

SPINNING THE SOCIAL-WEB OF JEALOUSY: A DYADIC ANALYSIS ON
ATTACHMENT AND SOCIAL MEDIA JEALOUSY

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BEYZA NUR KARLI

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**SPINNING THE SOCIAL-WEB OF JEALOUSY: A DYADIC ANALYSIS ON
ATTACHMENT AND SOCIAL MEDIA JEALOUSY**

Beyza Nur Karlı
122649002

Prof. Dr. Nilüfer Kafesciođlu
İstanbul Bilgi University

Assist. Prof. Dr. Anıl Özge Üstünel Balcı
İstanbul Bilgi University

Prof. Dr. Mehmet Harma
University of Akureyri

Date of Approval: 6/17/2025

I hereby declare that all information in this document has been obtained and presented in accordance with academic rules and ethical conduct. I also declare that, as required by these rules and conduct, I have fully cited and referenced all material and results that are not original to this work.

Name Surname: Beyza Nur Karlı

Signature:

ABSTRACT

This study examines the actor and partner effects of attachment styles on social media jealousy, and the moderation effect of attachment behaviors on this association with a Turkish sample of romantic couples. While existing literature recognizes the relationship between attachment styles and social media jealousy, the moderating role of attachment behaviors has not been previously explored. The sample of the current study included 81 Turkish couples who were recruited through social media, personal networks, and mailing lists and filled out the online surveys on Qualtrics. The data were analyzed with the Actor-Partner Interdependence Model (APIM) using MPlus Version 8.11, and Actor-Partner Interdependence Moderation Model (APIMoM) through the APIMoM Shiny app developed by David A. Kenny. Our findings showed positive actor effects of both attachment anxiety and avoidance on social media jealousy. While the positive effect of attachment anxiety was expected, the positive effect of attachment avoidance has been observed only in Turkish samples in previous research, similar to our findings. Moreover, we found a significant moderation effect of partner's attachment behaviors on the association between attachment anxiety and social media jealousy, indicating a buffering effect of partner's attachment behaviors. The clinical implications of the findings are discussed.

Keywords: Attachment Styles; Social Media Jealousy; Attachment Behaviors; Dyadic Analysis; Romantic Relationships

ÖZ

Bu araştırmanın temel amacı, Türkiye’deki romantik ilişkideki çiftlerden oluşan bir örnekleme, bağlanma stillerinin sosyal medya kıskançlığı üzerindeki aktör ve partner etkilerini ve bağlanma davranışlarının bu etkileşim üzerindeki moderasyon etkisini incelemektir. Bağlanma stilleri ile sosyal medya kıskançlığı arasındaki ilişki daha önce farklı araştırmalar tarafından gösterilmiş olsa da, bağlanma davranışlarının bu etkileşim üzerindeki moderasyon etkisi araştırılmamıştır. Çalışmanın örneklemini 81 Türk çift oluşturmuştur. Katılımcılara sosyal medya, kişisel ağlar ve e-posta listeleri aracılığıyla ulaşılmış ve veriler Qualtrics kullanılarak çevrim içi anketlerle toplanmıştır. Actor-Partner Interdependence Model (APIM) analizleri MPlus 8.11 sürümüyle, Actor-Partner Interdependence Moderation Model (APIMoM) analizleri ise David A. Kenny tarafından oluşturulan APIMoM Shiny app web sitesi üzerinden gerçekleştirilmiştir. Kaygılı ve kaçınan bağlanmanın sosyal medya kıskançlığı üzerinde pozitif aktör etkileri bulunmuştur. Kaygılı bağlanmanın pozitif etkisi beklenen bir bulgu iken, kaçınan bağlanmanın pozitif aktör etkisi önceki araştırmalarda da yalnızca Türkiye’de yapılan çalışmalarda görülmüştür. Ayrıca, partnerin bağlanma davranışlarının, kaygılı bağlanma ve sosyal medya kıskançlığı arasındaki ilişki üzerindeki moderasyon etkisi anlamlı bulunmuştur; bu da partnerin bağlanma davranışlarının sosyal medya kıskançlığı konusunda koruyucu bir etkisi olduğunu göstermektedir. Çalışmadan elde edilen sonuçlar klinik çıkarımlar ışığında tartışılmaktadır.

Anahtar Kelimeler: Bağlanma Stilleri; Sosyal Medya Kıskançlığı; Bağlanma Davranışları; İkili Analiz; Romantik İlişkiler

To hope, the only feeling that keeps me alive.

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LIST OF SYMBOLS

M :	mean
SD :	standard deviation
p :	p-value
α :	Cronbach's alpha
b :	unstandardized coefficient
SE :	standard error
t :	t-value
CI:	confidence interval
β :	standardized beta coefficient
r :	Pearson correlation coefficient

LIST OF ABBREVIATIONS

- SNS: Social Networking Sites
- BARE: The Brief Accessibility, Responsiveness, and Engagement Scale
- DFMJ: Dynamic Functional Model of Jealousy
- ECR-R: Experiences in Close Relationships-Revised
- SSMJRR: Scale of Social Media Jealousy in Romantic Relationships

INTRODUCTION

How are attachment styles connected to couples' experiences of social media jealousy? Could the way partners approach their relationship play a role in their experiences of jealousy? In the current study, those were the questions that bring the researchers to explore the specific interactions between attachment styles, attachment behaviors, and social media jealousy.

The link between attachment and jealousy has been widely explored in the literature. Specifically, social media jealousy has evolved from studies on Facebook-related jealousy (Muisse et al., 2009). The bond between attachment styles and social media jealousy has become an intriguing area of research. Many studies have consistently demonstrated a positive association between attachment anxiety and social media jealousy (Fleuriet et al., 2014; Marshall et al., 2013; Muise et al., 2013; Sullivan, 2021). This study builds on previous research on social media by the use of a social media jealousy scale that was developed in Türkiye.

The association between attachment avoidance and jealousy has shown mixed results in the literature (Hira & Bhogal, 2020; Marshall et al., 2013; Özgülük Üçok et al., 2023). In Türkiye, previous research established a positive relationship between these two factors (Özgülük Üçok et al., 2023). This study aims to contribute to the existing research by highlighting the cultural context of the association between attachment styles and social media jealousy.

To our knowledge, attachment behaviors' effects on the relationship between attachment security and social media jealousy have not been directly investigated. The current study also examines this moderating effect of attachment behaviors as seen in partners' accessibility, responsiveness, and engagement.

In sum, this study aimed to examine the actor and partner effects of attachment security on social media jealousy from a dyadic perspective, and the moderation effects of attachment behaviors on those specific associations. This introduction will be followed by a literature review article that introduces the concepts and theories used in the current

study as well as the review of previous research . The second article that follows is the research article detailing the procedures, data analyses, results, and the discussion of the results of the current study.

LITERATURE REVIEW

2.1. Attachment Theory and Attachment Behaviors

Attachment theory is used to explain a long-lasting and strong connection between people (Bowlby, 1969). According to Bowlby (1988), children develop internal working models through attachment interactions with their primary caregivers. These models include the model of self, which represents whether individuals see themselves as capable of forming secure relationships and as worthy of love, and the model of others, which reflects whether they perceive others as reliable, trustworthy, and caring. Although attachment theory originated from the study of infants and their relationships with caregivers, attachment is a major psychological concept that is also applicable to adults. Adult attachment can be defined as individuals' personal attributes in romantic relationships, encompassing their views, behaviors, and experiences, which are influenced by their early childhood relationships with caregivers (Bowlby, 1969).

Initially, attachment was categorized into three styles: secure, avoidant, and anxious (Ainsworth et al., 1978). Secure attachment refers to the belief that the attachment figure will be available in times of need. Avoidant and anxious attachment styles are categorized as insecure. Anxiously attached individuals tend to worry about their attachment figure's availability and attentiveness in times of need. They typically have a negative self-representation but a positive representation of others. Avoidantly attached individuals, on the other hand, tend to prioritize individuality and emotional distance. They have a negative representation of others but a positive self-representation (Ainsworth et al., 1978). Later, Bartholomew and Horowitz (1991) proposed a four-category model of attachment styles, adding fearful attachment, where individuals perceive both themselves and others negatively and avoid forming close relationships.

While attachment theory initially focused on early caregiving experiences, Bowlby later conceptualized attachment as part of a broader motivational and behavioral system designed to ensure safety and survival (Bowlby, 1982). This model includes multiple

interrelated systems, such as attachment, caregiving, exploration, and fear, that function dynamically depending on the context. Among these, the attachment system becomes activated in moments of perceived threat or distress and motivates individuals to seek proximity to their attachment figures for protection and emotional regulation.

Once a sense of security is regained through contact with a responsive figure, the attachment system is deactivated, allowing other systems, such as exploration or affiliation, to become active again (Cassidy, 2016). This interplay reflects the flexible and adaptive nature of attachment-related behaviors and reveals their deep motivational foundation. While attachment refers to the emotional bond between a caregiver and a child, attachment behaviors refer to the observable actions taken to maintain that bond (Ainsworth et al., 1978).

According to Bowlby (1973), accessibility, being reachable in moments of insecurity, and responsiveness, understanding and responding to the other's emotions, are key behaviors for maintaining secure attachment and are measurable. Additionally, Johnson (2008) proposed engagement, connecting with each other in comforting ways, as another measurable behavior of attachment. In adult romantic relationships, these behavioral responses manifest through actions like reaching out, offering comfort, or turning away. While attachment styles refer to relatively stable internal working models shaped by past experiences, attachment behaviors represent the observable, in-the-moment interactions between partners (Johnson, 2008; Sandberg et al., 2012).

Sandberg et al. (2012), in developing The Brief Accessibility, Responsiveness, and Engagement (BARE) Scale, demonstrated a correlation with the Adult Attachment Questionnaire. This correlation highlights a relationship between attachment styles and attachment behaviors, while also emphasizing that attachment behaviors remain distinct from attachment styles. Prior research (Cowan et al., 2009) supports this finding by showing that, for parents, people develop working models of their relationship with their partner alongside their existing models of relationships with their own parents.

Moreover, attachment behaviors are found to be essential for sustaining secure romantic relationships in adulthood, suggesting that these behaviors may influence attachment styles over time by shaping internal working models (Mikulincer & Goodman, 2006).

Although the formation of romantic attachment was initially thought to require a minimum of two years of relationship duration (Hazan & Zeifman, 1994), Heffernan (2012) demonstrated that attachment duration is positively influenced by a partner's reliability and accessibility. Establishing intimate situations with partners enhances relationship quality initially, followed by increased self-disclosure and reduced avoidance behaviors (Stanton et al., 2017).

Attachment styles and behaviors are important factors that can predict marital quality (Sandberg et al., 2015) and satisfaction (Banat et al., 2022). Sandberg et al. (2015) found that higher levels of accessibility, responsiveness, and engagement as attachment behaviors are correlated with higher marital quality. Both attachment behavior and attachment styles were correlated with marital quality. However, the model with attachment behaviors explained the variance in the marital quality with a larger percentage compared to the model with attachment styles. Novak et al. (2016) showed that partners' perceived attachment behaviors of accessibility, responsibility, and engagement (measured by BARE scale) were associated with their relationship satisfaction. They found that women's satisfaction was related to both partners' perceptions of themselves and each other, consistent with previous research (Sandberg et al., 2015), while men's satisfaction was primarily related to their perception of their partner's attachment behaviors such as showing closeness and connection. Researchers explained this difference by models that show competence and performance were important for traditional males and their partners' dissatisfaction could be perceived as negative indicators of those features.

Importantly, individuals may hold insecure attachment styles but engage in secure behaviors due to earned security or therapeutic work (Riggs, 2010). In this sense, attachment behaviors provide a more context-sensitive and changeable framework for understanding romantic dynamics compared to fixed attachment styles.

Given their interactive nature, attachment behaviors are particularly relevant in dyadic models, where both partners' behaviors jointly contribute to the relationship atmosphere. In the present study, they were examined as a moderating variable, allowing us to explore

whether partner responsiveness and engagement could mitigate the negative impact of insecure attachment on social media jealousy.

2.2. Jealousy and Attachment

As mentioned earlier in this paper, attachment styles play a significant role in shaping emotional reactions, behaviors, and relationship satisfaction in romantic relationships. The system that triggers jealousy shares similarities with the attachment system in several ways. Both systems emerge in close relationships and can be activated when there is a perceived threat to the relationship or a situation that may lead to separation (Sharpsteen, 1997).

Jealousy is triggered when individuals perceive or anticipate a threat to their interpersonal relationships and bonds. Reactions to this threat can vary depending on individuals' attachment styles (Dandurand & Lafontaine, 2014). Although jealousy may have some limited positive effects on relationships, at higher levels and when experienced repeatedly, it can lead to a decline in relationship quality, as well as contribute to depression, anxiety, and even violence (Dandurand & Lafontaine, 2014).

Jealousy, in a romantic context, is defined as “a complex of thoughts, emotions, and actions that follows loss of or threat to self-esteem and/or the existence or quality of the romantic relationship” (White & Mullen, 1989, p. 9). This means it is composed of closely linked and intertwined components. Additionally, there is no need for a real threat to trigger jealousy; even the presence of a potential rival can evoke it (White & Mullen, 1989).

The jealousy model proposed by White and Mullen (1989) is based on Kelley's and Lazarus's cognitive-transactional theory of stress (Kelley et al., 1983; Lazarus & Folkman, 1984; Lazarus & Launier, 1978, as cited in White & Mullen, 1989). This model explains jealousy as a complex of cognition, emotion, and behavior. It suggests that individuals cognitively evaluate situations, perceive potential threats that may lead to jealousy, and assess their own ability to cope with it. Emotional responses refer to the range of feelings individuals may experience when jealous, such as anger, sadness, and

shame. Behavioral responses, on the other hand, represent the actions individuals choose to take in response to jealousy, such as discussing the issue with their partner or engaging in surveillance and stalking behaviors. According to cognitive-motivational models, jealousy manifests in situations where individuals can achieve specific goals by inducing jealousy in their partners or displaying jealousy in particular contexts (Sharpsteen, 1997).

Chung and Harris (2018) argue that a core jealous state exists not only in human infants but also in non-human animals. Personal relationships and interpersonal bonds are crucial from the earliest days of life, as these relationships provide individuals with essential needs such as safety, shelter, and emotional fulfillment, including understanding and connection. In their Dynamic Functional Model of Jealousy (DFMJ), Chung and Harris (2018) propose two forms of jealousy: the core form and the elaborated form. The core form of jealousy is triggered in infants when their specific bond with a caregiver is threatened, as this poses a risk to their interpersonal relationships. This core form serves as the foundation for the elaborated form of jealousy, which arises in more complex situations. In the elaborated form, jealousy-triggering scenarios can be more varied and intricate, and they do not require physical presence. For example, knowing about an ex-partner's new relationship or the existence of a new partner's past relationship can evoke jealousy, as it may lead individuals to question their own uniqueness and indispensability.

White (1981) suggests that individuals who perceive their partner as less involved in the relationship or see themselves as inadequate for the relationship tend to experience jealousy more frequently and intensely. These characteristics align with anxious attachment styles, which have also been found to score highest in jealousy (Hazan & Shaver, 1987).

Although previous research on attachment and jealousy indicated that anxious attachment styles predict higher levels of jealousy, while secure and avoidant attachment styles predict lower levels, the outcomes of behavioral reactions may be more effective in predicting the long-term consequences of jealousy (Chung & Harris, 2018). It can be interpreted as not only attachment styles, but also attachment behaviors that can be perceived by partners are important in predicting the effects of jealousy on couples.

Research shows that individuals with secure attachment experience lower levels of jealousy, while those with avoidant and anxious attachment styles experience higher levels (Wegner et al., 2018). Additionally, individuals with anxious attachment are more likely to use jealousy as a strategy to cope with their fear of abandonment, gain their partner's attention, or even punish their partner (Wegner et al., 2018). For individuals with a fearful attachment style, using behaviors that trigger jealousy as a strategic tool is discussed as a way to punish partners when their intimacy needs are not met (Wegner et al., 2018).

Jealousy induction or evoking situations can also vary depending on one's attachment style. Jealousy induction refers to situations where one partner intentionally tries to elicit romantic jealousy in the other, often to gain attention or fulfill a specific need (Pytlak et al., 2015; Wegner et al., 2018). Attachment does not only impact the process of how people are affected by jealousy as an emotion, but it also impacts how people use jealousy as a tool in their romantic relationships. Regarding the relationship between avoidant attachment and jealousy, findings are mixed. While some studies found a negative correlation between avoidant attachment and jealousy (Chung & Harris, 2018), there are also studies indicating a positive correlation (Wegner et al., 2018). However, some studies show a positive correlation between avoidant attachment and jealousy-triggering behaviors (e.g., Goodboy & Bolkan, 2011). These behaviors can lead to conflict in relationships and negatively affect them in the long term (Wegner et al., 2018).

2.2.1. Social Media Jealousy

A social network is defined as “an online service or site through which people create and maintain interpersonal relationships” (Merriam-Webster, n.d., Definition 2). According to January 2025 data provided by Kepios, there are 5.24 billion social media users worldwide. Although the statistics may not be entirely accurate due to multiple accounts held by the same individuals and the restriction policies of websites, it does not change the fact that people collectively spend 12 billion hours a day on social networks (Kepios, 2025). Social Networking Sites (SNSs) play a significant role in our lives for various reasons. Research shows that personal reasons for using SNSs include their positive

effects on self-esteem and well-being (Tandon, 2021). Additionally, maintaining existing relationships and forming new connections are key motivations for people to use SNSs in their daily lives (Tandon, 2021). Statistics indicate that the most common reason for using SNSs across all age groups is to stay connected with friends and family (Kepios, 2025). The first significant study on social media jealousy was conducted on Facebook jealousy (Muisse et al., 2009), while other social media platforms have also become a focus of interest due to their increasing usage (Utz & Beukeboom, 2011).

Due to the structure of Facebook (especially in its early days), it allows people to reconnect with individuals from previous stages of their lives or those they would not typically communicate with on a daily basis. Alongside family and friends, previous romantic or sexual partners and interests are also accessible through social networking sites. In their work, Sheets et al. (1997) categorized jealousy-evoking situations into four definitive categories: the partner showing interest in someone else (e.g., flirting with someone in their presence), someone else showing interest in the partner (e.g., the partner mentioning that someone asked them out), situations referring to previous relationships (e.g., talking about seeing an ex), and ambiguous situations (e.g., not answering the phone in the partner's presence). Facebook, as a SNS, creates a platform for especially the first and fourth categories (Muisse et al., 2009). SNSs have redefined traditional notions of public and private by enabling people to gather more information about each other, such as friend lists or written communication instances, which they might not have known without these platforms.

Knowing that their partner is accessible through SNSs (such as Facebook) to others, some of whom may be strangers to both partners, can increase feelings of jealousy and suspicion (Muisse et al., 2009). Additionally, SNSs may contribute to the shift from in-person surveillance behaviors to online surveillance due to the aforementioned means of social connection (Tokunaga, 2011). Weakened relationship satisfaction and low commitment have also been shown to be associated with partner surveillance and jealousy-evoking behaviors (Goodboy, 2010).

Regarding social media jealousy and partner surveillance, intimate partner violence via social media is a topic that must be addressed to fully understand couple relationships.

Increased Facebook usage has been found to correlate with increased Facebook jealousy. Beyond that, higher levels of Facebook jealousy have been shown to increase partners' intimate partner violence perpetration, highlighting the dyadic nature of these concepts (Daspe et al., 2018).

While jealousy has long been an area of interest in psychological literature, including its ties with attachment theory, the rise of SNSs has introduced new dynamics that distinguish social media jealousy from its traditional forms. Unlike general jealousy, social media jealousy involves constant access to a partner's online interactions, ambiguous relational cues such as likes or comments, and the permanent accessibility of past content (Muise et al., 2009; Tokunaga, 2011; Elphinston & Noller, 2011). These features create an environment that facilitates increased surveillance behaviors, emotional rumination, and attempts to control or monitor one's partner digitally (Marshall et al., 2013). Given its widespread presence in daily life and its strong links to insecure attachment and conflictual relational patterns, social media jealousy can be defined as a distinct and timely phenomenon that calls for further empirical attention. While traditional jealousy has been widely studied, examining its social media-specific form allows researchers to capture new emotional and behavioral patterns that have emerged with digital intimacy, contributing to both theoretical development and practical intervention.

2.2.2. Social Media Jealousy and Attachment

Previous research highlights the association between jealousy and attachment styles. For example, Miller et al. (2014) found that individuals with anxious/preoccupied or fearful attachment styles experience negative emotions such as upset, embarrassment, and envy as predictors of jealousy when exposed to scenarios involving intimate digital photos of their partner with a friend. However, focusing on the specific context of SNSs is becoming increasingly important since these platforms provide individuals with a space to obtain and maintain close relationships (Rus & Tiemensma, 2017).

Studies focusing on SNSs and jealousy showed similar results with findings showing a relationship between insecure attachment and jealousy. For example, Fleuriet et al. (2014) found that more anxiously attached individuals tend to experience negative emotions related to Facebook jealousy more intensely, which may be connected to their negative self-representation. Meanwhile, there was a weaker correlation between avoidant attachment and jealousy, likely because they are less motivated to maintain their romantic relationships.

Overall, studies indicate that, consistent with past studies on jealousy, Facebook jealousy is also positively correlated with attachment anxiety (Sullivan, 2021). However, the results were contradictory when examining the subscales of jealousy. Anxious attachment was primarily correlated with cognitive and behavioral jealousy rather than emotional jealousy. Concerns about misunderstandings and apprehension regarding online communication were found to moderate the relationship between attachment anxiety and emotional jealousy.

The existing literature investigating social media jealousy and adult attachment also focuses on online dating abuse, such as monitoring partners over social media and restricting their online behavior. Marshall et al. (2013), in one of the most cited articles on SNSs and attachment, demonstrated that attachment styles influence partner surveillance on Facebook. Specifically, individuals with an anxious attachment style are more likely to check their partner's SNS accounts and experience higher levels of jealousy, while those with an avoidant attachment style engage in these behaviors less frequently and often avoid checking their partners' pages altogether (Marshall et al., 2013). Muise et al. (2013), building on Marshall et al. (2013)'s findings, confirmed that attachment anxiety is linked to jealousy. They also found that, specifically for women, anxious attachment is associated with online partner surveillance on Facebook.

Furthermore, consistent with previous research, Hira and Bhogal (2020) found that anxious attachment predicts higher levels of Facebook jealousy, while trust is negatively correlated with jealousy. They also found that avoidant attachment negatively predicts jealousy, a finding that contrasts with Marshall et al. (2013)'s results.

2.3. Dyadic Studies on Social Media Jealousy

Viewing relationships through a systemic lens highlights the importance of understanding the system as a whole. Studies with a dyadic approach aligns with this perspective by emphasizing the interdependence within close relationships and offering multiple angles to interpret the same dynamic. Additionally, these approaches provide practitioners with valuable insights into working with close relationships in therapeutic settings (Wittenborn, 2012).

Dyadic analysis offers researchers a framework to explore actor-partner effects and address specific relational issues. For example, dyadic research in adult attachment shows partner effects. Partners of insecurely attached individuals report lower levels of relationship satisfaction (Feeney, 2002; Molero, 2010).

In the specific context of social media jealousy and attachment, dyadic quantitative research remains relatively uncommon. Scales such as the Facebook Jealousy Scale (Muisse et al., 2009) and the Online Jealousy Scale (Sullivan, 2015) were developed using individual-level data rather than dyadic data, which could provide more nuanced insights into actor-partner effects related to jealousy.

In this same area of social media jealousy and attachment, Marshall et al. (201) stand out for their use of a dyadic sample. They showed that partner's global intimacy and commitment was negatively correlated to one's own Facebook jealousy and surveillance (actor effect). Muise et al. (2013) employed dyadic data but focused exclusively on anxious attachment. They indicated the need for investigating how communication of feelings is interacting with relationship quality in the specific field of SNS as a future research topic.

Considering jealousy as a relational and co-constructed emotional process rather than a solely intrapsychic phenomenon necessitates the use of dyadic models like the Actor-Partner Interdependence Model (APIM). APIM enables researchers to examine how an individual's characteristics (e.g., attachment anxiety) influence their own responses (actor effects), as well as how their partner's characteristics (e.g., avoidant attachment or lack of responsiveness) contribute to their experience (partner effects) (Kenny et al., 2006).

This is particularly relevant in the context of social media jealousy, where feelings of insecurity or mistrust are often shaped by both partners' behaviors and online habits (Elphinston & Noller, 2011; Marshall et al., 2013). Without a dyadic framework, studies risk overlooking these interdependencies and may misattribute relational dynamics to individual traits alone. APIM also aligns with systemic and interactional theories of couples, supporting a more ecologically valid understanding of romantic processes (Cook & Kenny, 2005; Campbell & Stanton, 2014).

2.4. Social Media Jealousy in the Turkish Context

Investigating psychological concepts within cultural frameworks is essential, given the significant impact that culture and contemporary contexts can have on the human mind and emotions. This section of the paper is dedicated to explaining the previously discussed concepts in the context of Türkiye, highlighting pivotal or current research.

The meaning of jealousy and its relationship with attachment may vary across cultures. Güçlü et al. (2017) explored the relationship between jealousy and attachment from various angles and examined whether gender plays a role in these dynamics with a Turkish sample. They found that anxious attachment is weakly associated with jealousy at cognitive, emotional, and behavioral levels. Additionally, they discovered that secure attachment is linked to positive outcomes of jealousy such as understanding the information in an integrative way and turning jealousy into an adaptive response that enhances commitment in relationships, while insecure attachment styles do not show such outcomes. Regarding gender differences, the researchers did not find significant variations in the intensity of jealousy. They attributed these results to intercultural variations. However, women show higher reaction rates in emotional and cognitive jealousy. In this study, the majority of female participants were housewives. It was suggested that due to the power imbalance women might have shown behavioral jealousy in higher intensity. Since all participants were married couples, the study also examined factors such as how their marriages were arranged (arranged marriage or love marriage), their living conditions (e.g., living with extended family), age, whether they had children, and their use of contraception. No correlation was found between jealousy, attachment, and these

factors. The only significant correlation was between the duration of marriage and reasons for jealousy; the length of marriage was also associated with how partners responded to and managed jealousy.

Although the findings generally align with the international research, Curun and Çapkın's (2014) research on jealousy predictors among married participants in Türkiye showed that avoidance is a predictor of cognitive jealousy in male participants. Cognitive jealousy refers to cognitive evaluation and perception of potential threats that can trigger jealousy and one's own ability to cope with it. However, they did not find an association between anxious/avoidant attachment and jealousy in female participants. The researchers speculated that married individuals might feel less threatened in their relationships, explaining why avoidance, rather than anxious behavior, was linked to jealousy. These results are consistent with Güçlü et al. (2017), suggesting that jealousy is negatively correlated with the duration of marriage. Several explanations were proposed for these findings: one perspective links them to aging, declining physical attractiveness, and hormonal changes, while another emphasizes the growth of long-term relationships and increasing trust between partners over time. For male participants, the results were explained through gender roles, suggesting that avoidant individuals might suppress emotional and behavioral jealousy. However, not experiencing jealousy contradicts traditional gender roles in the Turkish context, which may explain why they experience jealousy at a cognitive level.

The impact of social media on daily life and its effects on close relationships, particularly in romantic contexts, has been discussed in previous sections of this paper. In Türkiye, according to TÜİK (2023), the internet accessibility rate is 95.5%, while internet usage rates are 87.1%. Given these statistics, it is understandable that social media and romantic relationships have become an area of interest. However, to our knowledge, while this topic is popular in unpublished graduate theses, there is a lack of published, reliable articles compared to the global literature.

Some of this research also focuses on social media and attachment. Studies show an indirect influence of insecure attachment styles on social media addiction through self-esteem (Demircioglu & Kose, 2020). Given the connection between romantic jealousy

and self-esteem (White & Mullen, 1989), this research suggests a need for closer examination of the relationship between social media usage, attachment styles, and jealousy.

Furthermore, despite the growing number of SNS users, the literature on social media jealousy and attachment in Türkiye remains limited. Although there are theses written on the interaction between adult attachment and daily technology use, such as SNSs and phubbing, there is a lack of published work in this area.

When comparing Turkish research with international literature on SNSs and jealousy, the findings generally align with global trends (Özgülük Üçok et al., 2023; Toplu-Dermirtaş et al., 2020). However, there are also differences that may be attributed to cultural factors and require further exploration (Özgülük Üçok et al., 2023). As the existing international literature demonstrates, there is a positive correlation between attachment anxiety and jealousy (Wegner et al., 2018). Studies in Türkiye also show that anxious attachment styles are positively correlated with jealousy, suspicion of partner infidelity, and dyadic distrust, consistent with previous research on jealousy and attachment (Toplu-Demirtaş et al., 2020). Additionally, individuals with attachment anxiety were found to suspect jealousy and infidelity in their partners more frequently and to use jealousy as a tool (Toplu-Demirtaş et al., 2020), which can be seen as a behavioral manifestation of jealousy.

Özgülük Üçok et al. (2023) found a significant positive correlation between Facebook jealousy and attachment styles. While the relationship between jealousy and anxious attachment is supported by international literature, the positive correlation between avoidant attachment and jealousy is not. This finding is thought to be connected to Türkiye's collectivist culture, though it is not yet supported by the current literature (Özgülük Üçok et al., 2023).

2.5. Summary

Attachment is one of the central theories explaining human connections. The literature on attachment is vast and highly applicable in practice. Attachment styles and behaviors are

significant predictors of relationship satisfaction and quality in couples (Banat et al., 2022; Novak et al., 2016; Sandberg et al., 2015).

Moreover, how attachment as a concept interacts with technological innovations is an increasingly relevant area of interest, given the exponential growth of such innovations and their integration into daily human life. Social media, in particular, serves as a platform where people connect with each other or stay connected to their close ones.

Jealousy, on the other hand, is another concept deeply intertwined with intimate relationships. In the contemporary context, where communication primarily occurs on social media platforms, these platforms enable individuals to reconnect with people they previously knew or to form connections with individuals they might not have had the chance to interact with in another context (Muisse et al., 2009).

Previous studies have shown that secure attachment is negatively correlated with jealousy (Wegner et al., 2018) and can help individuals improve their relationships through their reactions when experiencing jealousy.

Further research is necessary to understand the connection between social media jealousy and attachment, and how this understanding can be applied in couples or individual therapy. This would help address jealousy-driven conflicts and, more importantly, comprehend and prevent partner monitoring and intimate partner violence.

Given that attachment theory and jealousy are used to understand intimate human relationships, and social media is a tool for forming and maintaining these relationships, the present study aims to enhance our understanding of the relationships between attachment styles, behaviors, and jealousy in the context of SNSs. Our study utilizes dyadic data and a sample from Türkiye.

Our primary aim is to determine whether individuals with higher attachment anxiety report greater social media jealousy, replicating findings from previous research (Özgülük Üçok et al., 2023; Toplu-Dermirtaş et al., 2020).

Additionally, we propose an exploratory hypothesis: individuals whose partners exhibit attachment avoidance may report greater social media jealousy. Due to the limited

number of studies using dyadic data, this hypothesis regarding partner effects is exploratory in nature.

Finally, we expect that the relationship between attachment security and social media jealousy will be moderated by the partner's attachment behaviors. Specifically, when partners demonstrate higher levels of acceptance, responsiveness, and engagement, these behaviors are expected to act as a buffer against social media jealousy.

RESEARCH ARTICLE

3.1. Introduction

Considering that attachment styles and behaviors have vast significance in romantic relationships (Banat et al., 2022; Novak et al., 2016; Sandberg et al., 2015), jealousy is deeply connected with the attachment system, as it is triggered when the attachment relationship encounters with a threat (Sharpsteen, 1997). Previous research shows that attachment security is negatively correlated with jealousy and can also function as a protective factor in cases of jealousy and improve romantic relationships (Wegner et al., 2018).

While attachment and jealousy are important in intimate relationships, SNSs are becoming increasingly important in forming and maintaining relationships; therefore, how those concepts interact with each other is an important area of study. Research indicates that Facebook jealousy and social media jealousy are positively correlated with attachment anxiety (Fleuriet et al., 2014; Marshall et al., 2013; Muise et al., 2013; Sullivan, 2021) while attachment avoidance is negatively correlated with jealousy (Hira & Bhogal, 2020; Marshall et al., 2013). Studies with samples from Türkiye also shows positive correlation between anxious attachment and jealousy (Özgülük Üçok et al., 2023; Toplu-Demirtaş et al., 2020). However, Özgülük Üçok et al. (2023) also found a positive correlation between avoidant attachment and social media jealousy, which differs from studies with samples from other countries. They explained this difference by the collectivist culture in Türkiye and the importance of belonging and preservation of the relationship in this culture.

Reviewing previous research in these areas, a gap exists in the literature regarding social media jealousy and attachment in the context of Türkiye, as well as how couples' attachment styles and behaviors interact with each other. The aim of this research is to examine the association between attachment and social media jealousy within couples' relationships and the possible moderating role of attachment behaviors.

This study proposes three hypotheses. First, couple members with higher attachment anxiety are expected to report greater social media jealousy. Second, an exploratory hypothesis suggests that individuals with partners who have attachment avoidance may report greater social media jealousy. Lastly, the relationship between attachment security and social media jealousy is expected to be moderated by the partner's attachment behaviors, such that when partners exhibit greater acceptance, responsiveness, and engagement, these factors will buffer against social media jealousy.

3.2. Method

3.2.1. Procedure

Following the approval of the Ethics Committee, participants were recruited via snowball sampling by the primary investigator. To recruit participants, the primary investigator posted the study flyer in email groups such as PsikoAlan and Bilgi Camia, and Facebook groups such as Boğaziçi Buddy. The flyer also sent to the primary investigator's personal circle via personal messages and social media platforms (Instagram, Facebook, Twitter/X).

In data collection each partner was provided with an online survey link over Qualtrics. The partners were asked to complete the surveys independently. The survey link was attached to social media posts, personal messages in a way that participants can directly reach without further communication; for Instagram, the link was also attached to researcher's Instagram page and story highlights. The surveys started with the informed consent form (Appendix B) and continued with the sociodemographic form. To be able to match partners data with each other dyadically while protecting the participants' anonymity, couples were asked to choose a pseudonym for themselves (e.g., Papatya123), and both partners were asked to enter the same pseudonym on their individual survey forms.

3.2.2. Participants

The sample size was calculated before data collection using *APIMpower*, a website designed for conducting power analyses for the Actor-Partner Interdependence Model (APIM) based on the desired power and effect size (Ackerman & Kenny, 2016). Based on this analysis, the target sample size was set at 159 couples.

The questionnaire was distributed to participants via the researcher's personal network, university mailing lists, psychology networks, and social media, accompanied by a flyer explaining the inclusion criteria. To be eligible for the study, both partners had to participate, each partner had to be over 18 years old, and the couple needed to have been together for at least 12 months.

A total of 225 individuals completed the questionnaires. However, after excluding responses where pseudonyms did not match between partners or relationship length information was missing, the final sample consisted of 162 individuals (81 couples). Participants' ages ranged between 18 to 58 years ($M = 28.96$, $SD = 7.32$). In terms of gender distribution, 78 participants were identified as male, 78 participants were identified as female, 5 participants were identified as non-binary, and 1 participant's gender was not specified. Their relationship durations varied between 12 and 360 months ($M = 55.31$, $SD = 60.26$).

Among the participants, 25 couples (30.9%) were married, while 56 (69.1%) were in long-term relationships without marriage. In terms of living arrangement, 43 couples (53.1%) were living together while 38 couples (46.9%) were living in separate houses accommodations. While 11 couples (13.6%) had children, 70 couples (86.4%) did not have children. From all participants, 133 participants identified as heterosexual (82.1%), 17 participants identified as bisexual (10.5%), 8 participants identified as lesbian (4.9%), 3 participants identified as gay (1.9%), and one participant identified as asexual (0.6).

Among all participants, 32 (19.8%) participants highest education level was high school, 98 (60.5%) participants had bachelor's degree, 30 (18.5%) participants had master's degree, 2 (1.2%) participants had doctorate degree. Half of the participants (81 participant, 50%) were working full-time, 28 participants (17.3%) were working half-

time, and 53 participants (32.7%) were not working. More than half of the participants (110 participant, 67.9%) identified their income level as middle, 40 participants (24.7%) identified as low income, and 12 participants (7.4%) identified as high income.

Most participants lived in İstanbul (88 participants, 54.3%), 66 participants lived in various cities in Türkiye (Adana, Ankara, Antalya, Balıkesir, Bursa, Çanakkale, Denizli, Düzce, Edirne, Eskişehir, Hatay, İzmir, Kocaeli, Kütahya, Malatya, Mersin, Muğla, Nevşehir, Osmaniye, and Tekirdağ), and 8 participants lived abroad (Gothenburg, Herrenberg, Munich, Münster, Skopje, Trento).

The distribution of social networking sites was as follows: the most used social media platform is Instagram, which is used by 148 participants (91.4%), followed by YouTube with 123 participants (75.9%), and Twitter/X with 89 participants (54.9%). Moreover, Facebook is used by 23 participants (14.2%), LinkedIn is used by 48 participants (29.6%), Pinterest is used by 26 participants (16%), TikTok is used by 34 participants (21%), Snapchat is used by 15 participants (9.3%). 16 participants indicated that they also use different social networking sites (AO3, Bluesky, Reddit, Tumblr, WhatsApp).

3.2.3. Measures

Demographic Information Form (Appendix C), Experiences in Close Relationships-Revised (ECR-R) (Appendix D), The Brief Accessibility, Responsiveness, and Engagement Scale (BARE) (Appendix E), and Scale of Social Media Jealousy in Romantic Relationships (SSMJRR) (Appendix F) were administered in this order.

3.2.3.1. Demographic Information Form

The socio-demographic form has questions on age, sex, education, employment status, occupation, sexual orientation, marital status, relationship length, cohabitation status, if they have children or not, location, income, and questions about their social media use. At the end of the demographic form, there are also questions on their psychiatric

background and trauma history to use this data for descriptive and reporting purposes since this data may provide context for the study findings.

3.2.3.2. Experiences in Close Relationships-Revised (ECR-R)

ECR-R is a 36-item self-report questionnaire developed by Fraley et al. (as cited in Selçuk et al., 2005) and adapted to Turkish by Selçuk et al. (2005). This scale measures attachment styles in adults. Statements are rated on a 7-point Likert scale from 1 (“Completely Disagree”) to 7 (“Completely Agree”). The scale has two sub-scales measuring attachment anxiety (people’s concern about their partner’s availability and attentiveness to their needs) and attachment avoidance (focusing on maintaining their individuality, keeping an emotional distance and not trusting their partners easily) in romantic relationships. Both of the original scales’ Cronbach alpha reliabilities found to be .81 in the simulations. Internal consistency of anxious and avoidant subscales was found to be .90 and .86 (Selçuk et al., 2005). Construct validity was confirmed with factor analysis, conforming the two-factor structure of the questionnaire (Selçuk et al., 2005). Anxious subscale’s negative relationship with self-esteem and relationship satisfaction and positive relationship with concern about disapproval, separation anxiety, and the tendency to please others; and avoidant subscale’s negative relationship self-esteem and relationship satisfaction, and positive relationship with preference for solitude confirms the scale’s convergent validity. In the current study, the Cronbach’s alpha reliability coefficients for internal consistency of anxious and avoidant subscales were both found to be .86. In this study, the mean scores for both subscales were used to represent attachment avoidance and attachment anxiety.

3.2.3.3. The Brief Accessibility, Responsiveness, and Engagement Scale (BARE)

BARE is a 12-item self-report questionnaire developed by Sandberg et al. in 2012 and adapted to Turkish by Zeytinoğlu-Saydam et al. (2020). This scale measures individuals’ and their partners’ attachment behaviors over self and partner subscales with questions on accessibility (being emotionally accessible even in insecure moments), responsiveness

(accepting each other's emotions and being emotionally in sync), and engagement (seeking and being available for each other when in need for comfort and reassurance). Statements are rated on a 5-point Likert scale from 1 (Never) to 5 (Always). The BARE scale's Cronbach's alpha scores ranged between 0.66 and 0.85, and test-retest scores ranged between .60 and .75 for the community sample (Sandberg et al., 2012). Internal reliability for self, partner subscales and the whole scale were .76 and .86, and .89 (Zeytinoğlu-Saydam et al., 2020). Exploratory factor analysis results indicated a two-factor structure as self and partner subscales. In this study, the Cronbach's coefficient alpha for the whole scale, self scale and partner subscales were found to be .88, .78, and .82. In line with the research questions, the mean score of the self subscale, calculated by averaging six items in which individuals rated themselves on accessibility, responsiveness, and engagement—, as used to represent attachment behaviors in the current analysis.

3.2.3.4. Scale of Social Media Jealousy in Romantic Relationships (SSMJRR)

SSMJRR is a 21-item self-report questionnaire developed by Aydın and Uzun (2021). This scale measures social media jealousy in romantic relationships. Statements are rated on a 5-point Likert scale, from 1 (Completely true of me) to 5 (Completely untrue of me). SSMJRR has three sub-scales: Restrictive and Controlling Attitude sub-scale measures individuals restrictive and controlling behavior towards their partners such as creating a joint social media account with their partner or monitoring their partner over their Facebook accounts. Skeptical and Observant Attitude sub-scale measures individuals skeptical and observing behaviors such as being disturbed by their partners' social followers. Respect and Trust in Social Media sub-scale measures individuals attitude towards their partners regarding respect and trust such as not getting disturbed when their partner shares a photo with someone they know from opposite sex. The internal consistence was reported as .92 for the whole scale, .88 for Restrictive and Controlling Attitude, .88 for Skeptical and Observant Attitude, and .88 for Respect and Trust in Social Media (Aydın & Uzun, 2021). In current study, Cronbach's alpha coefficient results were found to be .88 for whole scale, .71 for Restrictive and Controlling Attitude, .83 for

Skeptical and Observant Attitude, and .87 for Respect and Trust in Social Media. In the current study, the mean score of the whole scale was used in the data analysis in line with the research questions.

3.2.4. Data Analysis

The hypotheses of the study were analyzed using the actor-partner interdependence model (APIM). APIM is a statistical model widely used with dyadic data such as from romantic couples. It aims to analyze how participant's variables affect their own results (actor effects) and their partner's results (partner effects) at the same time while taking the interdependence of the data into account (Kenny et al., 2006). To test the actor and partner effects of attachment anxiety/avoidance on social media jealousy for hypotheses 1 and 2 simple APIMs with indistinguishable dyads were conducted in MPlus Version 8.11. "Indistinguishable dyads" are dyads in which the two members cannot be statistically differentiated based on a specific characteristic, such as homosexual couples or pairs of friends. In contrast, "distinguishable dyads" involve partners who can be clearly distinguished from one another based on a variable like gender or role, such as in heterosexual couples or parent-child pairs. In indistinguishable dyads, the model assumes that actor and partner effects are equal for both members.

To test the moderation effects suggested in hypothesis 3, an APIMoM analysis was conducted using Kenny's website (which operates using structural equation modeling) with partner's attachment behaviors (accessibility, responsiveness, and engagement) as moderators. For the descriptive analysis IBM SPSS Statistics (Version 30), for simple APIMs MPlus Version 8.11 and Kenny's APIMoM software was used for the dyadic moderation analyses. Before data analysis, the data were cleaned by excluding non-matching participants and questionnaires without enough responses.

To assess for outliers, z scores of the variables were calculated. Only BARE scale's Z scores for two participants and SSMJRR's Z score for one participant exceed the value of 3.29. There were five outliers. Furthermore, skewness and kurtosis statistics were calculated via SPSS's descriptive analysis feature. Skewness and kurtosis values for all

variables were between ± 1.0 , regarded as excellent, except accessibility, responsiveness, and engagement and restrictive and controlling attitude. For self accessibility, responsiveness, and engagement, the skewness statistics was -1.11. Even though not considered as perfect, skewness and kurtosis values fell between ± 2.0 and are considered acceptable. Values over ± 2.0 considered as leptokurtic, suggesting that most participants grouped in a specific interval. Table 3.1 represents the descriptive statistics for variables.

Table 3.1. Descriptive Statistics for Variables

Variable	Range	Min-Max	<i>M</i>	<i>SD</i>	Skewness	Kurtosis	Cronbach's Alpha (α)
Attachment Anxiety	4.50	1.33-5.83	3.27	.96	.22	-.57	.86
Attachment Avoidance	3.61	1.00-4.61	2.15	.74	.69	.29	.86
Social Media Jealousy	2.86	1.00-3.86	5.15	.61	.46	-.29	.88
Self Accessibility, Responsiveness, and Engagement	2.00	3.00-5.00	4.50	.45	-1.11	.94	.78

3.3. Results

3.3.1. Correlation Analysis

Table 3.2 presents the results of Pearson bivariate correlations between our main variables (attachment anxiety, attachment avoidance, and social media jealousy), moderating variables (self accessibility, responsiveness, and engagement representing attachment behaviors) and continuous demographic variables such as participant age, relationship length, time spent on social networking sites. Attachment anxiety positively correlated with social media jealousy ($r = .290, p < .01$) and negatively correlated with self

accessibility, responsiveness, and engagement ($r = -.237, p < .01$). Attachment avoidance positively correlated with social media jealousy ($r = .194, p < .05$), and negatively correlated with self accessibility, responsiveness, and engagement ($r = -.645, p < .01$). Self accessibility, responsiveness, and engagement was found negatively correlated with age ($r = -.392, p < .01$) and relationship length ($r = -.464, p < .01$). Age was found positively correlated with relationship length ($r = -.613, p < .01$).

Table 3.2. Correlations of Variables and Demographics

Variable	1	2	3	4	5	6	7
1. Attachment Anxiety	-						
2. Attachment Avoidance	.425**	-					
3. Social Media Jealousy	.290**	.194*	-				
4. Self Accessibility, Responsiveness, and Engagement	-.237**	-.645**	-.148	-			
5. Age	.044	.150	.046	-.392**	-		
6. Relationship Length	.152	.239**	.127	-.464**	.613**	-	
7. Time Spent on Social Networking Sites	.032	.002	.053	.103	-.001	-.024	-

* $p < .05$. ** $p < .01$.

3.3.2. APIM

APIM analysis using structural equation modelling for indistinguishable dyads was conducted using MPlus Version 8.11. Due to the fact that this study's sample was formed by indistinguishable dyads, to ensure symmetry and consistency in the model, equality constraints on corresponding actor and partner paths across dyad members were used

(Kenny et al., 2006; Ledermann et al., 2011). The unstandardized direct effect estimates, standard errors, t values, and p values for the APIM for attachment behaviors and social media jealousy was presented in Table 3.3.

Consistent with the first hypothesis, the actor effect of participant’s own attachment anxiety on their own social media jealousy was found significant ($b = .188, \beta = .048, t = 3.947, p = .000$), stating a positive association between attachment anxiety and social media jealousy. Even though it was not among our hypotheses we also examined the partner effect between these two variables and there were no significant partner effects ($b = .046, \beta = .048, t = 0.967, p = .334$).

For our second hypothesis, the partner effect of attachment avoidance on social media jealousy was not significant ($b = -.025, \beta = .063, t = -0.392, p = 0.695$), stating that there was no partner effect. Even though it was not included among our hypotheses, we also examined the actor effects between these two variables. Unexpectedly, the actor effect of participant’s own attachment avoidance on their own social media jealousy was also significant ($b = .171, \beta = .062, t = 2.731, p = 0.006$).

Table 3.3. APIM

	Estimate	S.E.	Est./S.E.	<i>p</i>
Attachment anxiety on social media jealousy				
Actor effects	0.188	0.048	3.947	0.000
Partner effects	0.046	0.048	0.967	0.334
Attachment avoidance on social media jealousy				
Actor effects	0.171	0.062	2.731	0.006
Partner effects	-0.025	0.063	-0.392	0.695

3.3.3. APIMoM

The APIMoM analysis using structural equation modelling for indistinguishable dyads was conducted in Kenny's web-based program which uses the statistical program lavaan (Kenny et al., 2006). Two APIMoM analyses were conducted to examine if partner's attachment behaviors (partner's self-reported total accessibility, responsiveness, and engagement score) moderated the relationship between attachment security (attachment anxiety and attachment avoidance) and social media jealousy. For the analysis, the variables were mean-centered by subtracting their mean from all values for the moderation analysis to better interpret the main effects (e.g., for attachment anxiety, attachment avoidance, and partner's self-reported attachment behaviors).

The unstandardized direct effect estimates, p values, confidence limits, and standardized estimates for the APIMoM with attachment behaviors as moderator is presented in Table 3.4. The moderation effect is also presented in a graph in Figure 3.1. Even though the variables were centered for the analysis, the statistical program uses the uncentered attachment anxiety variable for the figures, showing the raw scores.

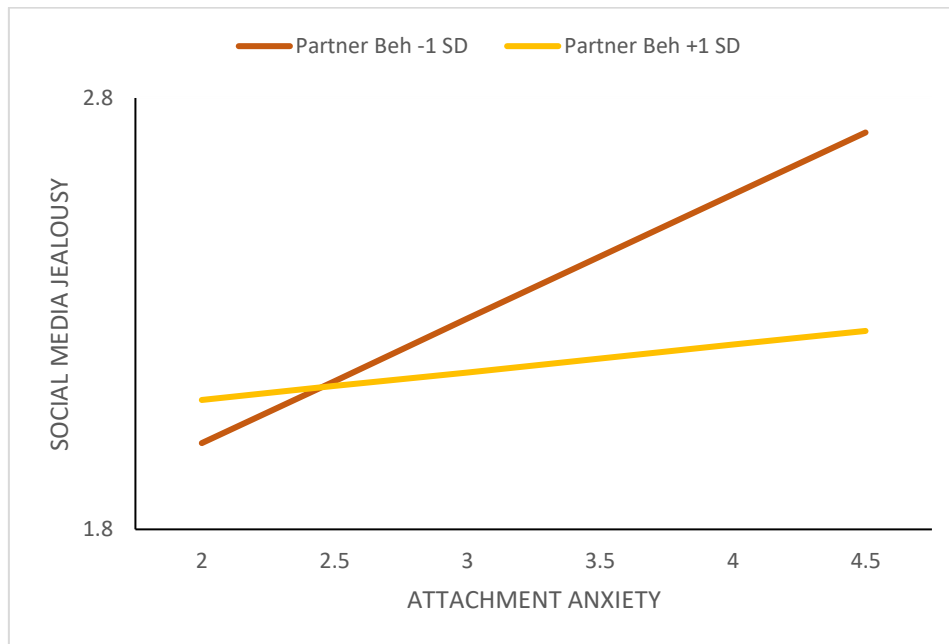
The results of the first APIMoM analysis focusing on the role of partner's attachment behaviors (accessibility, responsiveness, and engagement) as a moderator between individual's own attachment anxiety and social media jealousy, showed a significant actor-partner interaction, $b = -.248$, $p = .022$, 95% CI [-.46, -.04]. This finding suggested that the actor effect of attachment anxiety on social media jealousy was moderated by partner's attachment behaviors. The actor effect of attachment anxiety on social media jealousy, when the partner's attachment behavior was one standard deviation below the mean was .29 ($p < .001$) and for one standard deviation above the mean was .06 ($p = .371$). So, when the partners reported low levels of attachment behaviors, the individual's attachment anxiety had a significant positive effect on their own social media jealousy, boosting this association. On the other hand, as the partners reported high levels of attachment behaviors, individuals' own attachment anxiety's effect became weaker on social media jealousy, however this effect was not statistically significant.

The results of the second APIMoM focusing on the role of partner attachment behaviors as a moderator between attachment avoidance and social media jealousy. There was only a marginally significant actor-partner interaction found, $b = -.304$, $p = .089$, 95% CI [-0.66, .05] which suggested that the relationship between attachment avoidance and social media jealousy was not moderated by partner's attachment behaviors.

Table 3.4. APIMoM with Attachment Behaviors as Moderator

	Estimate	<i>p</i>	95% CI	S.E.
Interaction of attachment anxiety and attachment behaviors				
Actor-Actor	0.048	.667	-0.171, 0.268	0.034
Actor-Partner	-0.248	.022	-0.460, -0.036	-0.175
Partner-Actor	0.176	.104	-0.036, 0.388	0.124
Partner-Partner	-0.122	.277	-0.341, 0.098	-0.086
Interaction of attachment avoidance and attachment behaviors				
Actor-Actor	0.003	.985	-0.289, 0.295	0.002
Actor-Partner	-0.304	.089	-0.655, 0.046	-0.166
Partner-Actor	0.233	.192	-0.118, 0.584	0.137
Partner-Partner	-0.111	.457	-0.402, 0.181	-0.060

Figure 3.1. The Effect of Attachment Anxiety at Different Moderator Values



3.4. Discussion

This study investigated the effects of attachment styles on social media jealousy among romantic couples in Türkiye, as well as how attachment behaviors moderated this relationship. Three main hypotheses of the study were as follows: 1) Couple members who scored higher in attachment anxiety were expected to report greater social media jealousy. 2) Couple members who had partners with higher attachment avoidance would report greater social media jealousy. 3) The relationship between attachment security and social media jealousy was expected to be moderated by the partner's attachment behaviors (accessibility, responsiveness, and engagement). These hypotheses were tested with dyadic matched data from couples and with dyadic analyses methods.

For the first hypothesis, a basic APIM was conducted using data from dyad members. The results showed a significant positive relationship between an individual's own attachment anxiety and their social media jealousy, confirming the hypothesis. Additionally, there was an unexpected significant positive relationship between an individual's attachment avoidance and their social media jealousy. While this finding was

not expected based on previous international research, it is supported by studies conducted in Türkiye.

For the second hypothesis, partner effects of the simple APIMs were examined. There was no significant relationship between partners' attachment avoidance and individuals' own attachment behaviors. This hypothesis was not confirmed by the results.

For the third hypothesis, we examined the moderating effects of partner's attachment behaviors using the APIMoM analysis. A significant moderation effect for the partners' attachment behaviors as reported by the partners themselves, on the relationship between individuals' attachment anxiety and social media jealousy was found. Specifically, the influence of individuals' attachment anxiety on their social media jealousy decreased as their partners reported engaging in attachment behaviors at higher levels. This suggests that a partner's accessibility, responsiveness, and emotional engagement can buffer against the social media jealousy that individuals with attachment anxiety may experience. However, we did not find a significant moderation effect on the relationship between attachment avoidance and social media jealousy.

In the forthcoming parts, the findings of current study, its limitations, implications and future directions for research will be discussed.

3.4.1. The Association Between Attachment Anxiety and Social Media Jealousy

The results of the simple APIM analysis with indistinguishable dyads showed a significant actor effect of attachment anxiety on social media jealousy. This suggests individuals with higher attachment anxiety were more likely to experience higher levels of social media jealousy towards their romantic partners. This finding was in line with previous research that found a positive correlation between attachment anxiety and social media jealousy both internationally (Fleuriet et al., 2014; Hira & Bhogal, 2020; Marshall et al., 2013; Muise et al., 2013; Sullivan, 2021), and within the Turkish context (Toplu-Demirtaş et al., 2020; Özgülük Üçok et al., 2023).

Unlike the previous research conducted in Türkiye, the current study examines social media jealousy from a broader perspective. While Özgülük Üçok (2023) focused

specifically on jealousy related to Facebook, and Toplu-Demirtaş (2020) explored jealousy within the context of online dating without concentrating solely on social media, this study demonstrated that the positive association between attachment anxiety also applies to social media jealousy.

The relationship between anxious attachment and social media jealousy can be explained by anxiously attached individuals' intolerance towards uncertainty (Fox & Warber, 2014). When this intolerance to uncertainty interacts with the ambiguous nature of social media, which provides a space for people to hide their relationships and reach possible romantic/sexual interests, anxiously attached individuals may show online surveillance behavior (Fox & Warber, 2014; Muise et al., 2009).

From the attachment theory's perspective anxious attachment is characterized by a negative model of self and a positive model of others (Bartholomew & Horowitz, 1991). Attachment anxiety's relationship with jealousy can be explained by this negative model of self, which was internalized in repeated early experiences, and manifest itself in feeling unlovable, inadequate, or unworthy. These individuals have a tendency to experience hyperactivation of the attachment system when they experience a threat to the relationship and fear abandonment. Thus, they may engage in proximity seeking behaviors with their partners (Guerrero, 1998; Shaver & Mikulincer, 2002). These behaviors may lend themselves to controlling behaviors in anxiously attached individuals (Mikulincer & Shaver, 2007). In this study, social media jealousy was measured by controlling behaviors, skepticism and trust issues; the common features of attachment anxiety and jealousy as supported by the literature. This connection can explain the positive correlation between both concepts.

3.4.2. The Association between Attachment Avoidance and Social Media Jealousy

In order to test the relationship between partners' attachment avoidance and social media jealousy, a simple APIM analysis for indistinguishable dyads was conducted with an expectation of a partner effect. The results did not show a partner effect as expected.

Suggesting that partners' attachment avoidance did not have a direct effect on individuals' social media jealousy.

This hypothesis lacked direct support from previous studies. According to Friedman et al. (2010), attachment avoidance and relationship problems tend to be connected in collectivist cultures. In such cultures, partners of avoidant individuals often find their needs unmet and feel frustration and disappointment. These negative feelings may also be connected to romantic jealousy as well as social media jealousy. Moreover, Fitzpatrick and Lafontaine (2017) suggested that insecurely attached (avoidant or anxious) men who also have low levels of trust tend to have less satisfied partners. Since trust is a factor associated with jealousy, this supported to form our hypothesis regarding the presumed effect of a partner's attachment avoidance on social media jealousy.

However, the results did not support our hypothesis. Çetinkaya-Yıldız et al.'s (2025) recently published study on attachment insecurity, dyadic distrust, and marital satisfaction found that avoidantly attached men and women reported less dyadic trust in their relationships. Yet, they could not find a partner effect that showed a relationship between attachment avoidance and partners' dyadic trust either. Their finding parallels our results, given the proximity of the concepts of distrust and jealousy.

Our finding may be supported by the idea that, although jealousy can be affected by partners' attachment avoidance, a concept such as social media jealousy (which is driven from the interplay of romantic jealousy and social media) can create a more complex cultural context. In addition, existing research that supports our hypothesis has primarily focused on heterosexual couples and found gender-based results (Fitzpatrick & Lafontaine, 2017), while our study examined a diverse range of dyads, including same-sex couples and non-binary individuals, rather than solely concentrating on heterosexual couples.

Even though it was not among our main hypotheses, the simple APIM results for the actor effects of attachment avoidance on social media jealousy were also examined. This analysis' goal was to inspect whether the moderation effects proposed in the third hypothesis could also be applicable to the association between attachment avoidance and social media jealousy. In previous studies, there were mixed results for this association.

International studies have indicated an association between attachment avoidance and certain features of jealousy, however, studies specially focusing on social media jealousy have not found a positive association between these variables (Fleuriet et al., 2014). Moreover, Marshall et al. (2013) showed a negative association between attachment avoidance and Facebook-related jealousy and suggested that individuals with higher attachment avoidance are more likely to engage in less partner surveillance.

Specifically in the Turkish context, Özgülük Üçok et al. (2023) found a significant positive correlation between Facebook jealousy and avoidant attachment. They attributed these findings to the collectivist culture in Türkiye, however, they did not provide a detailed explanation for this relationship. As previously mentioned, Friedman et al. (2010) also noted how collectivist cultures impact the connection between attachment avoidance and jealousy. To understand these findings, diving into the sociocultural context of Türkiye, which is often characterized as a collectivistic and honor-oriented culture with high power distance (Hofstede, 1980; Uskul et al., 2011), would be effective. In such cultural contexts, close relationships are central to identity and social belonging, yet emotional restraint and indirect communication are also valued, especially in the context of conflict or vulnerability. Expressing an emotion like jealousy shown to be strongly connected to honor concept (Uskul et al., 2011; Uskul & Cross, 2018). This may shape how individuals experience and express avoidant attachment patterns, potentially promoting emotional distancing as a culturally acceptable strategy to maintain harmony or protect family reputation.

Curun & Çapkın (2014) found a positive association between attachment avoidance and jealousy only for cognitive jealousy and for male participants. They explained these results with gender roles, suggesting that emotional or behavioral expression of jealousy did not match with traditional gender roles. While not directly focused on jealousy, Çetinkaya-Yıldız et al.'s (2025) aforementioned study that suggested a relationship between attachment avoidance and relationship distrust, also supported the association between attachment avoidance and social media jealousy.

Existing research shows that avoidantly attached individuals tend not to experience jealousy-related sadness compared to securely or avoidantly attached individuals; and are

more prone to distance themselves from their relationships in case of jealousy (Guerrero, 1998). These findings were explained by a positive model of self and a negative model of the other (and the relationship with the other) that avoidantly attached individuals may hold (Bartholomew & Horowitz, 1991). Moreover, Levy et al. (2006) found that avoidantly attached individuals expressed higher levels of jealousy in cases of sexual infidelity, while non-avoidant individuals expressed higher levels of jealousy in cases of emotional infidelity. The cultural coding of relationship and jealousy in terms of ownership and purity might lead avoidantly attached people to see the relationship as a part of themselves. Therefore, they may develop a positive model of other in the relationship and express their jealousy more openly.

3.4.3. The Moderation Effect of Attachment Behaviors

In order to test the moderation effect of partner's attachment behaviors on the association between attachment anxiety and social media jealousy, an APIMoM analysis using a structural equation model for indistinguishable dyads was conducted. The results showed an actor-partner moderation effect, suggesting that there is a moderation effect of the partner's attachment behaviors on the relationship between individual's attachment anxiety and social media jealousy. The results indicated that partner's attachment behaviors had a buffering effect on this relationship between attachment anxiety and social media jealousy.

According to attachment theory, a secure base, feeling of security that allows individuals to explore the outer world while having a access to emotional support and protection when needed is essential (Bowlby, 1988). Attachment behaviors such as accessibility, responsiveness, and emotional engagement are behaviors that an attachment figure, or a partner in case of a romantic situation, should embrace to provide a secure base (Mikulincer & Shaver, 2007). Our findings suggest that having a securely attached partner who engages in secure attachment behaviors may have a positive effect on anxiously attached partners.

Existing literature exploring the association between attachment behaviors and relationship dynamics suggests that attachment behaviors are better predictors of marriage quality, compared to attachment styles (Sandberg et al., 2015). Study findings showing a strong connection between partner's attachment behaviors and relationship satisfaction as well as mood (Novak et al., 2016) can exemplify the attachment behaviors' relation to psychological resilience mechanism. Moreover, literature shows that people who perceive their partner as secure and available are more likely to feel secure in their relationship and their attachment behaviors may take shape accordingly (Feeneey & Collins, 2001)

Similarly, partners' attachment behaviors can affect individuals' attachments as well. For example, Rice et al. (2020) showed that, when individuals perceived their partners as more responsive, insecurely attached individuals tended to show more attachment security specific to their relationship and anxiously attached individuals showed less attachment anxiety in general. Kouri et al. (2025) also found that, for new parents, more perceived partner responsiveness was associated with less attachment anxiety.

Aforementioned literature showed that attachment behaviors may act as a buffer against attachment anxiety; when individuals perceive secure attachment behaviors from their partners. Perceived sense of security in the relationship may act as a buffer against their negative feelings, such as feelings of inadequacy or jealousy and anxiety due to perceived threats to the relationship. Partner's secure attachment behaviors may help to form a secure base, and therefore cultivate less trust issues.

Another APIMoM analysis was conducted to test the moderation effect of attachment behaviors on the association between attachment avoidance and social media jealousy. A moderation effect was not found for this relationship. However, existing research showed that when insecurely attached (anxious and avoidant) individuals perceived their partners as more responsive, they also showed more relationship-specific attachment security (Rice et al., 2020), forming a similar expectation of moderation effect in our results. Lu et al. (2004), finding specific results to Chinese population, showed that avoidantly attached people were prone to perceiving their partner attachment behaviors more positively. In addition, Stanton et al. (2017) showed that avoidant people who had

partners with positive aspects showed reduced negative affect, and when it was tested on a daily basis, participants also showed more positive affect and higher relationship satisfaction.

The findings of the current study that did not support our hypothesis might be explained by the mixed literature on the topic. Stanton et al. (2017) also found that individuals with avoidant attachment styles experienced less enjoyment in intimacy-promoting activities with their partner, even though they acted more intimately afterwards. This may suggest that accessibility, responsiveness, and engagement behaviors do not have strong effects on avoidant people. Additionally, Spielmann et al. (2013) showed that individuals with avoidantly attachment feel less closeness to warm and rewarding romantic partners, and they feel less uncomfortable by the loss of romantic relationships. In the context of this study, the lack of a significant effect from attachment behaviors on the association between attachment avoidance and social media jealousy can be understood two ways. First, individuals with avoidant attachment may feel less connected to attachment behaviors, and second, they may experience lower levels of jealousy since the relationship-threatening situations are less distressing for them.

3.4.4. Implications and Contributions

This study has contributed to the existing literature in several ways. First, by focusing specifically on the social media jealousy's connection with attachment styles and behaviors, it expanded the literature on attachment and jealousy. Furthermore, it expanded the literature on social media jealousy by going beyond Facebook-jealousy. Second, the existing studies mainly were conducted with individual data, and the few studies with dyadic data focused on gender roles. The current study did not exclude participants with various sexual orientations while working with dyadic data.

Moreover, the positive actor effect of attachment avoidance on social media jealousy supported previous research and shed light on cultural differences on our research topics. There is previous research showing the difference between western and eastern cultures on effects of attachment. International research focused on attachment and social jealousy

media jealousy was not widely support our findings, but we contributed to the literature specific to Türkiye and supported their similar findings.

The findings of the current study can contribute to the field of couples and family therapy as well as individual therapy. Jealousy in romantic relationships is common topic in therapeutic practice. Understanding how attachment behaviors can buffer the association between attachment anxiety and social media jealousy is important for therapists working with couples who experience conflicts and insecurities related to social media jealousy. Moreover, this study highlights the association between both anxious and avoidant attachment styles and social media jealousy. These insights will be useful for psychoeducation and interpreting jealousy within a cultural context while reflecting on existing situations.

3.4.5. Limitations and Directions for Future Research

The expected number of dyads estimated by the power analysis was not met. While 159 couples were expected to ensure sufficient statistical power, only 81 couples were eligible to be included in the data analysis. The hardship of collecting data via online surveys from couples may stem from confusion related to the usage of nicknames that were intended to match dyad members while preserving their anonymity.

Türkiye's political situation and its reflections on the social media platforms may have also had an effect on the data collection period and the results of the study. Usage of social media platforms for advocacy during Türkiye's contemporary events, and related cutoffs and bans forced on social media platforms, made it harder for study invitations to stay in circulation. Also, since one of our main variables was social media jealousy, social media platforms' unstable existence may have made it harder to find participants and had an impact on this variable. Moreover, 17.9% of the participants identified with various sexual orientations; the anti-LGBTI+ law drafts may have had an effect on those people's relationships with their partners and affect the results of this study.

Since the sample included both heterosexual and queer couples, gender could not be used as a distinguishing variable in the analyses. As a result, indistinguishable APIM was

employed, which allows for the examination of partner effects without modeling gender differences. Another limitation of using indistinguishable dyads in APIM is the inability to compare heterosexual and queer couples separately, which limits the opportunity to explore how sexual orientation may differentially impact social media jealousy dynamics. Future studies with a more powerful sample would present better analysis in the future. Moreover, this study used partners' own scores on the BARE scale to measure partners' attachment behaviors since using the partner subscale of BARE would exceed researchers' abilities and understanding in data analysis tools, and high levels of kurtosis of that subscale. Using perceived partner behaviors would be meaningful in a similar study design. Future studies may benefit from using fully heterosexual or queer samples, which would allow for a clearer examination of gender-based patterns or offer insight into how gender and sexual orientation shape relationship dynamics in the context of social media jealousy.

CONCLUSION

In conclusion, a positive association between attachment anxiety and avoidance, and social media jealousy have been found in simple APIM analysis. While the actor effect of attachment anxiety was expected, the actor effect of attachment avoidance was correlated with previous research from Türkiye, but not international research. The moderation effect of attachment behaviors was found for the association of attachment anxiety and social media jealousy, showing a buffering effect.

The results showed the importance of how attachment styles and behaviors interact in a romantic couple relationship, indicating the importance of approaching issues considering romantic relationships from a dyadic perspective. This study provides insight into social media jealousy and jealousy-related issues for practicing professionals, improving the existing attachment and jealousy literature.

In short, this study addresses international concepts by shedding light on how those concepts interact with each other and differ according to culture.

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APPENDICES

Appendix A. Result of the Evaluation by the Ethics Committee

Result of the Evaluation by the Ethics Committee is available in the printed version of this dissertation.

Appendix B. Informed Consent Form

“Kıskançlık ağı: Bağlanma ve sosyal medya kıskançlığı üzerine bir ikili analiz”

Bu araştırma, İstanbul Bilgi Üniversitesi Klinik Psikoloji Yüksek Lisans Programı öğrencisi Beyza Nur Karlı tarafından Prof. Dr. Nilüfer Kafescioğlu danışmanlığında yürütülmektedir. Çalışmanın sonucunda bağlanma stilleri, davranışları ve sosyal medya kıskançlığı arasındaki etkileşimi anlayarak, bireyler ve çiftlerin daha sağlam ve doyurucu ilişkiler kurabilmesinin desteklenmesi amacıyla daha derinlikli bir bakış elde edilmesi hedeflenmektedir.

Bu araştırmaya katılmayı kabul ettiğiniz takdirde, partnerinizin ve sizin, bu platform üzerinden size sunulacak formları doldurmanız beklenecektir. Araştırmanın yaklaşık 15 dakika alması beklenmektedir. Araştırmaya katılabilmemiz için en az 12 ay süren bir romantik ilişkiniz olması gerekmektedir.

Bu araştırma bilimsel bir amaçla yapılmakta ve katılımcıların kişisel bilgilerinin gizliliği esas alınmaktadır. Araştırma esnasında kimliğinizin tespit edilebileceği herhangi bir bilgi istenilmemektedir. Araştırma bulgularının sunumu ve raporlamasında kişi isimleri kullanılmayacaktır. Bunun yerine katılımcıların kendilerine bir takma isim belirlemeleri (örn. Papatya123) ve partnerlerinin de aynı takma ismi forma girmesi beklenmektedir.

Bu araştırmaya katılmak tamamen isteğe bağlıdır. Araştırmanın katılımcıların üzerinizde herhangi bir olumsuz etki yaratması beklenmemektedir. Araştırmadan istediğiniz zaman çekilebilirsiniz, bunun için sayfayı kapatmanız ve formu tamamlamamanız yeterlidir, bilgileriniz değerlendirmeye alınmayacaktır.

Araştırmayla ilgili bilgi almak, soru sormak veya yorumlarınızı paylaşmak isterseniz, araştırmacı Beyza Nur Karlı ile __ adresinden iletişime geçebilirsiniz.

Eğer araştırmaya katılmaya onay veriyorsanız aşağıdaki kutucuğu işaretleyebilirsiniz.

Bu alıřmaya tamamen gnll olarak katılıyorum. Bana anlatıları ve yukarıdaki aıklamaları anladım. alıřmaya katılmayı ve verdiđim bilgilerin bilimsel amalı yayınlarda kullanılmasını kabul ediyorum.

Evet

Hayır

Appendix C. Demographic Information Form

Takma isim (Buraya partnerinizle beraber belirlediğiniz ortak takma ismi yazınız):

Yaşınız:

Cinsiyetiniz:

Cinsel Yönelim:

Eğitim düzeyi (en son mezun olduğunuz):

- a) Mezuniyetim yok
- b) İlkokul
- c) Ortaokul
- d) Lise
- e) Lisans
- f) Yüksek Lisans
- g) Doktora

Medeni durumunuz:

- a) Bekar
- b) Evli

Şu an ilişkide olduğunuz kişiyle kaç aydır birliktesiniz?

Şu an ilişkide olduğunuz kişiyle beraber yaşıyor musunuz?

- a) Evet
- b) Hayır

Çocuğunuz var mı?

- a) Evet
- b) Hayır

Yaşadığınız il:

Çalışma Durumunuz:

- a) Yarı zamanlı çalışıyor
- b) Tam zamanlı çalışıyor
- c) Çalışmıyor

Çalışıyorsanız mesleğiniz:

Gelir düzeyiniz:

- a) Düşük
- b) Orta
- c) Yüksek

Günlük olarak sosyal medya kullanıyor musunuz:

- a) Evet
- b) Hayır

Günde kaç saatinizi sosyal medya platformlarında geçiriyorsunuz:

Hangi sosyal medya platformlarını aktif olarak kullanıyorsunuz:

- a) Instagram
- b) Facebook
- c) LinkedIn
- d) YouTube
- e) Pinterest
- f) TikTok
- g) Twitter / X
- h) Snapchat
- i) Diğer (Belirtiniz):

Sosyal medya platformlarında paylaşım yapıyor musunuz:

- a) Evet
- b) Hayır

Güncel olarak (son bir ay içerisinde) akut psikolojik stres belirtileri (örn. Yakın zamanda yaşanan travmatik bir olayın anılar veya rüyalar aracılığıyla tekrar yaşanması, hissizlik veya dalgınlık, huzursuzluk hali vb.) yaşıyor musunuz?

- c) Evet
- d) Hayır

Güncel olarak (son bir ay içerisinde) herhangi bir psikiyatrik tanı aldınız mı?

- a) Evet ise belirtiniz:
- b) Hayır

Appendix D. Experiences in Close Relationships-Revised

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

1-----2-----3-----4-----5-----6-----7

Hiç Kararsızım/ Tamamen

katılmıyorum fikrim yok katılıyorum,

1. Birlikte olduğum kişinin sevgisini kaybetmekten korkarım.	1	2	3	4	5	6	7
2. Gerçekte ne hissettiğimi birlikte olduğum kişiye göstermemeyi tercih ederim.	1	2	3	4	5	6	7
3. Sıklıkla, birlikte olduğum kişinin artık benimle olmak istemeyeceği korkusuna kapılırım.	1	2	3	4	5	6	7
4. Özel duygu ve düşüncelerimi birlikte olduğum kişiyle paylaşmak konusunda kendimi rahat hissederim.	1	2	3	4	5	6	7
5. Sıklıkla, birlikte olduğum kişinin beni gerçekten sevmediği kaygısına kapılırım.	1	2	3	4	5	6	7

6. Romantik ilişkide olduğum kişilere güvenip inanmak konusunda kendimi rahat bırakmakta zorlanırım.

1 2 3 4 5 6 7

7. Romantik ilişkide olduğum kişilerin beni, benim onları önemseyemediğim kadar önemsemeyeceklerinden endişe duyarım.

1 2 3 4 5 6 7

8. Romantik ilişkide olduğum kişilere yakın olma konusunda çok rahatımdır.

1 2 3 4 5 6 7

9. Sıklıkla, birlikte olduğum kişinin bana duyduğu hislerin benim ona duyduğum hisler kadar güçlü olmasını isterim.

1 2 3 4 5 6 7

10. Romantik ilişkide olduğum kişilere açılma konusunda kendimi rahat hissetmem.

1 2 3 4 5 6 7

11. İlişkilerimi kafama çok takarım.

1 2 3 4 5 6 7

12. Romantik ilişkide olduğum kişilere fazla yakın olmamayı tercih ederim.

1 2 3 4 5 6 7

13. Benden uzakta olduğunda, birlikte olduğum kişinin başka birine ilgi duyabileceği korkusuna kapılırım.

1 2 3 4 5 6 7

14. Romantik ilişkide olduğum kişi benimle çok yakın olmak istediğinde rahatsızlık duyarım.

1 2 3 4 5 6 7

15. Romantik ilişkide olduğum kişilere duygularımı gösterdiğimde, onların benim için aynı şeyleri hissetmeyeceğinden korkarım.

1 2 3 4 5 6 7

16. Birlikte olduğum kişiyle kolayca yakınlaşabilirim.

17. Birlikte olduğum kişinin beni terk edeceğinden pek endişe duymam.	1	2	3	4	5	6	7
18. Birlikte olduğum kişiyle yakınlaşmak bana zor gelmez.	1	2	3	4	5	6	7
19. Romantik ilişkide olduğum kişi kendimden şüphe etmeme neden olur.	1	2	3	4	5	6	7
20. Genellikle, birlikte olduğum kişiyle sorunlarımı ve kaygılarımı tartışırım.	1	2	3	4	5	6	7
21. Terk edilmekten pek korkmam.	1	2	3	4	5	6	7
22. Zor zamanlarımda, romantik ilişkide olduğum kişiden yardım istemek bana iyi gelir.	1	2	3	4	5	6	7
23. Birlikte olduğum kişinin, bana benim istediğim kadar yakınlaşmak istemediğini düşünürüm.	1	2	3	4	5	6	7
24. Birlikte olduğum kişiye hemen hemen her şeyi anlatırım.	1	2	3	4	5	6	7
25. Romantik ilişkide olduğum kişiler bazen bana olan duygularını sebepsiz yere değiştirirler.	1	2	3	4	5	6	7
26. Başımdan geçenleri birlikte olduğum kişiyle konuşurum.	1	2	3	4	5	6	7
27. Çok yakın olma arzum bazen insanları korkutup uzaklaştırır.	1	2	3	4	5	6	7

28. Birlikte olduğum kişiler benimle çok yakınlaştığında gergin hissederim.

1 2 3 4 5 6 7

29. Romantik ilişkide olduğum bir kişi beni yakından tanıdıkça, “gerçek ben”den hoşlanmayacağından korkarım.

1 2 3 4 5 6 7

30. Romantik ilişkide olduğum kişilere güvenip inanma konusunda rahatımdır.

1 2 3 4 5 6 7

31. Birlikte olduğum kişiden ihtiyaç duyduğum şefkat ve desteği görememek beni öfkelenendirir.

1 2 3 4 5 6 7

32. Romantik ilişkide olduğum kişiye güvenip inanmak benim için kolaydır.

1 2 3 4 5 6 7

33. Başka insanlara denk olamamaktan endişe duyarım

1 2 3 4 5 6 7

34. Birlikte olduğum kişiye şefkat göstermek benim için kolaydır.

1 2 3 4 5 6 7

35. Birlikte olduğum kişi beni sadece kızgın olduğumda önemser.

1 2 3 4 5 6 7

36. Birlikte olduğum kişi beni ve ihtiyaçlarımı gerçekten anlar.

Appendix E. The Brief Accessibility, Responsiveness, and Engagement Scale

DUY (Duyarlılık, Ulaşılabilirlik, Yakınlık) Ölçeği

Lütfen şu anki ilişkinizde eşiniz/sevgiliniz ile yaşadıklarınızı en iyi ifade eden seçeneği yuvarlak içine alınız.

1= Hiç bir zaman	2= Nadiren	3= Bazen	4= Genellikle	5= Her zaman
------------------	------------	----------	---------------	--------------

Ulaşılabilirlik

- | | | | | | |
|---|---|---|---|---|---|
| 1. Eşime/sevgilime vakit ayırırım. | 1 | 2 | 3 | 4 | 5 |
| 2. Eşimin/sevgilimin ilgimi çekmesi kolaydır. | 1 | 2 | 3 | 4 | 5 |

Duyarlılık

- | | | | | | |
|--|---|---|---|---|---|
| 3. Eşim/sevgilim benimle duygularımı paylaştığında onu dinlerim. | 1 | 2 | 3 | 4 | 5 |
| 4. Eşimle/sevgilimle iyi iletişim kurabildiğime inanıyorum. | 1 | 2 | 3 | 4 | 5 |

Yakınlık

- | | | | | | |
|---|---|---|---|---|---|
| 5. Eşime/sevgilime sınırlarımı anlatırım. | 1 | 2 | 3 | 4 | 5 |
| 6. Eşime/sevgilime kendimi yakın ve bağlı hissediyorum. | 1 | 2 | 3 | 4 | 5 |

Eşimin/sevgilimin Ulaşılabilirliği

- | | | | | | |
|--|---|---|---|---|---|
| 7. Eşim/sevgilim bana vakit ayırır. | 1 | 2 | 3 | 4 | 5 |
| 8. Eşimin/sevgilimin ilgisini çekebilirim. | 1 | 2 | 3 | 4 | 5 |

Eşimin/sevgilimin Duyarlılığı

- | | | | | | |
|--|---|---|---|---|---|
| 9. Duygularımı paylaştığım zamanlarda eşim/sevgilim beni dinler. | 1 | 2 | 3 | 4 | 5 |
| 10. Eşimin/sevgilimin benimle iyi iletişim kurabildiğine inanıyorum. | 1 | 2 | 3 | 4 | 5 |

Eşimin/sevgilimin Yakınlığı

- | | | | | | |
|---|---|---|---|---|---|
| 11. Eşim/sevgilim bana sınırlarını anlatır. | 1 | 2 | 3 | 4 | 5 |
| 12. Eşim/sevgilim bana kendini yakın ve bağlı hisseder. | 1 | 2 | 3 | 4 | 5 |

*Sandberg, J.G., *Busby, D.M., Johnson, S.M, & Yoshida, K. (2012). The Brief Accessibility, Responsiveness, and Engagement (BARE) Scale: A tool for measuring attachment behavior in couple relationships. *Family Process*, 51, 512-526.

Appendix F. Scale of Social Media Jealousy in Romantic Relationships

RİSMKÖ

<i>Aşağıda, partnerinizin (eşinizin, nişanlımızın/sözlünüzün, flörtünüzün/sevgilinizin ya da ayrıldığımız/boşandığımız eşinizin, sevgilinizin-eski partnerinizin) sosyal medya kullanımı ile ilgili maddeler bulunmaktadır. Lütfen; verdiğiniz tepki ya da düşünce şeklinizin, okuyacağımız her cümlede size ne ölçüde uyduğunu ifade etmek için aşağıdaki ölçeği kullanınız...</i>	Bana tamamen uygun	Bana uygun	Ortadayım	Bana uygun değil	Bana hiç uygun değil
1. Partnerimin, sosyal medyadaki arkadaşlarımı merak ederim.					
2. Partnerimin, sosyal medya kullanmasını istemem.					
3. Partnerimin, sosyal medyada tanımadığım bir karşı cinsin fotoğrafını beğenmesi, beni rahatsız etmez.					
4. Partnerimin, sosyal medya hesabını incelemek için sahte bir hesap oluştururum.					
5. Partnerimin, sosyal medyada paylaştığı fotoğrafları beğenen sosyal medya hesaplarını incelerim.					
6. Partnerimin, sosyal medyada tanıdığım bir karşı cinsin fotoğrafını beğenmesi beni rahatsız etmez.					
7. Partnerimin, sosyal medya hesabına açtığım sahte profilinden mesaj atarım.					
8. Partnerimin, sosyal medyada paylaştığı fotoğraflara yorum yapan hesapları incelerim					
9. Partnerimin, tanıdığım karşı cinslerle birlikte toplu fotoğraf paylaşması beni rahatsız etmez.					
10. Partnerimin, sosyal medya hesabına ilişkimizle ilgili detaylar (tarih ve isim) yazmasını isterim.					
11. Partnerimin, sosyal medya hesabındaki merak ettiğim kişilerin kim olduğunu sorarım.					
12. Partnerimin, sosyal medyada, tanıdığım bir karşı cinsin fotoğrafının altına yorum yapması beni rahatsız etmez.					
13. Partnerimin, sosyal medya hesabımı kapatmasını isterim.					
14. Partnerimin, sosyal medya hesabındaki karşı cinsten birinin, partnerimin birçok fotoğrafını ardarda beğenmesini sorgularım.					
15. Partnerimin, tanıdığım karşı cins arkadaşlık/takip isteği göndermesi beni rahatsız etmez.					
16. Partnerimin, benimle birlikte ortak bir sosyal medya hesabı açmasını isterim.					
17. Partnerimin, sosyal medya paylaşımına tanımadığım karşı cinsin yorum yapması beni meraklandırır.					
18. Partnerimin, tanıdığım herhangi bir karşı cinsi ile birlikte başbaşa fotoğraf paylaşması beni rahatsız etmez.					
19. Partnerimin, benimle birlikte ortak hesap açmak istememesi beni şüphelendirir.					
20. Partnerimin, sosyal medya kullanım sıklığını kontrol ederim.					
21. Partnerimin, şüphe duyduğum durumlarda; sosyal medyadaki tanımadığım karşı cinsteki arkadaşlarına mesaj atarım.					