marital status, and the existence of a psychological disturbance as potential demographics that seemed to be associated with study variables.

In order to examine the associations between Age and study variables, Pearson Correlation Coefficients were calculated. Age was found to be correlated with many of the study variables. Particularly, Age was positively correlated with Non-sequential Impression ($r = .17$), Future time perspective ($r = .27$), Identity diffusion ($r = .32$), Primitive Defenses ($r = .28$), reality testing ($r = .23$), and Fear of Fusion ($r = .23$). On the other hand, Age was found to negatively correlated with Present-hedonistic ($r = -.16$) and Past-negative time perspective ($r = -.20$).

Among the demographic variables, gender, psychological disturbances and Marital status were nominal variables; thus, separate One-way ANOVAs were conducted to test the relationship with those variables and study variables.

Gender was found to be significantly related to Primitive Defenses which means that gender differed in terms of preferred defenses $F(1,312) = 5.58$. $p < .05$, which means that Men ($M = 1.79$, $SD = .23$) were found to be higher than Women ($M = 1.71$, $SD = .25$) regarding the use of primitive defenses.

In terms of existence of a psychological disturbance was found to be associated with all sub-scales of BPI, namely Identity Diffusion $F(1, 313) = 5.04$, $p < .05$; Primitive Defenses $F(1,313) = 14.13$. $p < .01$; Reality testing $F(1, 313) = 7.181$. $p < .01$ and Fear of Fusion $F(1, 313) = 14.41$. $p < .01$. For all subscales, people who suffer from psychological disturbances have reported more borderline characteristics as compared to others.

Moreover, having a psychological disturbance was related to Past-positive time perspective $F(1,313) = 16.05$, $p < .01$ and Past-negative time perspective

$F(1, 313) = 5.31, p < .05$, indicating that people who have reported psychological disturbances have more negative past perspective and less positive past perspective as compared to others.

In terms of the relationship between marital status and time perspective subscales; Marital Status was related with Present-hedonistic. $F(1, 313) = 3.29, p < .01$; Future Time Perspective $F(1, 313) = 6.22, p < .01$; and Past-negative $F(1, 313) = 10.91, p < .01$. These results suggested that married people have more Future Time Perspective and are less likely to have Past-negative Perspective and Present-hedonistic Perspective in life compared to single people.

In addition to that, marital status was found to be significantly related to borderline features $F(1, 313) = 19.47, p < .01$. Married ($M = 1.83, SD = .12$) people have higher levels in regards to single ($M = 1.72, SD = .16$) and divorce people ($M = 1.72, SD = .15$) regarding borderline features.

3.4. Associations between Time Perspective and Borderline PO Features

Since this is the first study that studies the Time Perspective and Borderline Features, associations between and among each TP dimension and BPO feature were inspected for exploratory purposes. Pearson Correlation Coefficients were calculated and reported (See Table 3.5).

Table 3.5.**Pearson Correlation Coefficients between Time Perspective and Borderline Features
(N = 314)**

	Identity Diffusion	Primitive Defenses	Reality Testing	Fear of Fusion
Non-Sequential Impression	-.444**	-.468**	-.285**	-.341**
Kairos	-.139*	-.169**	-.091	-.109
Chronos	.204**	.122*	.148**	.169**
Present-Fatalistic	.384**	.347**	.261**	.208**
Present-Hedonistic	.227**	.189**	.192**	.159**
Future	-.229**	-.244**	-.155**	-.223**
Past-positive	-.174**	-.164**	-.133*	-.280**
Past-negative	.534**	.602**	.303**	.462**

Note: * $p < .05$; ** $p < .01$

In terms of borderline features and time perspective variables, the results revealed that borderline features were related to all time perspective variables. Overall, only Kairos among the time-related measures of the study had none or relatively weaker correlations with borderline features. On the other hand, Primitive Defenses and Identity Diffusion had stronger correlations with all time-related measures than Impaired Reality Testing and Fear of Fusion.

Particularly, Non-sequential Impression was negatively correlated with Identity Diffusion ($r = -.44$), Fear of Fusion ($r = -.34$), and Primitive Defenses ($r = -.47$), and Impaired Reality Testing ($r = -.28$). Also, Kairos was negatively associated with Borderline Features whereas Chronos was positively associated with Borderline Features. In addition to that, Present-fatalistic was positively correlated with Identity Diffusion ($r = .38$), Primitive Defenses ($r = .35$), Impaired Reality Testing ($r = .26$), Fear of Fusion ($r = .21$). Present Hedonistic was positively correlated with Borderline Features, specifically Identity diffusion ($r = .23$). On the other hand, Future time orientation was negatively related to Identity

Diffusion ($r = -.23$), Primitive Defenses ($r = -.24$), and Fear of fusion ($r = -.22$). Also, Past-positive Time orientation was negatively correlated with Fear of Fusion ($r = -.28$). Lastly, Past- Negative time orientation has been found in a linear relationship with Borderline Features, particularly, Identity Diffusion ($r = .54$), Fear of Fusion ($r = .46$), and Primitive Defenses ($r = .60$), and Impaired Reality Testing ($r = .30$).

3.5. Hypothesis Testing

In order to test the hypotheses of the study, Stepwise Regression Analyses with each hypothesized TP dimension as dependent variables and Borderline features as predictors, were performed. Gender, Age and Marital Status were also included in the models as controls.

3.5.1. Factors Predicting Past-Negative Orientation

In order to test Hypothesis 1 and its sub-hypotheses, a Stepwise Regression Analysis with Past-negative TP as the dependent variable was conducted. The model summaries are presented in Table 3.6. The final model with Primitive Defenses, Identity Diffusion and Fear of Fusion as significant predictors explained 40% of the variance in Past-negative TP.

The first hypothesis expected that Borderline Personality organization features would be associated with a Past-negative Orientation. Particularly Hypothesis 1a predicted that Identity Diffusion would be positively associated with Past-negative Orientation. The results supported the hypothesis that Identity diffusion was positively related to Past-negative Orientation. In other words, people who reported experiencing identity diffusion have a negative past perspective.

Table 3.6**The Model Summary of Stepwise Regression Analysis for Past-negative**

Model	R	R ²	Adj. R ²	SE	Change Statistics				
					R ² Change	F Change	df1	df 2	Sig. F Change
1	.602 ^a	.362	.360	.69	.36	176.98	1	312	.000
2	.626 ^b	.392	.388	.67	.03	15.22	1	311	.000
3	.634 ^c	.402	.397	.67	.01	5.49	1	310	.020

a Predictors: (Constant), Primitive Defenses

b Predictors: (Constant), Primitive Defenses, Identity Diffusion

c Predictors: (Constant), Primitive Defenses, Identity Diffusion, Fear of Fusion

d Dependent Variable: Past-negative

Hypothesis 1b stated that Impaired Reality Testing was expected to be associated (positively) with a Past-negative Orientation. Results suggested that reality testing was not related to Past-negative Orientation, failing to support Hypothesis 1b.

Furthermore, Hypothesis 1c suggested that Impaired Reality Testing would be the stronger predictor of Past-negative Orientation. Contrary to initial expectations, primitive defenses were the strongest predictor (See Table 3.7.). Also fear of fusion significantly predicted the Past-negative Orientation.

Table 3.7.

Coefficients for the Final Model of Stepwise Regression Analysis that Predicts Past-negative

		B	SE	Beta	t	Sig
Model 3	(Constant)	7.843	.339		23.115	.000
	Primitive Defenses	1.396	.226	.393	6.187	.000
	Identity Diffusion	.777	.241	.199	3.229	.001
	Fear of Fusion	.491	.210	.130	2.342	.020

3.5.2. Factors Predicting Present-Hedonistic Orientation

In order to test Hypothesis 2 and its sub-hypotheses, a Stepwise Regression Analysis with Present-hedonistic TP as the dependent variable was conducted. Hypothesis 2 suggested that Borderline Personality Organization features would be associated with a Present-hedonistic Orientation.

The regression analysis demonstrated that only Identity Diffusion significantly predicted Present Hedonistic perspective, explaining 5% of the variance (See Table 3.8.). Results supported Hypothesis 2a, indicating identity diffusion was significantly related to Present-hedonistic Orientation.

Hypothesis 2b stated that Impaired Reality Testing would be positively associated with a Present-hedonistic Orientation. Regression results did not confirm the hypothesis that Impaired Reality Testing was related with Present-hedonistic Orientation.

Hypothesis 2c predicted that Primitive Defense Mechanism was expected to be positively associated with a Present-hedonistic Orientation. Results did not support the hypothesis; Primitive Defense Mechanisms did not relate to Present-hedonistic Orientation.

Table 3.8.**The Model Summary of Stepwise Regression Analysis for Present-hedonistic Orientation**

Model	R	R ²	Adj. R ²	SE	Change Statistics				
					R ² Change	F Change	df1	df2	Sig. F Change
1	.229 ^a	.052	.049	.70	.052	17.17	1	311	.000

a Predictors: (Constant), Identity Diffusion

b Dependent Variable: Present-hedonistic

In Hypothesis 2d, it was expected that Fear of Fusion was positively associated with a Present-hedonistic Orientation. The results did not support this hypothesis that Fear of Fusion was not related to Present-hedonistic Orientation.

The last sub-hypothesis, Hypothesis 2e, suggested that Impaired Reality Testing would be the strongest predictor of Present-hedonistic Orientation. Since the sole predictor of the Present-hedonistic orientation was Identity Diffusion (See Table 3.9.), Hypothesis 2e was not supported. In contrast with the expectations, Impaired Reality Testing was not found to be a predictor of Present-hedonistic Orientation.

Table 3.9**Coefficients for the Final Model of Stepwise Regression Analysis that Predicts Present-Hedonistic Orientation**

Model		B	SE	Beta	t	Sig
1	(Constant)	4.30	.314		13.689	.000
	Identity Diffusion	.749	.181	.227	4.144	.000

3.5.3. Factors Predicting Present-Fatalistic Orientation

To test Hypothesis 3 and its sub-hypotheses, a Stepwise Regression Analysis with Present-fatalistic TP as the dependent variable was conducted. It was stated that Borderline Personality Organization features were expected to associate with a Present-fatalistic Orientation. The analysis demonstrated that Identity Diffusion, Primitive Defenses, and Relationship Status significantly predicted Present-Fatalistic Orientation, explaining 17% of the variance (See Table 3.10).

Hypothesis 3a of this study expected Identity Diffusion to be positively associated with Present-fatalistic Orientation (Hypothesis 3a). Results confirmed the hypothesis that identity diffusion was related to Present-fatalistic Orientation. On the other hand, Impaired Reality Testing was expected to be positively associated with a Present-fatalistic Orientation (Hypothesis 3b). However, the results did not support the hypothesis. Impaired Reality Testing was not related to Present-fatalistic Orientation.

Table 3.10.
The Model Summary of Stepwise Regression Analysis for Present-fatalistic Orientation

Model	R	R ²	Adj. R ²	SE	Change Statistics				
					R ² Change	F Change	df1	df2	Sig. F Change
1	.383 ^a	.147	.144	.63	.15	53.523	1	311	.000
2	.402 ^b	.161	.156	.63	.02	5.401	1	310	.021
3	.416 ^c	.173	.165	.63	.01	4.312	1	309	.039

a Predictors: (Constant), Identity Diffusion

b Predictors: (Constant), Identity Diffusion, Primitive Defenses

c Predictors: (Constant), Identity Diffusion, Primitive Defenses, Relationship Status

d Dependent Variable: Present-fatalistic

Hypothesis 3c stated that Primitive Defense Mechanisms were expected to be positively associated with a Present-fatalistic Orientation. The results revealed that Primitive Defense Mechanisms were related to Present-fatalistic Orientation, supporting Hypothesis 3c.

Also, Hypothesis 3d proposed that Identity Diffusion was the strongest predictor of Present-fatalistic Orientation. A comparison of the coefficients (See Table 3.11) confirmed the hypothesis that Identity Diffusion was the strongest predictor of Present-Fatalistic Orientation. In addition to that, relationship status also has been found a predictor of Present-fatalistic Orientation.

Table 3.11
Coefficients for the Final Model of Stepwise Regression Analysis that Predicts Present-fatalistic Orientation

		B	SE	Beta	t	Sig.
Model 3	(Constant)	4.810	.294		16.347	.000
	Identity Diffusion	.796	.220	.256	3.618	.000
	Primitive Defenses	.454	.199	.160	2.284	.023
	Relationship Status	-.140	.067	-.109	-2.076	.039

3.5.4 Borderline Personality Organization and Disrupted Temporality

In order to test whether Borderline PO features were related to the Non-sequential Impression or not (Hypothesis 4), the correlation analysis was conducted. Results revealed that Borderline PO total scores were related to the Non-sequential Impression ($r = -.49$). In addition to that, Borderline PO features were found to positively relate to Chronos ($r = .20$), and negatively related to Kairos ($r = -.17$).

As also outlined above (See Table 3.5), Non-sequential Impression was negatively related to all Borderline Organization Features. Likewise, Kairos was found to be negatively related to Impaired Reality testing, Identity Diffusion and Primitive defenses. On the other hand, Chronos was positively related to all borderline features.

3.6. Summary

As summary of the status of each hypothesis in terms of the support they received from the findings of this study is presented in Table 3.12.

Table 3.12.
Summary Table for Hypotheses

#	Hypothesis	Status
H1	Borderline PO features will be associated with a Past-negative Orientation.	
1a	Identity Diffusion will be positively associated with a Past-negative Orientation.	S
1b	Impaired Reality Testing will be positively associated with a Past-negative Orientation.	NS
1c	Impaired Reality Testing will be a stronger predictor of Past-negative Orientation.	NS
H2	Borderline PO features will be associated with a Present-hedonistic Orientation.	
2a	H2a. Identity Diffusion will be positively associated with a Present-hedonistic Orientation.	S
2b	Impaired Reality Testing will be positively associated with a Present-hedonistic Orientation.	NS

Note: S = Supported, PS = Partially Supported, NS = Not Supported

Table 3.12. cont'd
Summary Table for Hypotheses

#	Hypothesis	Status
2c	Primitive Defense Mechanism will be positively associated with a Present-hedonistic Orientation.	NS
2d	Fear of Closeness will be positively associated with a Present-hedonistic Orientation.	NS
2e	Impaired Reality Testing will be the strongest predictor of Present-hedonistic Orientation.	NS
H3	Borderline PO features will be associated with a Present-fatalistic Orientation.	
3a	Identity Diffusion will be positively associated with a Present-fatalistic Orientation.	S
3b	Reality Testing will be positively associated with a Present-fatalistic Orientation.	NS
3c	Primitive Defense Mechanism will be positively associated with a Present-fatalistic Orientation.	S
3d	Identity Diffusion will be the strongest predictor of Present-fatalistic Orientation.	S
H4	Borderline PO features will be positively associated with the experience of time as “Non-sequential Impression”	PS

Note: S = Supported, PS = Partially Supported, NS = Not Supported

CHAPTER 4

DISCUSSION

This study aimed to reveal the relationship between borderline personality organization and time perspective. In doing so, this work initially strived to address the borderline personality organization and time perspective relationship. The findings of this study were then elaborated and discussed based on the psychoanalytic literature and the time perspective literature. Also, in addition to Zimbardo's time perspective model, this study investigated a newly developed time perspective model.

4.1. Findings of the Study

This study confirmed that identity diffusion is the most salient construct of borderline personality organization in relation with time perspective. Particularly, Identity Diffusion appeared as the only predictor of Present-hedonistic perspective and a stronger predictor for Past-negative and Present-fatalistic perspectives. In addition, defenses are the strongest predictor of a Past-negative Orientation which is also significantly predicted by Fear of Fusion. Impaired Reality testing has not been associated with any of the time perspective dimensions.

In addition to that, Borderline Personality Organization features were investigated on the basis of the newly constructed time perspective model. The results indicated that Borderline PO total scores were negatively related to the Non-sequential Impression, whereas positively related to Chronos.

4.1.1. Findings Regarding Identity Diffusion

In line with the literature, results indicated that identity diffusion is the strongest variable in explaining the variation in time perspective. The initial findings of this study indicated identity diffusion to be strongly and negatively associated with a Non-sequential Impression of time and positively associated

with Chronos. Further, Identity Diffusion emerged as the sole predictor of Present-hedonistic perspective and a stronger predictor for Past-negative and Present-fatalistic perspectives. It was observed that as Identity Diffusion increased, both types of Present Perspective as fatalistic and hedonistic as well as Past-negative Perspective decreased.

Studies in the literature focused on the association between Future time perspective and identity formation, such as Rappaport, Enrich, and Wilson's (1985) finding that identity achievers have a higher level of futurity, and Pulkkinen and Rönkä (1994) reported a positive association between clear future plans and identity achievement. While some others also included past and present like Laghi, Baiocco, Liga, Guarino, and Baumgartner (2013) and Taber and Blankemeyer (2015) who – in addition to supporting the future and identity association – further indicated that present, past, and their links to each other and to the future were associated with identity. Specifically, both studies supported an inverse relationship between negativity of the past and progress in identity development.

The findings of this study also lend further support to this association between Past-negative perspective and identity diffusion. As to the theoretical underpinnings, developmental and self-psychological approaches within the psychoanalytic school suggest that identity formation and self-integration processes are defined as developmental achievements that are shaped through the very early interactions in life (e.g. Erikson, 1968; Kohut, 1977). The implicit and explicit, verbal and non-verbal memories of the past are basically the building blocks of one's identity. Thus, negative past experiences are expected to define one's level of identity integration. As the traumatic experiences render an infant unable to consolidate the experiences; identity diffusion, disintegration, discontinuity is expected. Even when there's no traumatic event per se, it's argued that the absence of an adequate relational context – within which safe and optimally gratifying experiences can occur – might result in the inability to form a core and then further consolidate the experience. Thus, negative experiences of the past are closely linked to the identity diffusion.

Moreover, identity diffusion is also thought to promote further Past-negative perspective. Since the memory is fluid, and the past is continually rewritten at the here-and-now; identity diffusion as marked by splitting of the good and bad aspects of the self (Kernberg, 1984), could be thought to exert this influence on the present reconstruction of the past as all-bad; or selective encoding and remembering of relational interactions through internal working models (Bowlby, 1956); or even at just the level of implicit relational knowing that binds both past and future into a replication of the bad (Lyons-Ruth, 2016).

Additionally, this study found both the Present-hedonistic and Present-fatalistic views to be associated with identity diffusion. Seemingly incompatible, this co-occurrence of associations in fact fit well to the borderline features rooted in identity diffusion. As described in the introduction, poorly consolidated identity is associated with unstable, superficial, poorly differentiated, polarized, distorted, and discontinuous perceptions of self and other. This inability to form stable representations further promotes impulsivity. Considering these borderline features, the individual is expected to engage in pleasure-seeking as well as risk-taking and impulsive activities as denoted by Present-hedonistic. Still, at the same time the present might be in a split version that is experienced as dark and gloomy, repeating the anguish of the past that is not perceived as past.

These associations of identity diffusion with Past-negative, Present-hedonistic and fatalistic perspectives, are in line with the finding that Identity Diffusion is negatively associated with a Non-sequential Impression of time and positively associated with Chronos. Chronos refers to the order of experience, which is possible when past is experienced as a narrative. On the other hand, Non-sequential Impression refers to the – at least – momentary inability to separate the past or the future from the present. Contrary to Kaynak's (2018) finding on the association between trauma and disrupted temporality, this study claims that identity diffusion in borderline conditions and trauma is strongly related to an inability to sort out what is now and what was then (Russell, 1986).

In sum, this study provides further support that the lack of having an integrated self, as well as having a more distorted, a less comprehensive and more

fragmented perception of self; may result in diffusion for the individual both with regards to himself/herself, as well as impacting the past, present and future perspective one has regarding the life events that one goes through. In such circumstances, the individual's ability to interpret behaviors and emotions is also distorted. It could be observed that the individual assesses the past more inaccurately. In the meantime, one's linear sense of time is disrupted, trapping the person into a negative past that is not remembered but relived in the discrete and split moments of the present.

4.1.2. Findings Regarding Primitive Defense Mechanisms

Parallel with the literature, Primitive Defense Mechanisms are associated with time perspective orientations. The findings of this study proved that Primitive Defense Mechanisms are positively correlated with Past-negative and Present-fatalistic perspectives; and negatively correlated with Past-Positive and Future perspectives. These correlations are in line with the literature suggesting that mental health issues such as depression and anxiety are positively correlated with Past-negative, Present-fatalistic, and Present-hedonistic perspectives, and negatively correlated with Past Positive and Future perspectives (Zimbardo & Boyd, 1999). More in depth analysis with primitive defense mechanisms and time perspective orientations revealed that, Primitive defense mechanisms are the strongest predictor of Past negative time perspective orientation and related to present-fatalistic time orientation.

As many other mental disorders, borderline organization is also defined by the use of primitive defenses such as denial, splitting and primitive idealization (Kernberg, 1985; Klein, 1948). Primitive defense mechanisms by definition cause excessive distortion of reality; almost to the extent that self is not realized as an agent. More specifically, denial as the complete rejection of external reality and splitting as the organization of the experience into absolute good and bad results in a distorted view of the world. This distortion, as this study suggests, is associated with time perspective. However, when the mechanism underlying this

association is considered, it is important to note that the causal direction is unknown.

Defense mechanisms have a disturbing effect on interpersonal interactions and contribute to creating instabilities in interpersonal relations. Accordingly, they have an impact on mentalization and self-reflectiveness, which in return impacts understanding the behaviors of others. The non-integrated state of the self with the use of defenses interferes with the individual's past, present and future behaviors. This automatically results in impacting the individual's ability to have a stable comprehension to cope with the relational reality of the world. There is no clear appearance free of defensive solutions.

The results of this study indicated that, defense mechanisms were found to be the strongest predictor of the Past-negative orientation. From a developmental perspective, defenses are gradually used as a habit in the functioning of the personality. Their emergence in the past surely corresponds to negative life experiences; so, it is expectable that a negative orientation toward the past is predicted by the use of defenses. This in turn is parallel with Knight's (1953; 1986) statement that borderline patients' psychological structure should be considered as a defense of severe regressive levels of personality structure.

Contrary to initial expectations, primitive defense mechanisms were not positively associated with Present-hedonistic orientation. Initially it was expected that the Present-hedonistic time orientation may be more likely to be related to pleasure seeking aspects; in other words, acting out impulses in Borderline Personality Organization. Kernberg stated (1985) the individual's quick swings between perceptions lead to emotional instability and acting outs which would appear in the absence of the use of mature defenses. However, this characteristic was not reflected in the time perspective as measured by this study. A reason for this might be the construct of primitive defenses in Borderline Personality Inventory. The inventory does not specifically address the acting-out or impulsivity. Thus, it would be possible that the BPI inventory did not capture borderline personality organization's pleasure-seeking aspect.

In addition to that, as anticipated, primitive defense mechanisms were related with Present-fatalistic time orientation. As Zimbardo and Boyd (1999) indicated, the Present-fatalistic time orientation indicated obedient, helpless and hopeless attitude towards the future and life. In line with the findings, Iwanicka, Gerhant, and Olajossy (2017)'s study indicated that one who has Present-fatalistic orientation has an avoidant and withdrawn coping style instead of adaptive coping strategies. As people with borderline personality organization use primitive defense mechanism instead of mature defense mechanisms, this results in helpless and insufficient attitude in life among people with borderline personality organization. This helplessness might be reflected in their present-fatalistic attitude.

From the sequential approach, primitive defenses were negatively correlated with both Kairos and Non-sequential Impression, whereas positively correlated with Chronos. This might be due to the rigidity of the primitive defense structures. Although primary process that is a more chaotic way of perceiving the world might suggest also a more chaotic way of perceiving time, it might also indicate a greater need to order experience. Further, Kairos and Non-sequential Impression might refer to a higher function of ego in bringing the raw experience together in terms of meaning rather than chronological order. Thus, primitive defenses might disrupt this capacity for flexibility and meaning-based organization of experience.

4.1.3. Findings Regarding Reality Testing

Contrary to initial expectations, Impaired Reality Testing was not related to any of the time perspective orientations. It was stated in the literature that inadequacies in the social reality testing were linked with clinically serious pathology of identity formation, which meant the lack of one's capability to correctly analyze the social hints so as to understand the others' motives and internal states (Clarkin, Caligor, Stern, & Kernberg, 2004). Therefore, the test was used to detect the individuals organized at a borderline level of personality

organization and differentiate them from ones with atypical psychiatric disorders. However, it was observed that the Impaired Reality Testing did not in fact, relate to the time perspective orientations.

In fact, Frosch's (1964) mention of borderline patients in the literature was that they differed from psychotic patients in their connection to reality. Although they experience alterations in their sense of reality, they also maintain a certain capacity to assess reality. However, clinically significant pathology of identity formation is associated with deficits in social reality testing, the ability to accurately infer the motivations and internal states of others and to accurately read social cues (Clarkin, Caligor, Stern, & Kernberg, 2004). Masterson and Rinsley (1975) also stated that borderline pathology comes as a result of the embodiment of a relationship which stresses insecure attachment as the main condition of attachment. In this type of non-complete development, it is anticipated to observe ego deficits in the field of reality perception.

In the current study, the reality testing questions in particular were very "easy" questions, in the sense that they were very straight forward questions for the majority of people. As the investigation was prepared in the form of a self-report questionnaire, it can also be suggested that the respondents were lacking self-reflective capacity. Hence, it was found out that the Impaired Reality Testing was not related to any of the time perspective orientations.

Alternatively, this non-relation might solely be due to the point that reality testing denotes a mainly cognitive skill whereas time perspective can be considered more as a personality characteristic or an attitude. Thus, any distortion in reality testing as an impairment in cognitive functioning might be more related to time perception, instead of time perspective.

Another possibility might be that borderline organization represents a functioning that is not necessarily psychotic, in other words, out of touch with reality. Reality testing, despite defensive distortions, is mainly intact in individuals with borderline personality organization, and so this may be why the hypotheses related to that construct are not supported. Further, the empirical research of this study was carried out through snowball sampling in non-clinical

sample. This further limits the variance of reality testing to a minimum. This may be why a clinically significant variance was not captured.

4.1.4. Findings Regarding Fear of Fusion

Kernberg (1984) mentioned identity diffusion, fear of fusion, reality testing and defense mechanisms as the main borderline features. Thus, in line with the other borderline features it was assumed that fear of fusion is positively related to the negative perspectives on the past and the present. The results have indicated that similar to the identity diffusion, fear of fusion has a strong relationship with Past-negative time perspective and Non-sequential Impression.

Fear of fusion has been found to predict Past-negative orientation which is meaningful as the relational capacity and functioning is developing in early ages and a non-optimal developmental environment may have caused that fear. So, the closeness issue should be thought of in parallel with past experiences which explains why fear of fusion is a significant predictor of Past-negative orientation.

As mentioned above about splitting defense mechanism, in order to maintain an absolute quality in the relationship, the individual keeps things all good or all bad, which impacts the stability of ego boundaries in all interactions. Quick swings between overvaluing and undervaluing the other person based on all good or bad perceptions leads to difficulty in relationships.

As stated in the literature, Kernberg's formulation of borderline is heavily based on Klein's (1948) theory that provides a template for understanding the goodness or badness of internal objects. From this perspective, development starts with the good and bad aspects of the self and other as split. The integration of these aspects marks a shift from paranoid-schizoid to depressive position. When the individual cannot attain or maintain depressive position, the persecutory all bad aspect is projected onto the other that makes the world dangerous and explains the fear of fusion.

When discussing the association between negative past experiences and identity diffusion, it was emphasized that the lack of a satisfactory relationship to

provide a stable and good-enough experience might be the cause of the Past-negative experience, which in turn would further fragment identity. The same might be true for fear of fusion. Adverse experiences in the early relationship, especially when too intense or abrupt, might explain this association between fear of fusion and past-negative perspective.

Furthermore, when people have a Past-negative time perspective it might be possible that one is unable to differentiate the past and the present, and therefore experience all relationships in intense transference context. It is expected that as one loses the as-if quality, s/he feels more threatened and the result is having fear of fusion.

This is in line with the literature of attachment-mentalization perspective of Fonagy et al. (2003) and Mahlerian psychoanalytic approach to further understand developmental issues of borderline dynamics. If the mentalization capacity is underdeveloped, the individual is unable to attribute the appropriate meaning to others' thoughts and behaviors, the world becomes dangerous. Moreover, Kernberg (1984) claims that unsuccessful conciliation in the separation-individuation process that is marked by the ambivalence between symbiosis and autonomy may lead to fear of fusion in people with borderline level of organization. The failure in achievement of healthy balance of autonomy and dependency results in impairment of closeness balance in relationships.

On the other hand, fear of fusion was found to be negatively correlated with Non-sequential Impression and positively with Chronos, like the other indicators of borderline organization. Fear of Fusion might be associated with a need for control over experience that would lead to a preference of temporality over non-temporality. As behavioral manifestations of borderline level of organization include inadequacy in the ability to understand the behavior of others, this need of control over experience might be a critical issue.

4.2. A Review of Two Different Approaches to Time -SOTS and ZTPI- in Understanding Borderline Organization

Among the time perspective orientations, the borderline personality organization's time perspective is more strongly associated with Past-negative time orientation; and specifically, the connection between time and both identity diffusion and primitive defenses that are inherent features of the borderline personality organization, has clearly emerged. Next, strong negative associations were noted between Non-sequential Impression and again identity diffusion and primitive defenses. Thus, using both perspectives in combination, borderline organization seemed to be characterized by a negative past that lacks a non-sequential impression.

On the other hand, from the Zimbardo's model, Past-Positive showed the weakest associations with borderline characteristics, except for fear of fusion. From the SOTS perspective, Kairos was almost unrelated to borderline features, except for primitive defenses. It could have been expected that a Past-positive orientation and a meaning-based organization of experience emerging within the flow of time would be protective resilience factors. However, although in the expected direction, this association was not as strong as the Past-Negative.

Turning to the interrelationships of these two approaches, Chronos is associated with the future time orientation, as the best relation to Chronos is provided by the future time orientation among the SOTS variables. The future dimension of Time Perspective includes mental representations of future consequences and concerns, responsibility, striving for future goals and rewards (Cretu, 2012). This requires a sequential impression in time, obviously. However, Kairos is indicating a sense of lack of control over the flow of time. The results regarding the Kairos and Zimbardo's time perspective orientations are suggesting a significant negative relationship with Past-negative. The moment of opportunity is a moment to be expected, envisioned and hoped for; rather than a moment existing in memories. It might be an indication of the good-resilient that is

missing in the time perspective and the timeless dimension in Zimbardo's time perspective.

Moreover, Non-sequential Impression was found to be negatively related with Present-fatalistic, Present-hedonistic, Past-negative and positively related to the Future time orientation. Linking current behavior with future results is built upon a clear understanding of sequence of events, Chronos.

On the other hand, Zimbardo's Past-positive perspective did not associate with any of the SOTS factors. Past-positive implies recalling positive experiences instead of bad experiences in one's past. It might be due to the fact that SOTS components focus on linearity and non-linearity whereas positive recalling of past is more related to be in peace with life experiences, an attitude which does not necessarily imply a sequential approach to time.

When used in combination, these approaches might offer a more encompassing view. However, there still remains the need to identify the defensive and non-defensive aspects of each. Chronos, when rigid, might be a defensive perception. Similarly, a present-hedonistic approach might point to an adaptive style as well as a defensive pleasure-seeking. Thus, a defense aspect needs to be further added to the time approaches in order to understand their association with mental disorders, and borderline organization, in particular.

4.3. Clinical Implications

In terms of clinical implications of the study, it was shown that the borderline personality organization and accordingly, the borderline conditions, is associated with time perspective.

The literature regarding time and therapeutic implications integrates the dimensions of external and internal realities (Joannidis, 2005). In Joannidis' view, the therapeutic process maintains the togetherness of objective shared reality and the patient's subjective internal reality. A new order is created by the meeting of Chronos and Kairos when the internal reality of the client is verbalized by the interpretation of the therapist.

This study suggests that higher levels of non-sequential impression and lower levels of Chronos are associated with borderline features. Although the chaotic transference and counter-transference experiences with borderline triggers a need to “order” things, it might be kept in mind that the needed order is not a sequential one. On the contrary, a rigid temporality creates or is created by diffusion and distortion.

When it comes to Zimbardo’s Time perspective, the therapist and the patient should maintain a critical common understanding in order to have an effective therapy process. The therapist and the patient would better be on the same page in terms of the time perspective and while working with patients with borderline personality organization, the therapist must bear this in mind to understand why or how a person perceives the past or the present in a more distorted way or why they have a more different perspective on these time frames. To coexist in the client’s page and accompany him/her towards a more balanced time perspective would be the optimal position in therapeutic working. As Zimbardo and Boyd (1999) came to conclude that the ideal “Balanced Time Perspective” would be the most psychologically and physically healthy perspective for individuals and optimal for societal functioning, the same purpose can be hold for the individual in the therapy. With a balanced orientation, the individual uses the mental ability to switch flexibly among Time Perspectives depending on personal resources.

Additionally, it is equally important for therapists to realize their own time perspectives. This is necessary as the therapist must take his/her time perspective into consideration while interpreting the patient's expressions within the therapy relationship and also within the transference and countertransference. The lack of this awareness may have negative effects on the therapeutic relationship, as the time perspectives of the therapist and the patient may differ from one another.

4.4. Limitations and Suggestions for Further Studies

The data of this study was collected via snowball sampling in non-clinical sample. The Borderline Personality Inventory asked questions that are easily distinguished by the normal population – most particular of them being the Impaired Reality Testing questions. Thus, the hypotheses regarding reality testing were not supported. Also, given that this scale is a self-report questionnaire, it could be argued that the respondents were either lacking awareness or responding easily to questions with reality testing. On the other hand, the identity diffusion questions may have been found more natural to be reported.

Another shortcoming can be the lack of a specific measure for impulsivity, one of the features of borderline personality organization. It is also important that future studies should study impulsivity and Zimbardo's time perspective relationship as the Present-hedonistic perspective has been found significantly associated with the immediate need satisfaction.

Another limitation in this current study was the lack of computational guidance for the condensed form of Zimbardo Time Perspective Inventory to measure Balanced Time Perspective. BTP could only be used with the 56-item long form.

As Kairys (2010) stated, Time Perspective may prove to be more similar to a personality trait than to an attitude or a cognitive-motivational process. If the Time Perspective itself and its characteristics are rather stable, it is possible to talk of lasting individual differences and research in psychodynamic view can be conducted in line with this understanding.

On the other hand, the conceptualization of time in terms of sequence is restricted in the therapy literature. Kaynak (2018) has been the only researcher to provide support for the conceptualization of measurement with a Turkish sample and the current study has been inspired by her work. It is surely required to develop this line of thinking in time literature with new studies.

CHAPTER 5

CONCLUSION

This study explored relationship between borderline personality organization and time perspective. Additionally, it offered a new scale used only once in a previous study to assess time perception. The scale aimed to operationalize time in both linear and nonlinear experiential dimensions. The results suggested that the subcomponents of the scale are worthy of further exploration in future studies. If validated in subsequent research, the scale might have significant clinical and theoretical implications.

This study offered a new point of view from psychoanalytic understanding, assessing borderline features in a developmental continuum instead of being part of a disorder category. The data was collected from non-clinical population and the results are generalizable for the non-clinical population. The significance of the relationship of borderline features and time is a noteworthy finding and could be followed up in upcoming studies.

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APPENDIX A: INFORMED CONSENT FORM

Sayın Katılımcı,

Bu araştırma İstanbul Bilgi Üniversitesi Klinik Psikoloji Yüksek Lisans Programı öğrencisi Gonca Budan tarafından Dr. Öğr. Üyesi Alev Çavdar Sideris danışmanlığında, sınır durum kişilik özellikleri ile zaman yönelimi arasındaki ilişkinin incelenmesi amacıyla, yüksek lisans tez çalışması kapsamında yürütülmektedir.

Araştırmaya 20-45 yaş arası bireyler katılabilmektedir ve araştırmaya katılım tamamen gönüllülük esasına dayanmaktadır. Araştırmanın herhangi bir noktasında hiçbir gerekçe belirtmeden anketi doldurmayı bırakabilirsiniz.

Araştırmanın hiçbir bölümünde sizden kimlik belirleyici hiçbir bilgi istenmemektedir. Sorulara vereceğiniz yanıtlar araştırmacılar dışında kimseyle paylaşılmayacaktır. Veriler toplu halde değerlendirilerek yalnızca bilimsel yayın amacıyla kullanılacaktır.

Çalışmanın amacına ulaşması için sizden beklenen, tüm soruları eksiksiz ve içtenlikle cevaplamanızdır. Soruları tamamlamanız yaklaşık 20-25 dakika sürmektedir.

Araştırmaya yönelik herhangi bir sorunuz olması halinde Gonca Budan (gonca.budan@bilgi.edu.tr) ile iletişime geçebilirsiniz.

Yukarıda verilen bilgiler doğrultusunda, bu çalışmaya katılmayı kabul ediyorum.

APPENDIX B: DEMOGRAPHIC INFORMATION FORM

1. Yaşınız: (20-45 yaş aralığında değilseniz lütfen anketi burada sonlandırın.)

2. Cinsiyetiniz:

Kadın Erkek Diğer

3. Şu anda ikamet ettiğiniz şehir

4. En son mezun olduğunuz eğitim kurumu: İlkokul Ortaokul Lise Üniversite
Yüksek Lisans/Doktora

5. Öğrenci iseniz okuduğunuz okul ve bölüm:

Öğrenci değilseniz mesleğiniz:

6. Şu anda çalışıyor musunuz?

Evet Hayır Diğer

7. İlişki durumunuz:

Var Yok Diğer

8. Medeni durumunuz

Evli Bekar Boşanmış

9. Kronik bir fiziksel hastalığınız var mı?

Varsa nedir? _____ Yok

10. Psikolojik/psikiyatrik bir rahatsızlığınız var mı?

Varsa kısaca nedir? _____

Yardımdıysanız lütfen belirtiniz (ilaç, psikoterapi vb.) _____

Yok

APPENDIX C: THE BORDERLINE PERSONALITY INVENTORY (BPI)

Aşağıdaki cümlelerden size uygun olanlarını işaretleyiniz.

1. Sık sık panik nöbetleri geçiririm. DOĞRU YANLIŞ
2. Son zamanlarda beni duygusal olarak etkileyen hiçbir şey olmadı. DOĞRU YANLIŞ
3. Çoğu kez gerçekte kim olduğumu merak ederim. DOĞRU YANLIŞ
4. Çoğu kez başıma iş açacak risklere girerim. DOĞRU YANLIŞ
5. Başkaları bana yoğun ilgi gösterdikleri zaman kendimi boğulmuş hissederim. DOĞRU YANLIŞ
6. Bazen içimde bana ait olmayan başka bir kişi ortaya çıkar. DOĞRU YANLIŞ
7. Gerçekte olmadığı halde acayip şekiller veya görüntüler gördüğüm oldu. DOĞRU YANLIŞ
8. Bazen çevremdeki insanlar ve nesnelerin gerçek olmadığını hissederim. DOĞRU YANLIŞ
9. Başkalarına yönelik duygularım bir uçtan bir uca çok hızlı değişir. (Örn: Sevgi ve beğeniden nefret ve hayal kırıklığına). DOĞRU YANLIŞ
10. Çoğu kez değersizlik ya da umutsuzluk duygusuna kapılırım. DOĞRU YANLIŞ
11. Çoğu kez paramı çarçur ederim ya da kumarda kaybederim. DOĞRU YANLIŞ
12. Gerçekte kimse olmadığı halde hakkımda konuşan sesler duyduğum oldu. DOĞRU YANLIŞ
13. Eğer 12. maddeye “evet” dediyseniz aşağıdaki cümlelerden sizin için uygun olanını seçiniz:
 - a. Bu sesler benim dışımdan gelmiştir.
 - b. Bu sesler içimden gelmiştir.
14. Yakın ilişkilerde hep incinirim. DOĞRU YANLIŞ
15. Bana uymayan biçimde hissettiğim ya da davrandığım oldu. DOĞRU YANLIŞ

16. Bir kukla gibi dışarıdan yönetiliyormuş ve yönlendiriliyormuş gibi hissettiğim oldu. DOĞRU YANLIŞ
17. Herhangi birine fiziksel olarak saldırıda bulunduğum oldu. DOĞRU YANLIŞ
18. Düşüncelerim başkaları tarafından okunuyormuş gibi hissettiğim oldu. DOĞRU YANLIŞ
19. Bazen gerçekte suç işlemediğim halde, sanki işlemişim gibi suçluluk hissederim. DOĞRU YANLIŞ
20. Bilerek kendime bedensel zarar verdiğim oldu. DOĞRU YANLIŞ
21. Bazen gerçekte olmadığı halde insanların ve nesnelere görünümünün değiştiği hissine kapılırım. DOĞRU YANLIŞ
22. Yoğun dini uğraşlarım olmuştur. DOĞRU YANLIŞ
23. Duygusal ilişkilerimde çoğunlukla ne tür bir ilişki istediğimden emin olamam. DOĞRU YANLIŞ
24. Bazen bir kahin gibi gelecekle ilgili özel hislerim olur. DOĞRU YANLIŞ
25. Bir ilişki ilerledikçe kendimi kapana kısılmış gibi hissederim. DOĞRU YANLIŞ
26. Gerçekte kimse olmadığı halde bir başka insanın varlığını hissettiğim oldu. DOĞRU YANLIŞ
27. Bazen bedenim ya da bedenimin bir kısmı bana acayip veya değişmiş gibi görünür. DOĞRU YANLIŞ
28. İlişkiler çok ilerlerse, çoğunlukla koparma gereksinimi duyarım. DOĞRU YANLIŞ
29. Bazen birilerinin peşimde olduğu hissine kapılırım. DOĞRU YANLIŞ
30. Sık sık uyuşturucu kullanırım (esrar, hap gibi). DOĞRU YANLIŞ
31. Başkalarını kontrol altında tutmaktan hoşlanırım. DOĞRU YANLIŞ
32. Bazen özel biri olduğumu hissederim. DOĞRU YANLIŞ
33. Bazen dağılıyormuşum gibi hissederim. DOĞRU YANLIŞ
34. Bazen bana bir şeyin gerçekte mi yoksa yalnızca hayalimde mi olduğunu ayırt etmek zor gelir. DOĞRU YANLIŞ
35. Çoğu kez sonuçlarımı düşünmeden içimden geldiği gibi davranırım. DOĞRU YANLIŞ

36. Bazen gerçek olmadığım duygusuna kapılırim. DOĞRU YANLIŞ
37. Bazen bedenim yokmuş ya da bir kısmı eksikmiş hissine kapılırim. DOĞRU YANLIŞ
38. Çoğu kez kabus görürüm. DOĞRU YANLIŞ
39. Çoğu kez başkaları bana gülüyormuş ya da hakkımda konuşuyormuş hissine kapılırim. DOĞRU YANLIŞ
40. Çoğu kez insanlar bana düşmanmış gibi gelir. DOĞRU YANLIŞ
41. İnsanların kendi düşüncelerini benim zihnime soktuklarını hissettiğim oldu. DOĞRU YANLIŞ
42. Çoğu kez gerçekten ne istediğimi bilmem. DOĞRU YANLIŞ
43. Geçmişte intihar girişiminde bulundum. DOĞRU YANLIŞ
44. Bazen ciddi bir hastalığım olduğuna inanırım. DOĞRU YANLIŞ
45. “Alkol, uyuşturucu ya da hap alışkanlığım vardır”. DOĞRU YANLIŞ
Eğer yanıtınız “evet” ise aşağıdakilerden uygun olanlarını işaretleyiniz. a. Alkol
b. Uyuşturucu c. Hap
46. Bazen bir rüyada yaşıyormuş ya da yaşamım bir film şeridi gibi gözümün önünden geçiyormuş hissine kapılırim. DOĞRU YANLIŞ
47. Çoğu kez bir şeyler çalarım. DOĞRU YANLIŞ
48. Bazen öyle açlık nöbetlerim olur ki önüme gelen her şeyi silip süpürürüm. DOĞRU YANLIŞ
49. Aşağıdaki konularla ilgili sorulan sorularda çoğu kez kendimi rahatsız hissederim. DOĞRU YANLIŞ
Eğer yanıtınız "doğru" ise aşağıdakilerden uygun olanını işaretleyiniz. a. Politika
b. Din c. Ahlak (iyi-kötü)
50. Bazen aklımdan birilerini öldürme düşüncesi geçer. DOĞRU YANLIŞ
51. Yasalarla başımın derde girdiği oldu. DOĞRU YANLIŞ
52. Yukarıdaki maddelerde anılan yaşantılardan herhangi birini ilaç etkisi altında yaşadığımız oldu mu?, DOĞRU YANLIŞ
Eğer yanıtınız “evet” ise ilgili maddelerin numaralarını yazınız:
(.....)

53. Yukarıdaki maddelerde anılan yaşantılardan herhangi birini psikoterapi sırasında yaşadığınız oldu mu? DOĞRU YANLIŞ

Eğer yanıtınız “evet” ise ilgili maddelerin numaralarını yazınız:

(.....)

**APPENDIX D: ZIMBARDO TIME PERSPECTIVE INVENTORY-
condensed form**

Her maddeyi okuyunuz ve “bu benim için ne kadar geçerli?” sorusunu yanıtlayınız. Ölçek üzerine uygun rakamı işaretleyiniz. Lütfen hiçbir maddeyi atlamayarak maddelerin tümünü işaretleyiniz.

- (1)Benim için hiç doğru değil (2)Benim için doğru değil (3)Kararsızım
(4)Benim için Doğru (5) Benim için çok doğru
1. Kader, hayatımdaki birçok şeyi belirler. (1) (2) (3) (4) (5)
 2. Sık sık, hayatımda neyi farklı yapmalıydım diye düşünürüm. (1) (2) (3) (4) (5)
 3. Geçmişim hakkında düşünmek bana zevk verir. (1) (2) (3) (4) (5)
 4. Bir şeyi başarmak istediğimde hedefler koyar ve bu hedeflere ulaştıracak belli yolları dikkate alırım. (1) (2) (3) (4) (5)
 5. Düşünüp tartınca, geçmişimde kötü şeylere kıyasla, hatırlanacak iyi şeyler daha çok. (1) (2) (3) (4) (5)
 6. Yarının işlerini bitirmek ve gerekli diğer işleri yapmak, bu gecenin eğlencesinden önce gelir. (1) (2) (3) (4) (5)
 7. Herşey olacağına vardığı için, benim ne yaptığının gerçekte bir önemi yok. (1) (2) (3) (4) (5)
 8. “Eski güzel zamanlarda” yaşamın nasıl olduğundan bahseden hikâyelerden hoşlanırım. (1) (2) (3) (4) (5)
 9. Acı veren geçmiş deneyimler zihnimde durmadan canlanır. (1) (2) (3) (4) (5)
 10. Mümkün olduğunca dolu dolu ve günümü gün ederek yaşamaya çalışırım. (1) (2) (3) (4) (5)
 11. Geçmiş zamanın mutlu anıları zihnimde hemen beliriverir. (1) (2) (3) (4) (5)
 12. Anlık dürtülerle karar veririm. (1) (2) (3) (4) (5)
 13. Hayatıma heyecan katmak benim için önemlidir. (1) (2) (3) (4) (5)
 14. Çocukluğumu olumlu duygularla hatırlarım. (1) (2) (3) (4) (5)
 15. Riskler almak hayatımı sıkıcı olmaktan kurtarır. (1) (2) (3) (4) (5)

16. Gençliğimin tatsız görüntülerini unutmak benim için zordur. (1) (2) (3) (4) (5)
17. Herşey o kadar çok değişiyor ki, tam anlamıyla geleceğe dair plan yapamazsınız. (1) (2) (3) (4) (5)
18. Hayatımın rotası etkileyemeyeceğim güçler tarafından kontrol ediliyor. (1) (2) (3) (4) (5)
19. Gelecek için kaygılanmak anlamsız geliyor; çünkü nasılsa bu konuda yapabileceğim hiçbir şey yok. (1) (2) (3) (4) (5)
20. Düzenli bir ilerleme ile projelerimi zamanında tamamlarım. (1) (2) (3) (4) (5)
21. Hayatıma heyecan katmak için riskler alırım. (1) (2) (3) (4) (5)
22. Yapılması gereken bir iş olduğunu bildiğim zaman, beni işten alıkoyabilecek cezbedici şeylere karşı direnebilirim. (1) (2) (3) (4) (5)
23. Geçmişte başıma gelen kötü şeyler hakkında düşünürüm. (1) (2) (3) (4) (5)
24. İlerlememe katkıları olacaksa, ilgi çekici olmayan, zor görevlerde çalışmaya devam ederim. (1) (2) (3) (4) (5)
25. Yaşamımda kaçırdığım güzel şeyleri düşünürüm. (1) (2) (3) (4) (5)

APPENDIX E : SEQUENTIAL AND OPORTUNE TIME SCALE (SOTS)

Aşağıdaki maddeler günlük hayatınıza dair bazı deneyimleri içeren 16 sorudan oluşmaktadır. Lütfen her soruda, anlatılan durumun size ne derece uyduğunu değerlendiriniz ve uygun olan seçeneği işaretleyiniz. 1 den 15. sorunun sonuna kadar olan kısımda, her bir maddenin deneyimlerinizi ne oranda yansıttığını karşılarındaki 5 aralıklı ölçek üzerinde, ilgili rakamı işaretleyerek gösteriniz.

1-----2-----3-----4-----5

Hiç uymuyor

Tamamen uyuyor

1. Bazen geçmişten bir an ya da imge, şimdi yaşıyormuşum gibi gözümde canlanır.
1-2-3-4-5
2. Bazen gelecekle ilgili bir an ya da imge, şu anda oluyormuş gibi gözümde canlanır.
1-2-3-4-5
3. Aralarında zaman geçmiş olsa bile iki olayı arka arkaya yaşamış gibi hissettiğim olur. 1-2-3-4-5
4. Hayatımdaki bazı olaylar, sanki üstünden hiç zaman geçmemiş gibi yakın gelir.
1-2-3-4-5
5. Zamanı bazen tekrarlayan bir döngü gibi yaşıyorum, zaman geçtikçe başa dönüyor gibiyim. 1-2-3-4-5
6. Bazı şeylerin kendine göre en uygun zamanda gerçekleşeceğine inanırım, bunu önceden bilemeyiz. 1-2-3-4-5
7. Benim için zamanı süresinden çok içeriği ve anlamı tanımlar. 1-2-3-4-5
8. Olayları hatırladığımda ne zaman olduğundan çok ne hissettiğim önemlidir. 1-2-3-4-5
9. Zaman düz bir çizgidir, hep ileriye doğru akar. 1-2-3-4-5
10. Anılarımı kronolojik olarak dizdiğimi fark ediyorum. 1-2-3-4-5
11. Bazen akıp giden zamanın içinde bir anın belirdiğini ve harekete geçmem gerektiğini hissedirim. 1-2-3-4-5

12. Hayatın insana zamandan ve mekandan bağımsız birden beliren fırsatlar sunduğunu düşünürüm. 1-2-3-4-5
13. Kendimi akışa bırakmakta zorlanırım. 1-2-3-4-5
14. Gün ve saatlere göre kendimi planlamayı severim. Böylece, başıma beklenmedik bir şey gelme ihtimali de azalmış olur. 1-2-3-4-5
15. Hayat hikayemi anlatacak olsam doğduğum tarihten bugüne sırayla anlatırım. 1-2-3-4-5
16. soruda size en uygun gelen cevabı işaretleyiniz.
- Gün içinde zamanın geçmiş olduğunu nasıl fark ederim?
- Saate bakınca fark ederim
 - Günden aklımda kalan anlar, olaylar zamanı fark ettirir
 - Gün içinde tekrarlanan aktiviteler (yemek, uyku, vb) zamanın geçtiğini fark ettirir
 - Dışarıdaki hava durumu fark ettirir (güneşin doğuşu, batışı, yağmur yağması, vb.)
 - Ezan ve namaz vakitleri fark ettirir
 - Önceden planlamış olduğum bir randevu, ders, toplantı, vb. saati yaklaşınca fark ederim.
 - Diğer _____

**ETİK KURUL DEĞERLENDİRME SONUCU/RESULT OF EVALUATION BY
THE ETHICS COMMITTEE**

(Bu bölüm İstanbul Bilgi Üniversitesi İnsan Araştırmaları Etik Kurul tarafından
doldurulacaktır /This section to be completed by the Committee on Ethics in research
on Humans)

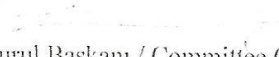
Başvuru Sahibi / Applicant: Gonca Budan

Proje Başlığı / Project Title: The Relationship of Borderline Features and Time
Perspective


Proje No. / Project Number: 2019-20024-51

1.	Herhangi bir değişikliğe gerek yoktur / There is no need for revision	XX
2.	Ret/ Application Rejected Reddin gerekçesi / Reason for Rejection	


Değerlendirme Tarihi / Date of Evaluation: 9 Nisan 2019


Kurul Başkanı / Committee Chair


Doç. Dr. İtir Erhart


Üye / Committee Member


Prof. Dr. Aslı Tunç


Üye / Committee Member

Prof. Dr. Turgut Tarhanlı


Üye / Committee Member

Prof. Dr. Hale Bolak Boratav


Üye / Committee Member

Prof. Dr. Koray Akay