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DEVELOPMENT AND PSYCHOMETRIC PROPERTIES OF PROJECTIVE
IDENTIFICATION SCALE (PIS)

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**Development and Psychometric Properties of Projective Identification Scale
(PIS)**

Yansıtımlı Özdeşim Ölçeği'nin (YÖS) Geliştirilmesi ve Psikometrik Özellikleri

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ABSTRACT

This study aims to develop a scale for projective identification. Within this framework, the relationship between projective identification and certain demographic characteristics (e.g. age, gender) and theoretical characteristics (level of organization, separation-individuation) were explored. Further, the association of projective identification with separation-individuation and level of organization was investigated. To create a scale for projective identification, 8 interviews had been conducted with 8 different psychodynamic-oriented psychotherapists for item creation. Then, items were eliminated from 3 different psychodynamic-oriented psychotherapists and the pilot study which conducted with 11 individuals who volunteered. To examine further relationships of the created scale, an online survey was conducted and data from 510 participants were analyzed. In the survey package, the Informed Consent Form, the Projective Identification Scale (PIS), the Inventory of Personality Organization (KOREN/IPO-TR), Separation-Individuation Inventory (SII), and the Demographic Form were used respectively. There was no specific hypothesis for this study. The results of the study showed that PIS is a reliable tool for evaluating projective identification with a congruent component structure, and it consists of four factors namely, Emotional Contagion, Containment Difficulty, Interpersonal Diffusion, and Narcissistic-Eroticized Projection). Also, the result of the study showed that the components of PIS showed significant relationships with SII and KOREN/IPO-TR components other than Narcissistic-Eroticized Projection of PIS and Identity Diffusion of KOREN/IPO-TR. The investigated correlates were age, gender, educational status, relationship status, psychological help background, SES, residency status, and working status. Three subscales of PIS Affective Contagion, Containment Difficulty, and Interpersonal Diffusion were all significantly correlated with age and SES. Also, ANOVA results indicated several mean differences between subgroups of sex, education, relationship status, and psychological help. It was observed that men had lower means in subscales Affective Contagion and Containment Difficulty. Also, people who are single and don't have a relationship had a significantly higher mean

in the Interpersonal Diffusion subscale. Additionally, University students or graduates had a higher mean in Affective Contagion and Containment Difficulty subscales than Master & Doctoral students or graduates and Primary-high school graduates, significantly even higher for the Interpersonal Diffusion subscale than two other groups. Finally, results show that people who didn't receive or currently receiving psychological support had lower means in Affective Contagion, Interpersonal Diffusion, and Containment Difficulty than people who received or currently receiving psychological help. As opposed to that, people who terminated their helping process had higher means in the Narcissistic-Eroticized Projection subscale than people who are currently receiving help. Following these findings, theoretical and clinical implications along with the limitations of the study and suggestions for future research were presented.

Keywords: Projective Identification Scale, projective identification, defense, level of organization, object relations

ÖZET

Bu çalışmanın amacı, yansıtımlı özdeşim için bir ölçek geliştirmektir. Bu çerçevede, yansıtımlı özdeşim ile belirli demografik özellikler (örn. yaş, cinsiyet) ve teorik özellikler (organizasyon düzeyi, ayrışma-bireyleşme) arasındaki ilişki araştırıldı. Ayrıca yansıtımlı özdeşimin, ayrışma-bireyleşme ve organizasyon düzeyi ile ilişkisi araştırıldı. Yansıtımlı özdeşim için bir ölçek oluşturmak amacıyla madde oluşturmaya yönelik 8 farklı psikodinamik odaklı psikoterapist ile 8 görüşme yapılmıştır. Daha sonra, önce 3 farklı psikodinamik odaklı psikoterapistten uzman puanlamasına, ardından gönüllü 11 kişi ile yapılan pilot çalışma ile madde elemeleri yapılmıştır. Oluşturulan ölçeğin ilişkilerini incelemek için çevrimiçi bir anket yapıldı ve 510 katılımcıdan gelen veriler analiz edildi. Anketler sırasıyla Bilgilendirilmiş Onay Formu, Yansıtımlı Özdeşim Ölçeği (PIS), Kişilik Organizasyonu Envanteri (KOREN / IPO-TR), Ayrırma-Bireyleşme Envanteri (SII) ve Demografik Form kullanılmıştır. Bu çalışma için spesifik bir hipotez bulunmamaktadır. Çalışmanın sonuçları, PIS'in uyumlu bir bileşen yapısıyla yansıtımlı özdeşleşmenin değerlendirilmesi için güvenilir bir araç olduğunu gösterdi ve dört faktörden Duygusal Bulaşma, Taşıma Zorluğu, Kişilerarası Difüzyon ve Narsisistik-Erotik Projeksiyon oluştuğunu gösterdi. Ayrıca çalışmanın sonucu, PIS bileşenlerinin SII ve KOREN / IPO-TR bileşenleri ile PIS'nin Narsisistik-Erotik Projeksiyonu ve KOREN / IPO-TR'nin Kimlik Yayılımı dışında anlamlı ilişki gösterdiğini göstermiştir. İncelenen korelasyonlar yaş, cinsiyet, eğitim durumu, ilişki durumu, psikolojik yardım geçmişi, SES, ikamet durumu ve çalışma durumuydu. PIS'in üç alt ölçeğinin Duygusal Bulaşma, Taşıma Zorluğu ve Kişilerarası Difüzyonun tümü, yaş ve SES ile önemli ölçüde korelasyon gösterdi. Ayrıca, ANOVA sonuçları cinsiyet, eğitim, ilişki durumu ve psikolojik yardım alt grupları arasında birkaç ortalama farklılığı gösterdi. Erkeklerin Duygusal Bulaşma ve Taşıma Zorluğu alt boyutlarında ortalamalarının daha düşük olduğu görüldü. Ayrıca, bekar olan ve ilişkisi olmayan kişilerin Kişilerarası Yayılma alt ölçeğinde anlamlı olarak daha yüksek bir ortalamaya sahip olduğu görülmüştür. Ek olarak, Üniversite öğrencileri veya mezunları, Duygusal Bulaşma ve Taşıma Zorluğu alt

ölçeklerinde, Yüksek Lisans ve Doktora öğrencisi veya lisansüstü ve İlkokul mezunlarından daha yüksek ortalamaya sahipti, Kişilerarası Yayılma alt ölçeği için diğer iki gruptan anlamlı olarak daha yüksek. Son olarak, sonuçlar, psikolojik destek almamış veya halihazırda almayan kişilerin Duygusal Bulaşma, Kişilerarası Yayılma ve Taşıma Zorluğunda psikolojik yardım almış veya şu anda alanlara göre daha düşük araçlara sahip olduklarını göstermektedir. Bunun aksine, yardım sürecini sonlandıran insanlar, Narsisistik-Erotikleştirilmiş Projeksiyon alt ölçeğinde şu anda yardım alanlara göre daha yüksek ortalamaya sahipti. Bu bulguların ardından, teorik ve klinik çıkarımlar ile birlikte çalışmanın sınırlılıkları ve gelecekteki araştırmalar için öneriler sunulmuştur.

Anahtar kelimeler: Yansıtımlı Özdeşim Ölçeği, yansıtımlı özdeşim, savunma, kişilik organizasyonu, nesne ilişkileri

*“Dün sabaha karşı kendimle konuştum
Ben hep kendime çıkan bir yokuştum
Yokuşun başında bir düşman vardı
Onu vurmaya gittim kendimle vuruştum”*

Özdemir Asaf

INTRODUCTION

Starting with Sigmund Freud and his contributions, psychoanalysis has been one of the most influential and commonly practiced theories and techniques providing a starting point for the emergence of all talk therapies. After Freud's theorization of the mental structures of id, ego, and superego along with unconscious and defenses mechanisms, the psychoanalytic theory has continued to develop both by elaborating on the already existing terms and conceptualizing new ones under the light of new findings in psychology, neurology, etc. Following Freud, one of the prominent contributors of psychoanalytic theory was Melanie Klein, who was well known for her establishment of object relational theory (Klein, 1933b) and the invention of the term projective identification (Klein, 1946). Although the comprehension of the term expanded from solely a defense for controlling the object (Bion, 1967/2013) and communicating an unspeakable, inexpressible feeling with the analyst (Joseph, 1988), there exists neither a clear and agreeable definition nor a measurement tool to assess projective identification for research.

Projective identification is a concept developed to better understand and intervene while working with patients (Klein, 1946). The concept has been variously defined as the projection of a bad internal object to the analyst (Gabbard, 1995), an ego coping mechanism for destructive internal objects (Bion, 1967), and the relocation of internal anxieties on another (namely mother) to cope with intensified anxieties (Seligman, 1999). All these descriptions of projective identification commonly point to the unconscious projection of an internal feeling to an object, and then unconscious identification with that feeling.

There are some studies about the concept of projective identification (Cimino & Correale, 2005; Ogden, 1979; Porder, 1987) that focused on its theoretical and clinical use in general. First, the concept has both developed and used for the formulization of the patient's repeating relational behaviors, especially in the analysis (Klein, 1946). Next, the concept has been used for its importance in understanding countertransference in the therapeutic process (Gabbard, 1995, 2001; Heinmann, 1960; Jacobs, 1986; Ogden, 1994, 1995) since it requires the analyst-object to get involved in the relational pattern. The concept also made different

contributions to different psychoanalytic schools, but most importantly to Object Relational and British Independent approaches (Ogden, 1983,1994; Sandler, 1987; Seligman, 1999). Eventually, the term became a tool for analysts aiding the meaning-making process of enactments between analyst and patient in order to have a better understanding of the patient's internal world and relationships (Grotstein, 2005; McLaughlin and Johan, 1992; Ogden, 1991; Roughton, 1993). Yet, there has not been any study to the researcher's knowledge, to operationalize the term and develop a psychometric tool. Consequently, the lack of a common conceptualization, scientifically usable and clinically meaningful tool, leads to the restriction of the concept to the clinical narratives, thus projective identification remains limited in being subject to the scrutiny of systematic research from diverse disciplines.

Despite the complexity of the concept and case-based usage in literature, projective identification was not integrated into research or clinical work by different theoretical approaches and not measured through any standardized method(s). The objective of this study is to develop a scale to assess defense-based, situation-based, and communication-based usages of projective identification. Hence, this study aims at contributing to the literature by offering a psychometric tool with a psychoanalytic perspective.

According to the literature, there is still no initiative or continuing research about the development of a projective identification scale. Therefore, this study will base its attempt on a clinical and theoretical background. Accordingly, the study will start with a literature review and methodologically continue with an initial study that addresses the construct of projective identification with a qualitative approach, followed by the psychometric work. Lastly, the findings will be discussed in terms of their theoretical and clinical implications.

CHAPTER 1

LITERATURE REVIEW

1.1. HISTORY OF PROJECTIVE IDENTIFICATION

Psychoanalysis, as one of the most influential and controversial clinical practices, was established by Sigmund Freud based on his work with Joseph Breuer and Breuer's renowned patient, Anna O. (Freud & Breuer, 1895). As the psychoanalysis kept growing, plenty of authors added, changed, and discussed Freud's initial propositions. Projective identification is one of the products of this process of enhancing psychoanalytic theory, initiated by Melanie Klein (Klein, 1946). Even though the term was used by different authors before her (O'Shaughnessy, 2012), Klein's conceptualization highlighted the importance of concept both theoretically and clinically (Spillius, 2013). Since then, there has been an ongoing discussion about the definition, usage, and function of the term projective identification among different schools of psychoanalysis. This section of the literature review will summarize the history of depictions of projective identification across psychoanalytic studies to provide the theoretical background of the study.

1.1.1. Precursors of Projective Identification Before Melanie Klein

In this section, Freud's theorization of the *object* and introduction of the defense mechanisms of *projection*, *introjection*, and *identification*, which constitute the background of the projective identification, will be described. Additionally, other theorists who mentioned projective identification before Klein's widely used description, but whose conceptualizations failed to reign the literature will be discussed.

As the founding father of psychoanalysis, Freud had directly influenced Klein's suggestion of projective identification as a psychic mechanism (Klein, 1948). In his theory, Freud (1905/1964) considered the object as a necessary component for the subject's psychosexual and psychic development, particularly for the resolution of the Oedipus complex. The object, as Freud outlined, is the

means by which drive is satisfied. In classical terms the object is not an intrinsic aspect of the drive or its aim, rather it is incidental (Freud, 1915). The object-cathexis is thus a corollary of unconscious, preconscious, and conscious processes.

In addition to the theoretical position of *the object*, he named two important defense mechanisms that projective identification consisted of *projection* and *introjection* (Freud, 1958). In the broadest sense, projection is described as misapprehending an affect as originating from “outside,” although it is coming from “inside” (McWilliams, 2011). According to Freud, projection is a defense mechanism triggered by the need to dispose of the death instinct by experiencing it as belonging to outside, rather than one’s internal world (Freud, 1911). This helps ego to cope with the anxiety caused by the danger of the aggression building up inside by distancing the self from the source of the danger (Klein, 1946). Introjection, on the other hand, could be broadly defined as the misapprehending an affect as coming from “inside,” although it is coming from “outside” (McWilliams, 2011). Introjection operates via taking in the good parts of the object or good object to deal with the danger of the inner badness or bad parts of self (Freud, 1936). In other words, these two mechanisms function to decrease inner anxiety as all defenses do, but they have reversed roles and differ in terms of both their functionality and level of organization. According to Freud (1958) introjection of an object requires stronger ego functions than projection does. Consequently, projection was thought to be a lower-level defense than introjection (as cited in Jones, 1938). Even a higher-level mechanism, *identification* defined as “at least partly unconsciously, becoming like another person” (McWilliams, 2001, p.144), has been considered to function both as developmentally natural and as defensive (Freud, 1923). Regardless of its defensive or non-defensive function, identification denotes the mechanism of partially conscious incorporation of parts or whole of an object into oneself.

In these early works of Freud, projection, introjection, and identification were handled as separate mechanisms. Another defense mechanism that represents their complex, but articulated and simultaneous occurrence was not formulated (Spillius, 2013a).

To the author’s knowledge, two psychoanalytic theorists, namely Weiss (1925) and Brierly (1945), and used the terms projective identification before Klein

did, in a way that is not so different from her definition. Weiss (1925) defined projective identification as the mechanism that helps one to psychosexually develop by shifting from homosexual to heterosexual object identification. Brierly (1945) defined projective identification as some personality parts being identified with the object, consequently making the subject an extension of the object. However, both Weiss (1925) and Brierly (1945) did not utilize the term projective identification extensively and did not receive the attention Klein did with her paper in 1946 (see O'Shaughnessy, 2012 for a review).

1.1.2. Melanie Klein and Object Relational School

Melanie Klein mentioned projective identification for the first time in her paper titled "Notes on some schizoid mechanisms" in 1946 and defined it as "*projecting good but mainly bad parts of self to the object for feeling a sense of control, oneness and/or identification*" in her paper titled "On identification" in 1955 (p.142).

According to Klein (1933a), infants are born with constitutional aggression. The more the aggression in a child interacts with the bad parts of the object, the more the object is split into absolute ends of good and bad. The infant splits the good and bad parts of the self and projects the bad parts. This position was named as Paranoid-Schizoid since it constitutes projection and splitting (McWilliams, 2011). Since the badness is perceived as all-bad by the infant, it creates annihilation anxiety which the infant deals with (Klein, 1946). As the development proceeds, the infant starts to integrate good and bad parts of self as well as good and bad parts of the object. By integrating good and bad parts, the infant perceives the object as the *whole object* (Klein, 1933a). Despite the tempering brought by the integration, the infant is still threatened by its aggressive tendencies. This aggression is dangerous according to the infant's perception since it may destroy the whole object. This brings fear of loss and feelings of guilt into the infant. This position was named Depressive since the good-bad parts are not split and the capacity to feel guilt develops. Since the badness was not a threat for self but the whole object, this position creates abandonment anxiety (McWilliams, 2011).

Thinking from a Kleinian perspective, projective identification is an unescapable process for human development not only in terms of dealing with bad self and anxiety it provokes but also in terms of establishing an integrated ego through projecting good self's parts into someone and still keeping ties to them (Klein, 1946). In addition to that, to integrate ego functions, to cope with anxiety and to idealize an internal object, an infant also needs the mother's projection of good self parts into themselves (Klein, 1955). Both the infant/subject and the mother/object need mutual projections, introjections, and projective identifications to create and develop the infant's psychic world and his psychic capacities (Winnicott, 1956).

Projective identifications provided Klein and Kleinians with a more enhanced understanding of the interaction of development and psychopathology as it illuminates the implicit workings of the paranoid-schizoid position (Spillius, 2013a). Through projective identification, the infant may get rid of its unwanted / bad parts by "putting" them into the other that gives the unrealistic sense of control over the other, and re-gain it when it is metabolized. This process subsequently aids the infant to gain the capacity to metabolize. However, when the individual keeps using projective identification after gaining the necessary metabolization capacities, the use of projective identification becomes pathological. The reason for this continued use of projective identification beyond the developmentally needed period might be an individual's inability to (1) attain the necessary level of development to remain in the depressive position, (2) switch between paranoid-schizoid and depressive positions, (3) develop higher-level defenses, and (4) acquire sufficient insight to handle inner dynamics (Sandler, 1987).

These Kleinian and contemporary Kleinian conceptualizations of projective identification influenced the psychoanalytic theory not only with their contribution to developmental aspects of normality or abnormality in infancy but also by paving the way for understanding its role in adult interaction, mainly the analyst-patient relationship (Spillius & O'Shaughnessy, 2013). Thus, projective identification has become one of the basic object relational concepts that has been adjusted to a variety of clinical and non-clinical contexts (Sandler, 1987).

1.1.3. Contributions of British Independents School and Ego Psychology

In this section the conceptualization of projective identification from the other psychoanalytic approaches that dominated the psychoanalytic field concurrently with Klein will be reviewed. As Klein had been formulating her object relational theory, two other groups were influential in psychoanalytic society: (1) Ego Psychology that is led by Anna Freud in their focus on the governing functions of the mind and (2) Independent group, including theorists like Winnicott and Fairbairn, who did not adhere strictly to the other groups and were organized around the primacy of the object.

Regarding projective identification, ego psychologists initially criticized Kleinians for establishing an already existing concept with a different name. They suggested that Klein's projective identification was already in use in the literature as *identification with the aggressor* (Spillius, 2012). They also claimed that since the ego will weaken with increased use of projections, the projective identification could not have been a developmentally natural aspect of the psychic world, since it needs much more energy than projection itself (Spillius, 2013a). However, in one of her later papers, Anna Freud (1967) had tried to expand the definition of identification with the aggressor while linking it to Klein's projective identification. What distinguished these terms were not their authors or psychoanalytic schools, but that projective identification is much more comprehensive in association with transference and countertransference while identification with the aggressor is a more specific definition to understand a certain intrapsychic defensive operation that is definitive of cases of trauma (Prior, 2004).

The Independent group criticized Kleinians for focusing too much on early development and inner object relations and Ego Psychology for not accepting the object relation school's contributions (Kohon, 1986). One of the prominent independent theorists, Winnicott, did not directly work on projective identification but his contributions complement the understanding of it. According to Winnicott (1945, 1956), the ego of an infant searches for a possibility of integration since it lacks cohesion. However, the integration and cohesion of the ego is a difficult task. Thus, the infant also seeks disintegration to keep the internal balance and reduce the felt anxiety. In other words, while the infant tries to integrate the reality, they

fall apart to fantasy leaving the task in integration of and adaptation to reality to the other/the mother (Winnicott, 1956). Winnicott suggests that a mother's love, care, and holding function could serve as a basis for the infant's development towards integration and adaptation to reality. To put it differently, a mother is open to projections of the infant, able to hold, transform, and return them to the infant for re-internalization (Winnicott, 1967). Containing either a part of self or object needs a capacity to do so. Thereby, projective identification helps the subject to feel relief from not containing a part and its load on themselves (Ogden, 1979). From this perspective, Winnicott identifies mother as the volunteer receiver of a developmentally needed sequence of projective identifications. In other words, projective identification becomes an aid in sharing the load with someone else, when the psychic, emotional, cognitive, or behavioral aspect of is overwhelming as in the mother-child dyad.

After Heimann's paper *On Countertransference* (1950), the focus of all schools turned to the transference phenomenon readily existing in psychoanalysis. Projective identification improved what was understood by transference as it was not just a reoccurrence of the past relational patterns but also a creation between analyst and patient in sessions (O'Shaughnessy, 2012). On the other hand, the criticisms of ego psychologists and independents continued regarding this overuse of projective identification to describe the analytic relationship, in addition to the excessive focus and excessive assumption on the patient's aggression, the analyst's aggressive countertransference responses, and the analyst's excessive involvement. (O'Shaughnessy, 2012).

1.1.4. Contemporary Object Relational Perspectives

Following the long and unfinished discussions in British Psychoanalytic Society as summarized above (Spillius, 2012), contemporary contributions of object relational approach and relational psychoanalysis broadened the discussions about the term projective identification and made it an inseparable and yet, unconvinced part of the psychoanalytic theories, practices, and discussions. In this section, perspectives of these contemporary object relational theorists on projective

identification will be presented, and elaborations of Bion, Segal and Heimann will be discussed.

The term projective identification was considered as the most important part of countertransference by contemporary Kleinians, following Bion's container-contained model for routing analysts from the intrapsychic world of the patient to the interpersonal one (Sandler, 1987). Starting from Klein's contribution (1952) and Heimann's extension of the concept (1960), projective identification has started to get more and more important for psychoanalysts and especially for those whom we might consider as contemporary Kleinians, namely Bion, Segal and Heimann. These authors not only discussed object relations theory and projective identification in particular, but they also broadened and spread the term to different schools, concepts, and discussions. In modern Kleinian thinking, projective identification is considered as sometimes interpersonal and sometimes intrapersonal, differs according to phantasy that puts on the object to feel less anxiety both in clinical and relational sense (Spillius, 2012).

Heimann (1950; 1960) extended the concept by discussing on countertransference feelings of analysts. She discussed countertransference feelings as a way of communication between the analyst's and patient's unconscious. According to her (Heimann 1950) patients cause reactions in analyst as projecting their whole or partial self. These reactions were considered as 1) a mean of unconscious communication, 2) a chance to observe and analyze past object relations and 3) a tool for psychoanalysis to work on non-regulating, defensive and maladaptive psychological units in a patient through transference and countertransference (Heimann, 1950; 1960).

Bion (1962b) considerably widened and deepened the prospect of projective identification (as cited in Grinberg, Sor, & de Bianchedi, 1977). According to his view, the subject needs the object for different purposes. One of them is the metabolization of the feelings that are unmetabolizable for the subject. In this context, projective identification is the process of projecting unmetabolizable self parts, their metabolization by the object, and re-introjecting these self parts. According to Bion (1967/2013), any link or projective identification to objects is aimed at preventing the subject's self-destructiveness and the fragmentation of the ego. Therefore, it can be concluded that projective identification is not a phase or a

simple defense, but a temporarily occurring mechanism that employs one's internal feeling of destruction/fragmentation by projectively identifying with it through the object. Failure in introjecting projective identifications will result in a severe and ego-destructive superego because the object that the subject tries to link appears to be hostile and destroy the subject's projective identifications (Bion, 1967/2013).

Projective identification is also a mechanism that helps the patient to investigate his feelings in someone else's personality who is powerful enough to contain them, such as the analyst (Bion, 1967/2013). This contribution of Bion (1967/2013) helped us to understand that the infant can identify and through that learn and develop a capacity to handle his inner tension created by internal object relations (Sandler, 1987). It can be said that Bion (1955) formulize the process of projective identification as 1) a process of metabolization that helps to develop psychic capacities and 2) understanding countertransference and forming it as an interpretation. Therefore, after Klein's more intrapsychic definition, Bion's definition make the term more eligible more interpersonal by nature (Spillius, 2013b).

Countertransference was found to be useful by modern Kleinian analysts as a response to the patient's projective identification (Spillius, 2012). Despite the risk of reenactment, projective identification may help therapists to understand early internal conflicts about the object via patient's reprojected of them in sessions through transference (Joseph, 1988). Patients would be deeply in need of communicating the early conflicts, but since they are from preverbal period, the only way for them to come to sessions could be a non-verbal form of communication (Gabbard, 2001), namely projective identification. Therefore, any patient would recreate these conflicts in sessions which are also a part and domain of their present relationships with the analyst, so that the analyst would metabolize projected materials and/or not fail the patient in terms of the receptivity of his projections (Joseph, 1988).

While Bionian conceptualization of projective identification leans towards the metabolization aspect, Segal focuses more on the detrimental aspect on the contrary to the beneficial one. Segal (1957) claimed that the reoccurrence of the past object relationships in sessions might cause despair in a patient as well. Since a patient has unconscious doubts about the symbolic communication with the object

and the receptiveness of the object for this communication (Segal, 1957), projective identification will be used excessively so to be sure about their impact on the analyst psyche and inner object relations (Feldman 1997). This evidence will help the unconsciousness of a patient to feel convinced about a possibility of a new experience, an experience different from the past. However, an analyst would cause the patient to feel helpless because of an unaware aspect of the analyst's dynamics, a failure to receive a patient's projections, and implicitly confirming that patient has non-metabolizable, incomprehensible bad parts (Ogden, 1994).

Starting from Klein's highlight of the object for the subject's psychic development (1933a), the object became more and more important. With the additions of different authors (Winnicott, 1956; Segal, 1957; Heimann, 1966; Bion, 1967/2013), the psychoanalytic theories have become more relational in understanding both the patient's internal world and the analytic relationship between the analyst and the patient. In other words, projective identification has started to be considered as the externalizing self-parts or direct reoccurrence of the internal object on the external one (Sandler, 1987). These essential transference and relational aspects of the term projective identification are discussed more in detail below, considering the developments following the relational shift in psychoanalysis.

1.1.5. Contributions of Relational Psychoanalysis

In this section, the transformation of projective identification into a communication tool, while the psychoanalytic theory incorporated the immediate and distal relational context as inseparable from the intrapsychic, will be reviewed. Within this context, Ogden's perspective and elaborations on projective identification will be further discussed.

An object is needed both for the subject's and object's projections and introjections. An object who is receptive to projections of a subject to metabolize them (Bion, 2013) and to integrate them into a reality through holding them (Winnicott, 1945) could help one to develop a more stable, coherent psyche according to the object relational perspectives. However, these assumptions gave researchers and psychoanalysts a developmental and past-oriented view. With

progress in both neuroscience findings and psychoanalytic theories, the relationship between mother-infant and between analyst-patient gained a heightened prominence (Beckes, IJzerman, & Tops, 2015; Greatrex, 2002; Seligman, 2003). According to these new findings, people's psychic and genetic potentials are focused, developed, and shaped through relationships. Since the term projective identification consists of a simultaneous interchange in a relationship, its occurrence, function, and role will be examined in the following paragraphs.

Projective identification is an inevitably interactional process that needs the active participation of both the subject and the object to influence one another's unconsciousness (Langs, 1978). The process is a way for subject/patient to project their selves onto object/analyst and vice versa (Spillius, 2013a). As Malin and Grotstein (1966) suggested, projective identification is a standard process that exists starting from birth and continues to reoccur constantly to re-experience psychic growth and self-development.

When projective identification occurs either in therapy or in any daily relationship, the object/other could find themselves enacting the very same dynamic the subject is trying to get rid of (Joseph, 1988). In sessions, either analyst or patient enacts a here-and-now occurred unconscious fantasy by pressuring one another to a certain, past object relation (Feldman, 1997). This carries the risk for the involvement of the analyst but also creates an opportunity to understand one or more unconscious aspects of the patient. Within these risky moments created in a therapeutic sphere, it becomes possible to consider transference reactions as a part of the patient's projections, countertransference reactions as a part of the patient's projective identifications and interpretations-enactments-impasses as a part of the re-introjection of all these projected materials (Malin & Grotstein, 1966; Ogden, 1995).

For a long time, the term has only been used in the literature with a patient-focus (Heimann, 1949; Racker, 1968; Segal, 2018) so that it became possible for analysts to use countertransference as a possible source of patient's unconscious world (Sandler, 1987). Patient-focused usage of the term was criticized because of its inescapable nature that involves the analyst's dynamics (Meissner, 1987).

Ogden (1979; 1991; 1993), one of the most recent revisionists of the term projective identification, identified the already existing issues regarding the

definitions and distinctions, and highlighted the clinical use of projective identification in making meaning of the inextricable net of transference and countertransference. In his paper “On Projective Identification,” Ogden defined projective identification as “a group of fantasies and accompanying object relations” constituting a three-fold psychic mechanism simultaneously incorporating (1) “the fantasy of projecting a part of oneself into another person and of that part taking over the person from within”; (2) “pressure exerted via the interpersonal interaction such that the 'recipient' of the projection experiences pressure to think, feel, and behave in a manner congruent with the projection”; and (3) “the projected feelings, after being 'psychologically processed' by the recipient, are reinternalized by the projector” (1979, pp. 356-357). He drew attention to the distinction between projection and projective identification claiming that the difference resides in the strangeness of and distance to the object. While using projection, the subject cannot relate with their projection but maintains a safe distance from what is projected (Ogden, 1979). On the other hand, while using projective identification, the subject feels a subtle, unspeakable, and hard-to-explain connection with the object. In other words, projective identification helps the subject to communicate what is unspeakable in words, acts, or else to someone else (Ogden, 1979).

Ogden (1979) also portrayed projective identification as the earliest type of object relation and a defense, like Klein did; and as a way of communication, like Bion did. Ogden (1979) further designated it as a means for psychic transformation. This transformative potential of projective identification has been directly translated into clinical implications in all his following works (e.g., Ogden, 1979, 1982, 1984, 1992) and laid the foundation for his renowned theorization of the *analytic third* (Ogden, 1994, 2004). The transition from his projective identification conceptualization to analytic third is based on his understanding of intersubjectivity, as he does not refrain from pointing to the humanness of the analyst (Ribeiro, 2020). Thus, projective identification as the initially intrapsychic mechanism of Klein (1946) and as the interpersonalized communicative process of Bion (1959) communication became *intersubjectified* by Ogden (1979, 1994, 1996). In Ogden’s later contributions (1994, 1996, 2004), projective identification that is co-created by the workings of two minds giving birth to a third experience

serves as the essential component of all intersubjective interactions (Ogden, 1996). From this perspective, the analytic third might simply be considered as a constellation of projective identifications (Riberio, 2020), which are transient states of two minds acting as one. As highlighted by Ogden (1996, 2004), the participation of the recipient - e.g., the analyst- as a subject with their own memories and desires, makes the co-creation of third out of projective identifications possible, which in turn re-creates both parties, signifying the transformative potential.

Ogden's approach is considered as helpful and comprehensive by some psychoanalysts and as overestimated by some others (Schafer, 2013). Nevertheless, Ogden's reconceptualization of projected identification illustrates how relational approaches clinically utilize the concept and takes its own position among the other conceptualizations that prompted both support and criticism. Nevertheless, the most noteworthy contribution of relational perspective seems that projective identification facilitated the understanding of transference phenomena as, not just the repetition of past, but the reflection of fantasies related to archaic objects by using the analyst as a here-and-now object (Roughton, 1993).

1.1.6. Criticisms of Projective Identification

Projective identification as a construct offered various benefits in theory and practice and sparked many warnings of possible threats (M'uzan, 1978, as cited in Quinodoz, 2013). Each school of psychoanalysis has their own reasons to criticize or support the usage and/or definition of projective identification. Most of the contemporary Freudians do not commonly use the term, but they recognize its contributions to psychoanalytic literature (Quinodoz, 2013). The criticisms by the contemporary Freudians converge on the transference risks in the analytic situation. According to Hinz (2012), the concept with its increasing influence on psychoanalysis and psychoanalytical practices has started to shadow concepts like transference or transference neurosis. The risk is about the involuntary involvement of the analyst and their dynamics to the patient's session, psyche, and dynamics (Hinz, 2012).

Old school Kleinians, since they perceive themselves as proponents of the term, were further criticized contemporary Kleinians for adopting a developmental

term to explain the whole human psychic system. Old school Kleinians have highlighted the regulating role of projective identification but did not find it a necessary developmental step (Spillius, 2013b). According to them (Spillius, 2013b), this carries the risk of overinterpreting the unknowable and unmemorable past of a person through putting all object relational dynamics under the projective identification (Sandler, 1993).

Through the effects of Klein's (1947) projective identification and Heimann's (1950) countertransference paper, the entire psychoanalytic community was faced with the fact that intrapsychic and interpersonal processes simultaneously affect each other and are influenced by each other (Hinz, 2012). The interaction between intra- and interpersonal processes created different kinds of reactions like split parts, projections, and not-me(s) in different schools (Spillius, 2013a). Hinz (2012) defines the circumstances as if Klein and Object Relational school became the object for the projection of unwanted parts in analysts or theories, like countertransference, enactment, impasse, and many. Object Relational school became the bad object of the psychoanalytic world so that other theories will stay as pure, uninvolved, and clear as good objects (Sandler, 1993; Ogden, 1995). Melanie Klein had ambivalence about including the term projective identification in her theory (Hinz, 2012). However, she held the term in her theory because it may lead analysts to hide their insufficiencies, blame the patient for felt emotions, and to hold them back from metabolizing those projected and those arising inside them in the analytical relationship (Hinz, 2012).

Because of the definition of projective identification as "projecting a part of self to the object" (Klein, 1953), it was criticized not only for its over-comprehension but also the exclusion of psychic apparatus, especially the fantasies (Quinodoz, 2013). Lacanians criticized object relational school and its authors who elaborate the term projective identification because it is over-comprehensive (Widlöcher, 2003, as cited in Quinodoz, 2013). According to them, contemporary Kleinians, especially Ogden's elaborations of the projective identification is misleading the origin of the term and its process (Widlöcher, 2003, as cited in Quinodoz, 2013). Lacanians (Widlöcher, 2003, as cited in Quinodoz, 2013) prefer to consider the term as a form of projection which is not something that exploratory as Ogden (1955) suggested. Porder (1987) even suggested abandoning the term

since it is “mixing or confusing fantasy and process, metaphor and mechanism” (p.431).

1.2. DEFINITION AND DISTINCTIONS OF PROJECTIVE IDENTIFICATION

The brief development of projective identification as a construct throughout the psychoanalytic history touches upon different aspect of it. As this study will attempt at proposing a non-clinical way to assess its usage, conceptual coverage of all these aspects will lay the foundation for the establishment of construct validity. Thus, first the definitions offered within the theoretical context reviewed above will be summarized, and next the functional distinctions inherent in these definitions will be reconsidered as dimensions of the construct.

1.2.1. Summary of Definitions

Klein’s (1946/1952) definition of projective identification involves the projection of the bad parts of the self to the object and feeling persecuted by them. In her definition, the tie to the object is maintained after the projection. In this Kleinian definition, the whole process is a fantasy, an intrapsychic operation (Klein, 1946/1952). Kleinian definition is followed by Rosenfeld’s refinement on the basis of his work with psychotic patients. As Rosenfeld (1950) formulates development as beginning from a confusion that precedes splitting, his description of projective identification represents its initial function of minimally differentiating the self and the object (as cited in Aguayo, 2009). The difference of Rosenfeld’s (1971) definition is his claim that projective identification is a developmental step for a human being to feel separateness from the object, differentiate between oneself from the other and do this for a more integrative and growing psychic capacity as mentioned previously. Like Rosenfeld, Bion used excessive use of projective identification in explaining psychotic states, and in doing so, radically modified its definition. First, Bion defined projective identification as an occurrence, instead of a mere omnipotent fantasy (Bion, 1967/2013). Second, Bion emphasized the experience of the recipient, thus, described the projective identification as an

interpersonal process that is communicative, as well as evacuative (Bion, 1956, 1957, 1967/2013). Thus, the definition Bion offers could be formulated as an interpersonal process of a subject forcing its parts or whole into the object and the object utilizing their function. Approximately a decade after Bion, Ogden (1979) closed the loop of the definition by portraying projective identification as an interpersonal process occurring between two subjectivities.

Segal (2018) established the definitions of pathological and normal projective identification according to Bion's theory (Bion, 1967; Ogden, 1995). She mentioned normal projective identification to be related to a developmental step, a feature of self-growth while pathological projective identification to be related to the desire about controlling, manipulating, or putting badness into the object. Consequently, one's capability for these projective identifications was constantly changing and adapting or maladapting to sustain the existence of the object and the survival parts of the ego in the object (Bion, 2013). Therefore, it can be concluded that there is a conceptual easiness to handle projective identification as multi-dimensional. It is a more positive aspect of the term since each psychic mechanism occurs for adaptation despite its badness or goodness, partialness or wholeness, higher or lower levelness.

1.2.2. Forms and Functions of Projective Identification

As mentioned in the history of the term and as indicated by the definitions, several forms and function of projective identification may be identified. According to Rosenfeld (1971), projective identification has different functions that need differentiation from each other such as communicative purposes, throwing unwanted self-parts, controlling the object, and not feeling separateness and envy. Ogden (1979) also listed the functions as relating, defending, communicating, and transforming. Joseph (1987) also attributed the functions of destroying the other defensively and of making meaning to relate, both serving for psychic equilibrium.

These different but interconnected definitions and functions of the projective identification can be grouped under three broad dimensions: (1) a mode of object relations, (2) a defense mechanism, (3) a form of communication. This grouping is expected to offer a dimensional background to the construct that would

allow the structuring of a measurable tool for projective identification, as these dimensions could be theorized distinctly, yet function in combination with each other (Burke & Tansey, 1985).

1.2.2.1. Projective Identification as a Mode of Object Relations

When first introduced by Klein, projective identification was described as hatred against self being directed to the object that holds the projected bad self, resulting in a specific type of identification that was designated by her as “*the prototype of an aggressive object-relation*” (1946, p. 102). Rosenfeld, similarly, focused on the omnipotent exertion of the self into the other in a way that wipes the boundary between them and designated this type of identification as an “*important factor in narcissistic object relations*” (1952, p.333). With further theorization, projective identification was extended to any type of projection, good or bad (Rosenfeld, 1971; Segal, 1974), setting projective identification as the beginning block of the development of any type of object relations. In other words, projective identification was claimed to signify the earliest mode of object relation, referring to a way of projection demarcated by the feeling of being “at one with’ the object of the projection” (Rosenfeld, 1953; Schafer, 1974, as cited in Ogden, 1979, p. 358). Thus, even before its interpersonalization and intersubjectification, projective identification has been portrayed as an operation that is beyond fantasy. Conceptualizing projective identification, not only as a defense but also as a primitive mode of object relations brought about the distinction between the normal and pathological uses of it (e.g., Bion, 1967). The object-relational aspect of the projective identification construct refers to the developmentally normal and necessary use of it.

Bionian perspective on projective identification exemplifies this as he describes normal projective identification as the mechanism by which the infant develops alpha-function. Simply stated, in addition to its evacuative role, parts of the self are projected to the other so that the other may contain, metabolize, and offer them in an introjectable form (Bion, 1967). As this projective identificatory unity is established and these sequences are repeated, the infant becomes able to contain and metabolize these parts themselves.

Another natural function ascribed to projective identification in terms of object-relational development addresses the separation-individuation needs. The realization of the separateness that the subject is not equal to or inside the object has started from early infancy, and maybe even from birth (Field, 1977). After recognition of me (subject/I) and not-me (object/other) as two different psychological units, a boundary occurs between what is me and what is not-me. This differentiation is primarily based on splitting and projective identification processes (Feldman, 1992). After the recognition, however, a subject occasionally loses its capacity to handle their aggression, envies what object has, and attacks on the object to gain control over it (Klein, 1946; Sandler, 1987). This control over the feeling is developmentally established to crystallize the boundaries between self and other (Sandler, 1987).

Rosenfeld (1971) similarly but with an important addition defined the process of projective identification as getting rid of bad parts of self, injuring the object, and taking possession of the object. According to his view, projective identification also prevents separation from the ideal object by projecting good parts. In any way, these usages of projective identification are aimed to fulfill the developmentally normal separation-individuation needs of the subject (Sandler, 1987).

In sum, an essential dimension of projective identification is the type of object relations that it refers to, serving the needs of the self to be in union with the other for not only as a disposal unit but also as the carrier of some crucial functions.

1.2.2.2. Projective Identification as a Defense

As stated above, projective identification has been initially formulated as a defense against the aggression (Klein, 1946) and the resultant annihilation anxiety (Spillius, 1992). The defensive function of projective identification refers to its aforementioned evacuative nature. The defensive usage of projective identification; its connection to and the difference from other defenses has been a focus of psychoanalytic literature.

Projective identification is widely accepted and used as one of the defense mechanisms (McWilliams, 2011). It is defined as one of the lower-level defense

mechanisms because (1) occurs in the unification of lowest-level projection and introjection, (2) used to get rid of a bothering, unwanted feeling, and (3) creates an already existing or fantastically created perceptions in the object (McWilliams, 2011). Before further defining the projective identification's defensive usage, it would be useful to distinguish it from other defense mechanisms. It differs from projection and introjection because neither of these defenses needs an object and both of them require a boundary between self/subject and other/object (McWilliams, 2011). However, their simultaneous occurrence in nature makes them closely related to projective identification (McWilliams, 2011). According to Sandler and Joffe (1967), many authors and analysts found identification as requiring a change in one's representation of the self through the model of an object relation and projection as the modifying the object relation through self parts. What differentiates projective identification as another defense mechanism is that it (1) requires other defenses, namely omnipotent control, splitting, and denial to be used, and (2) has different aims than projection and introjection as to give and take back the self-part(s) rather than purely projecting or introjecting it (Canestri, 2002).

From another perspective, however, neither projection nor introjection has a separate existence without each other since the contact was needed for the subject projecting or introjecting it (Malin & Grotstein, 1966). Nevertheless, there are some authors who differentiate projection and projective identification as being intrapersonal and interpersonal respectively (Spillius, 2013b). From this understanding, projective identification became an umbrella term in terms of projection's, introjection's, and its own defensive properties. It can be concluded that projective identification requires projection, introjection, splitting, omnipotent control, and denial to occur in an unorganized but codependent way.

As to its defensive dimension, its unique nature assigns various purposes to projective identification to consider it as a distinct defense mechanism. Projective identification aims at (1) maintaining union with the ideal object, (2) gaining control over the ideal object, (3) getting rid of the bad parts of self, (4) destroying the object, (5) attacking the object, (6) protecting the object from inner badness, or (7) trying to sense a safe external object (Vasylchenko, 2015). As a result of these aims, it was considered as an intrapsychic mechanism (Muhlegg, 2016) even though secondarily it might become an interactive process (Ogden, 1979).

Similarly, some theorists followed the original Kleinian emphasis on the anxiety-reducing function (e.g., Grotstein, 1981). Projective identification is said to help one to maintain his psychic integrity (Grotstein, 1981). It does this by splitting the ego into parts, projecting them, creating a response to that projecting, and consequently introjection it back. This process also helps one to hold a narcissistic balance against injuries that were caused by bad self or object parts and to maintain the existence of a defense-affect unit by projecting the whole mechanism (Sohn, 1985).

As to its level of maturity, some authors (e.g., Ogden, 1979) portrayed projective identification as a more complex process in terms of occurrence and results, whereas some other authors (e.g., Kernberg, 1986, 1987) found it to be more primitive than projection and introjection (as cited in Spillius, 2013b). The process, by nature, is a transitional phenomenon between reality-fantasy and subject-object (Ogden, 1979). Therefore, it carries the risk to lose self-boundaries or the sense of reality (Sandler, 1987). In more pathological and defensive usages, projective identification would lead to a whole introjection and further massive identification with the object (Sodré, 2004). This would lead the subject to feel like the object, loss his sense of self, and lower his level of functioning to keep his psychic equilibrium (Sandler, 1987) even though the connection could not be lost completely like it is in projection (Spillius, 2013b). Thereafter, because the object perceived as invaded by the subject through projective identification (Feldman, 1997), the subject lost its capacity to differentiate between normal introjection and forceful invasion. In other words, it carries the risk for the subject to think that the projected part belongs to the object in reality. The object becomes the subject and the connection with reality would be lost.

In conclusion, projective identification has irrefutable defensive functions in terms of both reducing anxiety and maintaining the coherence and continuity of self. Thus, defensive component of the mechanism seems essential to account for when projective identification is assessed.

1.2.2.3. Projective Identification as a Means of Communication

Last aspect of projective identification is a the rather recently formulated function of it, communication. Early object relations with the primary caregiver, particularly the mother, affect one's psychic development (Klein, 1933b). However, these effects are constantly modified and integrated as the very primary baseline of the infant's way to relate, communicate with others (Malin & Grotstein, 1966). The idea about projection, introjection, and projective identification to be steps for development came from this effect. Nevertheless, the very same early projections, introjections, and projective identifications cause both the development of psychic structures as well as psychopathology the infant (Kernberg, 1976). Even though the term has been extensively used in theorizing psychotic conditions patients (e.g., Rosenberg, 1971; Ogden, 1978), it is also one of the fundamental ways for any person to communicate with others (Bion, 1967). Theorization of the communicative usage of projective identification, which will be presented and discussed below, takes root mainly from its clinical manifestations in terms of transference and countertransference.

The introduction of the projective identification into the psychoanalysis changed the perspective from fully focusing on a patient's history to what is going on in between analyst and patient, in transference (Sandler, 1983). After the elaboration of the transference phenomenon, the countertransference reactions were added to cover the unconscious, non-verbal or non-explicit communication in the relationship of analyst and patient (Ogden, 1995). The term has been developing starting from the mother-infant perspective to empathy, transference, countertransference, and relationship respectively (Schafer, 2003).

To illustrate the Heimann's contributions (1950; 1960) highlighted the importance of projective identification to create feelings in the analyst as it does in the mother during infancy. Bion's approach (Spillius, 2013b) confirmed the differentiation of the term projective identification from the subject's phantasy into a real, preverbal way of communication between the subject and the object. And finally, Ogden (1979; 1994) combined all these object relational perspectives about projective identification under the intersubjectivity between the subject-object and/or patient-analyst.

As Klein (1955) suggested, projective identification can help the subject to both explain his needs through putting them into the object and understand the situation, sources, and capabilities of the object by getting into them. The process could also reversely be applicable between subject and object. Mutually putting something into the other and receiving back something from the other creates a kind of communication between subject and object where both can develop a sense of understanding about another's feelings, sensations, thoughts, etc. (Grinberg, Sor & de Bianchedi, 1977).

Projective identification can also be used for communication with others for unbearable feelings under the containment and metabolization of other/object (Rosenfeld, 1971). Bion combined these previous assumptions by claiming that projective identification occurs not just to repeat what is in the fantasy, but to communicate and correlate a fantasy with another's fantasy or unconsciousness since they have no toleration for frustration (Bion, 1962, as cited in Spillius, 2013b). The developmental aspect of projective identification as a tool of communication lies between the receptivity of the object and confirmation of the projections of the subject (Bion, 1967). A subject needs tolerance from the object for inconsistent self and object fantasies created unconsciously (Feldman, 1997). *Correlation*, as Bion (1962) suggested, is needed for communication between reality and fantasy, subject and object, good and bad. Through that, what is unbearable and indigestible in the first hand could transform into learning, a capacity for toleration of frustration in the subject. This will lead the subject-object unit to use less projective identification, remain in between enactments, and create an alternative psychic reality for both sides to understand each other's internal world.

After Bion's (1962) emphasis, Ogden adjusted these variations on what is occurring between patient and analyst. Even though projective identification is thought to be an archaic, low-level type of communication (Ogden, 1991), it does not necessarily need to be something unpleasant. Rather, it is an interactionally communicated state of feeling that cannot be verbalized or comprehended by only verbalization (Dornes, 1993). Segal (2018) also added that projective identification is a primitive form of empathy and a basis for the establishment of symbol formation.

Grotstein (2005) suggests a new term, *projective transidentification*, to embrace both the communicative function and the defensive aspect of projective identification. Via this conceptualization, Grotstein (2005) encompasses all dimensions including the sole intrapsychic fantasy as well as the induction and simultaneous reception of it. The communicative aspect in this sense, is not an alternative to internal representations or defense, but complementary.

Including the communication dimension to the others contributes to clinical work by providing the clinician with a formulation for explaining countertransference feelings and impulses and a non-verbal, relation-based, interpretation to be communicated (Hinz, 2012).

1.2.3. Clinical Usage of Projective Identification

Some authors (Hinz, 2012) suggested that projective identification is not an extraordinary phenomenon or outside the classical transference field of the analysis. Some others (Schafer, 2013) suggested that it is consecutively occurring enactments of patient's and analyst's mutual realities. In addition to that, it was considered to be a fundamental way for understanding not just the transference of the patient but also countertransference since it occurs between patient and analyst. Without notice, either transference or countertransference will only cause an enactment not an improvement in a patient's functioning (Canestri, 2002).

The analytical way of remembering has been defined by the occurrence of repetitions in the sessions. (Freud, 1914). Feeling trapped, merger, loss of boundaries, fear to lose boundaries, and many other separation-related themes might be observed in sessions through transference reactions of the subject resulting from projective identifications. Because a patient carries their archaic object relations to sessions and creates certain countertransference reactions that were the result or signs of the projected self-parts on the analyst (Heimann, 1950), both transference and countertransference become an important factor to understand the patient's fantasy world, archaic relationships, or reoccurring enactments. Thus, what has been written about transference-countertransference and projective identification can help us to comprehend most of the situations that were caused or

created by the projective identifications of the patient or the patient and the analyst together.

Projective identification is an important mechanism that allows analysts to understand, intervene, and help transforming the issues of their patients. It allows analysts to perceive, understand, and then interpret it which will thereby result in the re-structuration of the ego (Loch, 1965, p. 55 taken from Hinz, 2012). It helps the analyst to comprehend strongly repressed or split parts of the ego by words and behaviors so that it creates a better ego structure. A patient uses projective identification to communicate the discrepancy between their archaic object relations and reoccurrence of them in sessions (Feldman, 1997). By reducing their inconsistency, a patient tries to 1) stabilize their inner tension, 2) communicate how this tension occurs, 3) what they do against it and 4) how they cannot handle it (Hinz, 2012; Malin & Grotstein, 1966).

According to Ogden (1979), the therapeutic way of handling projective identification is staying with the projected feelings of the patient without denying or pushing them back. An object (mother and/or analyst) who could not receive the projections of a subject (infant and/or patient) or could not function as a metabolizer because of the subject's envy or hatred will cause the loss of connection between subject and the parts of the subject that were projected (Bion, 2013). Although there exists a risk of connection loss, the object/analyst is not an empty person waiting to be filled with his patient's/subject's projections. He is not empty with his own dynamics and capacities that -hopefully- can be used to help his patients by metabolizing their projections. This would also start a learning process for the subject to metabolize their self parts (Bion, 2013).

On the other hand, failure in understanding the projective identification in therapeutic processes results in either unawareness about transferred feelings or acting in transferred feelings (Gabbard, 2001). This might cause a re-enactment of primarily a patient's but also an analyst's early unsatisfying object relations. By reenactment, pathological defenses will strengthen with intensified projected feelings (Ogden, 1979). Enactment might occur as a result of the not-resisting what the patient tries to put into the analyst or analyst's unconscious involvement (Spillius, 2013b).

To sum up, in addition to theory, notes on the clinical presentations and analytic use of projective identification is an area that offers insight into the intricate mechanisms of it. As psychoanalytically-oriented therapists and psychoanalyst develop an ear to identify projective identification both as defense and as communication; their observations are the closest one gets to make a solely unconscious process visible. Thus, in developing a measure to capture the observable signs of the situational or pervasive utilization of projective identification, clinicians' experience might provide a starting point.

1.3. PROJECTIVE IDENTIFICATION AND RELEVANT CONSTRUCTS

Within the scope of this study that aims at developing a measure, the background information that defines projective identification as a construct has been presented above, including its history, potential dimensions, and clinical uses. Next, in search of further investigation of the validity of projective identification as a construct, its further indicators and associations with other relevant constructs were considered.

1.3.1. Potential Further Indicators of Projective Identification

Since the theory summarized above highlight the deeply unconscious and non-verbal nature of projective identification without exception, its measurement might require the translation of the aforementioned processes into observable indicators as well as identification of further indicators proposed in the literature. Although the literature on observable or assessable indicators of projective identification is scarce, two subjects appeared as noteworthy: narcissistic object relations and self-fulfilling prophecy.

1.3.1.1. Projective Identification and Narcissistic Object Relations

Narcissism can be defined basically as an occupation with self due to the primary or secondary cathexis of libido towards the self, the latter being retrieved from the object due to frustration (Freud, 1914). Later theories of narcissistic

personality focused more object representations and relationships (e.g., Kernberg, 1975). Narcissism implies a particular type of relating that is relation to the object as an extension of self, which might constitute a manifestation of underlying projective identification.

The type of object relations as suggested by Klein when explaining paranoid-schizoid position are “narcissistic in their nature since the baby blocks out the real qualities of the object while attempting to identify with [their] projected parts” (Kaboğlu, 2020, p.14). Not only narcissistic disturbances are associated with disrupted gratification and bond in the early years of life when the self-object differentiation has not been established yet (Robbins, 1982, as cited in Yayla, 2020), but also the manifestation of narcissism in adulthood implies penetrable boundaries between self and other (Kohut & Wolf, 1978). In other words. What is projected in this context might be the natural dependency (e.g., Robbins, 1982), resulting in the other being strained into a role of extreme dependency and completing the loop for the narcissistic object relations as self is the grandiose sovereign and the other is the needy servile. From another perspective, what is projected might be the infantile omnipotence (e.g., Kohut, 1966), which protects the self against the vulnerability by repudiating the boundary and claiming self as one with the projected omnipotent ideal, again transpiring in the narcissistic manifestation of grandiose self and the inferior object, or vice versa.

Thus, one aspect of the observable consequences of underlying operation of projective identification might be the narcissistic type or relation to the object that negates its subjectivity, allowing for control (Settlage, 1977) as well as disavowal of vulnerability and dependency (Robbins, 1982), while satisfying the early unmet symbiotic needs (Goretti, 2007; McGregor Hepburn, 2017).

1.3.1.2. Projective Identification and Self-Fulfilling Prophecy

As one of the social psychology terms, self-fulfilling prophecy has been integrated into the psychoanalytic theory, as it implies ‘something more than repetition compulsion’. Self-fulfilling prophecy can be defined as the process where a belief becomes real (Jussim, 2012). The mechanism that might explain how self-fulfilling prophecy occurs coincides with the more interpersonal conceptualizations

(e.g., Bion, 1967; Ogden, 1979); thus, the perceived occurrence of self-fulfilling prophecy might indicate underlying projective identification.

Mendelsohn (2009) defines projective identification as “a kind of self-fulfilling prophecy, whereby one individual relates to another in such a way that that other person alters his or her behavior to make the projector's belief true” (p. 371). He offers case examples from couple's therapy to illustrate the observation that while projective identification is an obscure and silent process, when all parties involved close their end of the loop, the result is the occurrence of a self-fulfilling prophecy (Mendelsohn, 2009, 2012, 2014).

1.3.2. Potential Correlates of Projective Identification

This study's aim at developing a tool to measure projective identification required identification of theoretically sound correlates of projective identification that would serve to provide information on the validity of the tool. Thus, the literature was examined to identify potential correlates, which would vary with projective identification but would not be a direct consequence of it. Across the theoretical literature developmental level of organization and separation-individuation came up as potential correlates of projective identification. Definitions for each of these relevant constructs will be presented below with a brief summary on their potential association with projective identification.

1.3.2.1. Projective Identification and Level of Organization

Developmental level of personality organization is a commonly used way of defining a person's “degree of healthy psychological growth or pathology” (McWilliams, 2011, p.56) on the basis of their ego functions and self-organization. It can be summarized to represent the overall psychic capacities, issues, and coping ways of a person. Projective identification plays an important role in understanding the level of functioning since it has various roles in different psychological mechanisms inherently also it was considered to be a sign for a lower-level organization (Bion, 1955; Grinberg, 1962; Kernberg, 1984, Steiner, 1992).

Developmental level of organization is typically characterized as neurotic, borderline or psychotic. A neurotic level of organization implies good reality-testing, high ego functioning, and self-coherence that requires for the boundaries between the self and other to be clearly established, and good and bad aspects of self and object to be integrated (McWilliams, 2011; Kernberg & Caligor, 2005). Defense mechanisms of a person with neurotic level of organization are mainly mature defenses. A psychotic level of organization, on the other hand, implies lack of reality testing, low ego functioning, and severe difficulties with existence and formation of self that indicates the boundaries that separate self from the world are non-existent or massively permeable (McWilliams, 2011; Kernberg & Caligor, 2005). Defense mechanisms of a person with psychotic level of organization are highly the primitive, highly reality-distorting ones such as denial and projection. A borderline level of organization, being one of the most debated clinical issues, implies substantial yet affect-based distortions in reality testing, issues with establishing a stable and coherent sense of self as well as secure relationships that indicate issues with both self-object differentiation and good-bad integration (McWilliams, 2011; Kernberg & Caligor, 2005). Predominant defense mechanisms of a person with psychotic level of organization are splitting and projective identification (Kernberg & Caligor, 2005).

Projective identification by definition suggests merger of the self and object as well as a defensive distortion of reality (Hepburn, 2017, Grotstein, 1981). Thus, its predominant use overlaps with definitive characteristic of the levels of organization. Projective identification alludes to lower-level of organizations like borderline or psychotic (Kernberg, 1987; McWilliams, 2011). Projective identification is a prevalent defense at the psychotic level of organization, as what is 'inside' and what is 'outside' is confused, inseparable (e.g., Kernberg, 1987, Rosenfeld, 1971). It is also predominantly used at the borderline level of organization, however, with a better maintained reality testing and a transient blurriness of the boundary between self and object (Kernberg, 1987). Individuals with a neurotic level of organization also might utilize projective identification, but it is not expected to dominate their repertoire (McWilliams, 2011; Kernberg, 1987).

Projective identification might be a key to understand an individual's defensive positioning and accordingly the ratio of his reality testing. In childhood,

because of an infant's inability to differentiate internal and external cues, the psyche develops an inner world in the infant's unconsciousness. This inner world develops through both the infant's real/external and fantasized/internal inner experiences (Vasylychenko, 2015). This ambivalence about reality testing fades away as the infant grows and develops a strong connection with reality. However, because of a subject's epigenetics or deficits in their environment, the subject might lose the sense of what is real and shape the reality according to their needs to cope with intense anxiety (Read, Bentall, & Fosse, 2009). While trying to push the object to do something or control it in an illusional and unconscious way (Segal, 2018), the subject distorts reality which leads to a lower but safer level of functioning. This lower-level functioning causes an inner relief in the subject (Ogden, 1979).

Considering the neurotic, borderline, and psychotic level of organizations on a developmental continuum; lower levels of organization are expected to utilize projective identification more and higher levels of organization less. Yet, level of organization does not completely overlap with projective identification (Kernberg, 1987). Thus, a correlation between the reliably and validly measured level of organization and reliably assessed projective identification might lend support for the validity of the latter.

1.3.2.2. Projective Identification and Separation-Individuation

Separation-individuation is a process in which an infant's psychological separation occurs from the mother in three stages, namely autism, symbiosis, and separation-individuation proper that occurs through substages of differentiation, practicing, rapprochement, and consolidation of individuality (Levine et al, 1986; Mahler et al., 1975). Ever since it was established, the concept holds an important place in mother-infant research and psychoanalysis (Sandler, 1983; Zinner & Shapiro, 1972). Separation-individuation process, as in the other object relational approaches, attempts at telling the narrative of development from undifferentiated and disintegrated to differentiated and integrated. Thus, similar to the association of projective identification and reality testing, one's utilization of projective identification and position on the journey from autism to separation and individuation might have compelling mutual implications.

From a psychoanalytic point of view, the process of separation could be seen as a step for normal development, a symbol of psychic unity, and a style of attachment (Sodré, 2004). First of all, for object relations to occur, a subject should have the capacity to stay themselves while being able to shift into the object's perspective (Sodré, 2004). In other words, one needs to create a way of being with and relating to a partially separate object (Ogden, 1979). This creates a boundary between subject and object and a basis for building a relationship through minding their and other's state of mind. Also, projective identification might be considered as a step to build a self or an internal object through an archaic type of communication between two psychic systems where boundaries were interpenetrated (Hinz, 2012). Thus, projective identification occurs both to feel a unity with the object and separateness from the object. Consequently, the process occurs in relationships at any time where there is a need for psychic unity or separateness (Sandler & Joffe, 1967).

Starting from birth, the infant has the capacity to be in connection with the mother (Lotz, 1991). The very same connection may also be a sign of an inborn readiness for separation and communication. Projective identification here plays its three roles at once: (1) it protects the infant from inner or outer dangers, (2) gives a sense of self, and (3) it communicates needs or emotions in a way that could only be unconsciously sensed by the mother (Lotz, 1991). Thereafter, any early relationships shape the infant's psychological mechanisms as they become separated from the mother physically and psychologically. Here projective identification helps an infant to experience these relationships, creates a repertoire of object relationships for them, and develops different ways of coping with past or new problems for the infant (Levine et al., 1986). For projective identification and its role in separation to become pathological or healthy, the capacity of the object to differentiate them from the subject becomes an important element (Zinner & Shapiro, 1972).

A more extensive use of projective identification might be associated with being at the earlier phases of separation-individuation. Likewise, it might be expected that if everything goes well, there will be less need for and utilization of projective identification; and its continued excessive utilization might be associated with unresolved separation-individuation issues. Thus, observations of these

expected associations might support the validity of the proposed measure of projective identification.

1.4. CURRENT STUDY

Sandler (1987) highlighted the two aspects of the definitions of projective identification as (1) the projective identification that occurs in fantasy life either in the early development, unconsciousness, or psychotic states of a subject, (2) projective identification that occurs here-and-now and interpersonally in session between analyst and patient or in relationships of an individual. . Moreover, there is no one study that shows that projective identification has qualities to be measured through a scale, an interview, or something different than face-valued behavioral change from therapists/analysts (Schafer, 2013).

As projective identification remains not assessable, it also remains mystical, almost parapsychological. Despite its very frequent appearance in theory and in case studies, it has not been subject to the scrutiny of research. Even qualitative or observational measures are not used in assessing projective identification, it is difficult to come up with an agreed-upon set of observations.

Despite the obstacles, the literature on projective identification is promising as it is possible to identify certain conventional dimensions of the construct as object relations, defense, and communication as well as possible signs such as self-fulfilling prophecy that might guide the identification of recognizable, observable, and assessable indicators of its utilization. Thus, this study aims to develop a tool to measure projective identification.

The first decision following this aim had been the nature of the measure as an observer or clinician rated one or as a self-report one. For the purposes of this study, a self-report measure was intended as an end-product for several purposes. First, for an initial attempt, a self-report measure was thought to minimize the variance caused by the involvement and projection of another subjectivity. Second, when worded properly, self-report measure was expected to evoke a familiarity in the subject that would not have been triggered or observed otherwise. Third, quantitative self-reports allow the researchers to practically reach a large number of participants that would provide a basis for further research. Nevertheless, it is noted

that a self-report measure should be complemented with further additions of observer ratings as well as alternate forms.

As the aim of this study is specified as developing a self-report tool, Projective Identification Scale (PIS), to measure usage of projective identification, the following steps are identified as creating an item pool and refining the items, exploratory and confirmatory assessments of the dimensionality of the construct, and assessment of the psychometric properties of reliability and validity.

As detailed in the method section below, the items were created on the basis of literature and a preliminary qualitative study conducted with psychotherapists and further reviewed by experts to affirm the construct validity. In the light of literature level of personality organization and separation individuation were also planned to be assessed as in association with the newly developed tool to provide evidence for convergent validity.

CHAPTER 2

METHOD

Projective Identification Scale (PIS) was developed in three consecutive steps which will be presented in separate sections below: (1) Item Generation Phase that consists of (1a) qualitative analyses of the construct and (1b) expert review of the item (2) the Pilot Study for the initial item screening (3) the Main Study that provides the final item list, factor structure and psychometric properties. Methodologies and preliminary findings of the first two steps that led to the refinement of the method of the main study will be summarized in this section. The findings of the main study will be reported in the results section.

2.1. ITEM GENERATION PHASE

2.1.1. Expert Interviews

For item generation, interviews with 8 psychotherapists (2 men and 6 women) were conducted. All psychotherapists were working with a psychodynamic-psychoanalytic approach, with years of experience varying between two and ten.

The interviews were semi-structured, and the questions are presented in Appendix F. The questions addressed both broad associations about and conceptualization of projective identification and specific examples of it from their personal and professional experiences. The aim of these interviews was to create a repertoire of noticeable internal and external signs that signify unconsciously operating projective identification, from the perspectives of both the projector and the recipient. The interviews were conducted and recorded by the author through an online video-conference application. After the transcription, the interviews were analyzed by the author and the supervisor to identify the commonly uttered themes (See Table 1).

Table 1.*Themes and Sub-themes identified via the expert interviews*

Theme and Subtheme	#	Examples
<i>Qualities of the Construct</i>		
Non-verbal / Pre-verbal	6	"It's not something that can be verbalized, I may call it a gut feeling"; "there's a non-verbal, preverbal interaction"
Repeated Relational Pattern	5	"Reliving the same relationships over and over again"; "a relational dynamic that repeats itself many times"
Play / Role-Play	5	"Roles are assigned and played, mutually"; "there's this unconscious setting of a scene, an incredible scene"
Intersubjective Occurrence	5	"It involves two subjects, subjectivities, psyches", it's not only you or them, it's both"
Negating the Other	4	"You don't exist, just my inner world, it's like being absent, ignored"; "it's hard to keep existing"
Self-Fulfilling Prophecy	3	"The closest thing to it in common sense, in common language, is self-fulfilling prophecy. Like you create what you expect"; "in the end, you see that a self-fulfilling prophecy has been actualized"
<i>Dynamics and Functions</i>		
Evacuation of Overwhelming Affect	7	"When some emotions, facts, experiences are overwhelming the need to push it out"; "we give the emotions that we cannot carry to other people, objects, animals."
Metabolization of Raw Experience	6	"Like a mother, giving some contents back to the infant in a digestible form"; "it's like, via the other, like a digestive device, affect and experience are metabolized and taken back"
Oral Issues	3	"Isn't it hunger, the baby food need of a psyche"; "it's like being force-fed"
Mirroring Needs / Functions	3	"The only way I can see myself is through your eyes"; "like internalizing a mirror, a mirror that is the other"
Being heard / understood	2	"it's a call to be heard"; "we have a fear of not being understood if the other is an other, that's why we need this"
<i>Projected Aspect</i>		
Anger, Aggression	7	"It is the anger there, the unprocessed anger "; "they will make me angry, I will scold them"
Vulnerability	5	"It puts me into a helpless corner"; "even when all the signs are otherwise, you feel worthless, inferior"
Perpetrator - Victim	3	"There are two parts in them, the victim and the victimizer and they want to give one of them to you"; "they look for a way out of the traumatic pain"

Table 1 (continued).*Themes and Sub-themes identified via the expert interviews*

Theme and Subtheme	#	Examples
<i>Experience Descriptors</i>		
Unexplained Discomfort	8	"There's something here, but what exactly? A sense of discomfort. Just a second, something strange is happening"; "You say to yourself, I don't feel comfortable, something happened"
Intense, Disproportionate Affect	7	"Something more intense than usual has happened"; "there's an intense feeling, but when I look at the reality, there's nothing to make me feel such an intense feeling"
Sense of Being Forced, Compelled	7	"Something is forcefully pushed into me"; "there's the secret agenda of compelling someone to do something"
Sense of Not-me	7	"It is when I feel 'this is not me'; "I say 'this is not me, this is not what I would normally do'"
Merger, Loss of Boundaries	6	"Which one is me, which one is the other's thought on me, it represents a process where it's all merged [<i>iç içe geçmiş</i>]; "like them penetration the other, because they penetrate too much"
Slipping into Something	4	"You just find yourself in it as a result of an unconscious interaction"; "you just slip into it, badly slip into it"
Distorted Perception	4	"There are some mirrors that make you look too big too small, some distort the shapes"; "you see the person, the relationship, or the situation in a way that it is not"
Interpersonal Tension / Conflict	4	"When both parties give at one, it's like there is a conflict there"; "when there's a mutual disagreement, a problem"
Acting-out	3	"I act-out, I fall into the act"; "it might make you act-out, dangerous"
Feeling Attacked	3	"It has this aspect of feeling subject to a blast"; "It feels like how I'm treated is unfair"
Being manipulated	3	"It is a tool or manipulation"; "it is ... manipulation, in end they make others really say it, go mad."
<i>Moment of Awareness</i>		
Realizing when Distanced	7	"You need to stop, distance yourself by questioning"; "you have to look at it from outside, that's the only way to be aware"
Needing an Other / a Third	7	"There has to be someone else to symbolize it for me to be able to see it, otherwise it's like a fish trying to see the water it lives in"; "Awareness is possible only with an other"
Asking 'What's going on?'	5	"When you stop and ask 'what's going on? it's highly probable that you realize it"; "I realize it when I ask myself 'why did I become so upset? What's the matter?'"

The sub-themes that are mentioned by 3 or more interviewees are summarized in Table 1. These sub-themes were converted into items by maintaining (1) coverage of each sub-theme with more than one item and (2) adherence to the phrases use by the interviewee. In addition, some items that were created by the researchers on the basis of literature were also added. The resulting item pool consisted of 130 items (See Appendix G).

2.1.2. Expert Ratings

The initial item pool of 130 was reviewed by another group of 3 experts. The experts were psychotherapists with a similar psychodynamic/psychoanalytic background with the interviewees. They were all women with 2 to 10 years of experience. The expert raters were informed about the study and the expert interviews and asked to evaluate each of the 130 items on the basis of how representative each item would be for a person who extensively utilizes projective identification on a 5-point scale. They were also asked to note down any concerns about face validity and encouraged to suggest other items.

Negatively worded items were reverse coded and the mean of the ratings of 3 experts were calculated ($M = 3.8$, $SD = 0.6$). To give most items a chance with a sample, all 78 items that were above the mean of 3.5 over 5 and 2 items that were above the mean of 3 but rated as extremely representative by one the raters were selected for the pilot study. These 80 items constituted the first version of Projective Identification Scale (PIS) to be pilot studied.

2.2. PILOT STUDY

For the pilot study a small sample of psychology undergraduates were contacted and 19 of them voluntarily participated. A majority of the pilot sample (72%) was woman, and all were psychology undergraduate students between ages of 22 and 39 ($M = 24.72$, $SD = 5.15$). They were first instructed to fill out the Projective Identification Scale (PIS) as participants. Next, they were encouraged to share any comments about the items and any experiences they would like to share.

Based on the exploration of the central tendency and dispersion for each item, 41 of the items were directly selected for the main study, without any changes. On the basis of dispersion issues -such as the emphasis of extremeness in the phrasing resulting in a floor effect- and on the basis of comments -such as confusion about rating the item in terms of frequency when it starts with ‘sometimes’ or ‘often’- the phrasing of 30 items were slightly revised. The remaining 9 items with problematic distributions and comments regarding their vagueness were discarded.

Lastly, 3 items were added as they represented the positive or negative opposites of already existing items such as “I pull the negative energy on myself” being duplicated with “I pull the positive energy on myself.” The rationale behind this addition was not to limit one’s possibility of projective identification on the specific affective end of an experience. The resulting scale of 74 items was used in the main study to assess its psychometric properties.

2.3. THE MAIN STUDY

The main study aimed at assessing the dimensionality and psychometric properties of the scale and any potential subscales of the Projective Identification Scale (PIS).

2.3.1. Participants of the Main Study

Inclusion criterion for participation was being over the age of 18. A minimum of 400 participants was aimed on the basis of the recommended sample size for surveys with convenience sampling (Sekaran, 2003). A total of 890 participants attempted and 510 participants completed the survey.

Of the 510 participants, 351 (69.5%) identified themselves as women and 154 (30.5%) as men, while 5 preferred not to disclose. The ages of the participants ranged from 18 to 64, with a mean of 32.52 ($SD = 11.69$). In terms of their relational and marital status, 36.5% of the sample were single, 26% were in a relationship, 34% were married, and 3% widowed.

Regarding level of education, majority of the sample (61%) were university students or graduates, whereas 14% had a high school degree and 25% had a

master's or doctorate degree. Slightly more than half (55%) of the participants were employed, and the remaining (45%) participants were not employed.

The participants were also asked whether they have received psychological help; 58% of them reported that they have not, 27% had received help and terminated, 16% were receiving help at the time of the study.

2.3.2. Instruments of the Main Study

Study instruments include the Projective Identification Scale (PIS) that is developed in this study, and Inventory of Personality Organization (IPO-TR), Defense Style Questionnaire (DSQ), and Separation-Individuation Inventory (SII) which are used to assess the validity of the scale. Lastly, a Demographic Information Form was used to collect information on the characteristics of the participants.

2.3.2.1. Projective Identification Scale (PIS)

The intended Projective Identification Scale (PIS) consisted of 74 items (See Appendix H), which were generated through expert interviews and expert ratings, and then refined via a small-scale pilot study as described above. The items were randomly sorted. The participants were asked to rate their frequency at which they experience each item on a 7-point scale from 1 = not at all to 7 = all the time. Findings on the reliability and validity of the scale will be presented in the results section.

2.3.2.2. Inventory of Personality Organization (KOREN/IPO-TR)

The most recent version of the Inventory of Personality Organization (IPO) was developed by Lenzenweger et al. (2001) to assess the personality functioning according to Kernberg's psychodynamic model (1966; 1984). Three positions, namely Neurotic, Borderline and Psychotic, were classified according to the dimensions of the scale: reality testing, existence of primitive defense and identity diffusion (Lenzenweger et al., 2001). IPO consists of 57 items in the original study.

The reported alpha coefficients for IPO are .91 for total scale, .88 reality testing, .81 primitive defenses and .88 identity diffusion (Lenzenweger et al., 2001).

The Turkish adaptation study of the Inventory of Personality Organization (KOREN/IPO-TR) was conducted by Ceran Yıldırım and Yüksel (2021) with a sample of university students. Internal consistency values of the Turkish version of the questionnaire were found to be similar to the original study; .90 for full scale, .94 for primitive defenses, .85 for identity diffusion and .84 for reality testing subscales (Ceran Yıldırım & Yüksel, 2021). The scale was obtained from author and used with their permission in this study which consists of 31 items (See Appendix D). The Cronbach alpha coefficients calculated with the sample of this study were .91 for the full scale, .77 for primitive defenses, .82 for identity diffusion, and .85 for reality testing subscales

2.3.2.3. Separation-Individuation Inventory (SII)

Separation-Individuation Inventory is a 39-item, 10-point Likert type self-report measure developed by Christenson and Wilson (1985), in order to examine the separation-individuation issues on the basis of the psychoanalytic developmental theory by Margaret S. Mahler (1972). The inventory has 3 subscales measuring deficiency in differentiation, defense mechanism of splitting, and separation-individuation related relationship problems. The internal consistency of the inventory has been reported to be .92 (cited in Göral, 2002).

The Turkish version of SII (See Appendix E) was translated to Turkish by Göral (2002) and revised and psychometrics were calculated as a doctoral thesis by Göral (2010). Internal consistency values via Cronbach's alpha were found to be .90 for the total scale;.78 for the splitting subscale, .80 for the lack of differentiation, and .65 for the separation-individuation-related relationship problems subscale (Göral, 2010). The higher scores indicate more difficulties in separation-individuation. In this study, Cronbach's alpha values were found to be .85 for the whole scale, .82 for Splitting subscale, .77 for Differentiation subscale, and .79 for Relationship Problems subscale with the alpha coefficient significant at .01.

2.3.2.4. Demographic Information Form

The form includes questions as regards the participants' age, gender, level of education, working status, perceived socioeconomic level, living situation, relationship status and marital status (See Appendix B).

2.3.2. Procedure of the Main Study

Before the scale development and data collection procedures, the ethics approval of the study was taken from the Istanbul Bilgi University Ethics Committee. As described above, the study follows the stages of (1) Item Generation Phase including Expert Interviews and Expert Rating, (2) the Pilot Study for the initial item screening (3) the Main Study that provides the final item list, factor structure, and psychometric properties.

The data for the main study was collected online via a survey platform. The study started with an Informed Consent Form for participants' consent for participation. In the Informed Consent Form, participants were briefly informed about that the purpose of the study, approximate time to complete the questionnaire, their right to withdraw at any part of the study without stating an explanation since the study is based on voluntary participation, and confidentiality of the data. Following the participant's consent for participation, the participants were required to fill in the Projective Identification Scale (PIS), Defense Style Questionnaire (DSQ), Inventory of Personality Organization (KOREN/IPO-TR), Separation-Individuation Inventory (SII), and Demographic Information Form, in the given order. At the end of the survey, participants were asked to share their e-mail addresses if they would like to participate in a replication of the study. Approximately 6 weeks after the initial data collection, a link to a survey with another Informed Consent Form (see Appendix A), and the PIS and basic demographic questions were shared with the volunteering participants in order to examine test-retest reliability.

CHAPTER 3

RESULTS

In this section, the development of Projective Identification Scale (PIS) will be reported. Item screening, Exploratory Factor Analysis, Confirmatory Factor Analysis, and initial findings on reliability and validity will be explained.

3.2.1. Item Screening of Projective Identification Scale

There were 74 items in the PIS which are all associated with the perception of an individual about their usage of projective identification. Since items in the PIS were created and used for the first time in this study, descriptive statistics of each item and inter-item correlations were calculated and examined. Initial examination of inter-item correlations and semantic examination of the overly correlated items revealed that two items were redundant, thus excluded.

3.2.2. Exploratory Factor Analysis of Projective Identification Scale

Exploratory Factor Analysis (EFA) was conducted to identify whether the scale measured a uni-dimensional vs. multi-dimensional construct and to specify the items that constitute the factors. All analyses were conducted with principal axis factoring as the extraction method and oblimin as the rotation method. Assumptions regarding sampling adequacy and sphericity was met for all exploratory attempts.

Prior to the final factor structure presented above, several exploratory analyses were conducted. The initial attempts with all items and 5-, 6-, and 7-factor solutions revealed that 25 of the 72 items had low factor loadings ($< .4$) in all solutions and thus, eliminated. A second set of explorations was done with the remaining 47 items and 5-, and 6-factor solutions. At this step, 17 more items were eliminated due to low factor loadings ($< .4$). Thus, the last step of analysis was conducted with the 30 remaining items and presented below.

For the 30 items, the Kaiser-Meyer-Olkin measure of sampling adequacy was found to be 0.911, and Bartlett's test of sphericity was significant ($\chi^2(510) = 696.307, p = 0.000$), both suggesting that the data of this sample was factorable and

adequate for analysis. Anti-image correlation matrix and communalities further confirmed that items shared reasonable variance for factor analysis. Six factors had eigenvalues greater than 1, but the 6th factor was a two-item factor with highly correlated error terms, thus the analysis was repeated for a 5-factor solution. The first 5 factors with eigenvalues greater than 1.3 explained 52.61% of the total variance and provided the most semantically meaningful solution. The factor structure was obtained with Oblimin rotation with Kaiser Normalization. The rotation converged in 10 iterations. Factor loadings for each item are presented in Table 2.

Table 2. *Exploratory Factor Analysis (EFA) Results: Item-Factor Loadings of PIS*

Projective Identification Scale Factor and Item	Loading
<i>Factor 1</i>	
6 I feel as if the emotions of other people pass onto me.	0.750
14 I think I draw people's negative energy on me.	0.638
20 I feel emotions that are not mine.	0.607
49 I happen to take on the features and roles of others which they do not want in themselves.	0.507
30 I sometimes lose control and act the way someone else wants.	0.507
8 I feel like people are jamming their feelings into my inner world.	0.477
15 Even if something I watch or read get on my nerves, I can't help but continue.	0.468
19 When I notice other people's negative aspects, I can't help but be occupied with it.	0.441
51 When I speak with someone, I get a strange feeling of tiredness and exhaustion that I can't seem to grasp.	0.395
50 I think that people project their feelings and thoughts on me and then perceive them as mine.	0.459
<i>Factor 2</i>	
62 No matter how hard I try, people I'm not interested in end up liking me.	0.702
46 No matter how hard I try, most people I meet end up liking me at some point.	0.681
61 Some people have feelings and experiences with me that they don't have with other people.	0.48

Table 2 (continued).*Exploratory Factor Analysis (EFA) Results: Item-Factor Loadings of PIS*

Projective Identification Scale Factor and Item	Loading
<i>Factor 3</i>	
42 No matter how hard I try, people I'm attracted to don't like me.	0.694
56 All my close relationships end the same way.	0.635
43 I feel like I'm stuck with a certain role in my relationships.	0.535
33 No matter how hard I try, most people I meet become distant from me at some point.	0.505
60 Sometimes I feel like I am not in control of what I'm going through in my relationships.	0.468
74 Sometimes I feel that there is something in my relationships that I cannot name.	0.409
71 People might turn me into someone who I don't want to be.	0.341
<i>Factor 4</i>	
48 Some feelings are too overwhelming for me to contain.	-0.720
45 I have certain feelings that I cannot contain and hold myself.	-0.640
31 My mind and body are sometimes too limited for my feelings to fit in.	-0.620
53 In relationships, I can be thrown into much stronger emotions than the situation requires.	-0.570
7 I sometimes feel emotions that are disproportionate to the situation.	-0.480
63 Most of the time, I can't get rid of the intensity of my feelings without speaking with someone else.	-0.410
<i>Factor 5</i>	
34 People can only understand my feelings when they feel the same way.	0.514
28 When I hear people's opinions about me, I say "it takes one to know one".	0.507
18 The reasons of my negative emotions such as anger and sadness always emanate apart from me.	0.506
26 While I try so hard to be compliant, I find myself in conflict because of other people.	0.434

On the basis of EFA findings, Factor 1 was composed of 10 items representing permeability of boundaries, Factor 3 was composed of 7 items representing repeating negative relational patterns, and Factor 4 was composed of 6 items representing difficulty with containing affects. On the other hand, it was

noted that Factor 2 had 3 items that could converge on a sense of specialness, being admired, yet 2 items were very similarly worded and represented flirtation situations, thus raised a question about the underlying factor. On another note, Factor 5 consisted of 4 items that refer both to a disavowal of responsibility and lack of reflective functioning. The decisions regarding these issues were planned to be done in the light of confirmatory factor analysis.

3.2.3. Confirmatory Factor Analysis of Projective Identification Scale

Confirmatory Factor Analysis (CFA) for the Projective Identification Scale was conducted via structural equation modeling, testing a model with each item identified in the EFA indication the relevant factor as a latent variable and with the covariances among the factors. The initial 5-factor model as identified by EFA did not yield a satisfactory model fit. The fifth factor noted above had low loadings for all items and there were issues that some items had error terms highly correlated with other items of other factors. Given that it was also semantically questionable, fifth factor was removed. Another modification was the removal of items 42 and 50 due to low loadings. The final model is presented in Figure 1.

Following the modifications, a 4-factor model with 23 items suggested an acceptable fit indicated by $GFI > .90$, $RMSEA < .06$ (See Table 3). In order to further confirm the factor structure, comparative fit indices were also evaluated. For comparative purposes, the 4-factor model was compared with a Single-factor model, serving both as a null model and as a confirmation that data is better explained by a multi-dimensional approach. Another comparison was offered between the 4-factor model and a 3-factor model that is formulated with the removal of Factor 2, that has the lowest number of item and was noted for further scrutiny after EFA.

A summary of the model fit indices for the single-factor, 4-factor, and 3-factor models are presented in Table 3. It can be concluded that both 4-factor and 3-factor models offer a better fit than the single factor model, as indicated by higher absolute and comparative fit indices and lower Akaike and Bayesian information criteria.

Figure 1.

Coefficients of the model tested for Confirmatory Factor Analysis

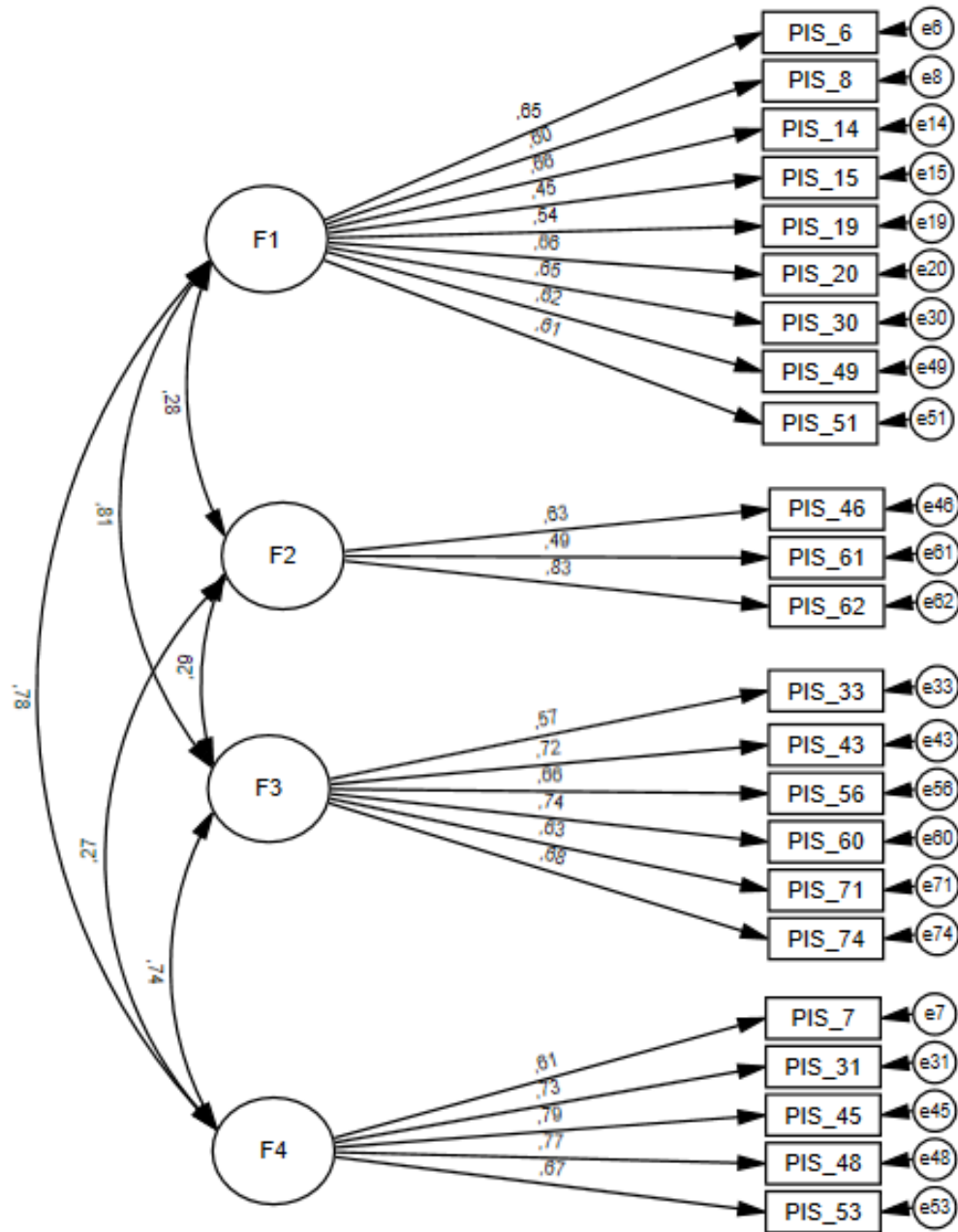


Table 3.*Fit indices for the single-factor, 4-factor, and 3-factor models*

	Model		
	Single-factor	4-factor	3-factor
CMIN	1115.052	588.432	429.547
<i>df</i>	230	224	167
<i>p</i>	0.000	0.000	0.000
CMIN/DF	4.848	2.627	2.572
GFI	0.818	0.908	0.922
AGFI	0.782	0.887	0.902
CFI	0.796	0.916	0.933
RMSEA	0.087	0.057	0.056
AIC	1207.052	692.432	515.547
BIC	1401.835	912.621	697.626

A comparison of 3-factor and 4-factor models reveal that 3-factor model demonstrates a marginally better model fit. Thus, the 2nd factor was not removed, but tentatively analyzed in terms of reliability and validity in order to check the benefits of including such a dimension in understanding projective identification.

In the final 4-factor model, the first factor included 9 items that indicated transmission of affect between subject and object with high permeability and penetrability. On the basis of the content, the factor was labeled as *Affective Contagion*. The third factor was named *Containment Difficulty*, as it was composed of 5 items which are about problems in owning, holding, and metabolizing the feelings of self or the other. The fourth factor was composed of 6 items that reflected relational dynamics about being close or distant to others as well as a fused or mixed states in relationships. In order to reflect both aspects, the component was labeled as *Interpersonal Diffusion*. Finally, the second factor included 3 items referring to a grandiose and/or erotic narcissistic projection. Thus, this factor was labeled *Narcissistic-Eroticized Projection*.

3.2.4. Psychometric Properties of the Projective Identification Scale

The reliability of the Projective Identification Scale was checked via internal consistency and test-retest reliability of the factors and the total scale. The evidence for validity of the factors and the scale were presented by their association with relevant constructs of level of personality organization, and separation-individuation as well as discriminant functions as regards demographic variables.

3.2.4.1. Reliability of the Projective Identification Scale

The internal consistency for the factors and the scale was evaluated via Cronbach's alpha values (See Table 4). It is observed that Affective Contagion, Containment Difficulty, and Interpersonal Diffusion had good reliability and the total scale had excellent reliability. Only Narcissistic-Eroticized Projection had acceptable reliability.

Table 4.

Internal Consistency and Test-Retest Coefficients for Projective Identification

Component	No. Of Items	α	r
Affective Contagion	9	0.84	.71**
Containment Difficulty	5	0.84	.59**
Interpersonal Diffusion	6	0.83	.69**
Narcissistic-Eroticized Projection	3	0.68	.51**
Total Scale	23	0.91	.68**

** *Correlation is significant at the 0.01 level (2-tailed).*

Test-retest reliability was assessed via the Pearson Correlation coefficient of the scores of the sample at the initial data collection and at approximately 6 weeks later. A total of 104 participants provided valid responses for both data collection points. It is observed that the test-retest correlations ranged between .51 and .71 for the subscales and was found to be .68 for the total scale (See Table 4).

All correlations were significant, supporting the relative consistency of the assessed construct in time.

Additionally, associations among the four factors were checked via the Pearson correlation coefficients (See Table 5). It is observed that Affective Contagion, Containment Difficulty, and Interpersonal Diffusion had good strong correlations with each other. It was noted that Narcissistic-Eroticized Projection had significant but weaker correlations with than other factors.

Table 5.

Correlations Among the Subscales of Projective Identification Scale

	Affective Contagion	Containment Difficulty	Interpersonal Diffusion	Narcissistic-Eroticized Projection
Affective Contagion	1	.677**	.670**	.245**
Containment Difficulty	.677**	1	.610**	.220**
Interpersonal Diffusion	.670**	.610**	1	.254**
Narcissistic-Eroticized Projection	.245**	.220**	.254**	1

** *Correlation is significant at the 0.01 level (2-tailed).*

3.2.4.2. Validity of the Projective Identification Scale

3.2.4.2.1. Associations of Projective Identification with Relevant Constructs

First evidence of validity was obtained from the correlations of Projective Identification Scale with the relevant constructs. Factor scores were calculated by taking the mean of the items and the scale score was calculated by summing the factor scores for PIS. The sub-scale scores were also calculated for Inventory of Personality Organization (IPO) and Separation-Individuation Inventory (SII). The descriptive statistics are presented in Table 6.

Table 6.*Descriptive Statistics of the Scale Scores of Study Variables*

	Min.	Max.	M	SD
<i>Projective Identification Scale</i>				
Affective Contagion	1	6.56	3.27	1.16
Containment Difficulty	1	7	4.08	1.43
Interpersonal Diffusion	1	6.83	3.17	1.27
Narcissistic-Eroticized Projection	1	7	3.51	1.33
Total PIS Score	4	25.89	14.04	3.97
<i>Inventory of Personality Organization</i>				
Primitive Defense	9	42	18.71	6.60
Identity Diffusion	10	48	25.28	7.81
Reality Testing	12	49	20.79	7.32
<i>Separation-Individuation Inventory</i>				
Splitting	12	98	44.80	17.48
Differentiation	14	127	49.12	20.02
Relationship Problems	15	99	51.65	155.75

The distributions of all study variables were approximately normal. Given that the normality assumptions are met, Pearson Correlation Coefficients were calculated to examine the associations of level of organization and projective identification subscales and presented in Table 7.

PIS factors of Affective Contagion, Containment Difficulty and Interpersonal Diffusion are all significantly positively correlated with all the components of level of personality organization. Narcissistic-Eroticized Projection on the other hand had slightly weaker, yet significant, correlations with all levels of organization scores except Identity Diffusion. These correlations support the validity of the scale, as projective identification, especially its affective contagion, interpersonal diffusion, and containment difficulty dimensions demonstrate the theoretically expected positive association with level or personality organization. However, narcissistic-eroticized projection has weaker links, especially to identity diffusion.

Table 7.

Pearson Correlation Coefficients between Projective Identification Scale and Inventory of Personality Organizations

	Inventory of Personality Organization		
	Primitive Defense	Identity Diffusion	Reality Testing
Affective Contagion	.570**	.540**	.354**
Containment Difficulty	.539**	.570**	.329**
Interpersonal Diffusion	.682**	.627**	.415**
Narcissistic-Eroticized Projection	.153**	0.08	.270**
Total PIS	.632**	.592**	.446**

** Correlation is significant at the 0.01 level (2 tailed)

In order to examine the association between Projective Identification and Separation-Individuation, the correlations between factors of both scales were calculated and presented in Table 8.

Table 8.

Pearson Correlation Coefficients between Projective Identification Scale and Separation-Individuation Inventory

	Separation-Individuation Inventory		
	Splitting	Differentiation	Relationship Problems
Affective Contagion	.573**	.517**	.513**
Containment Difficulty	.550**	.475**	.552**
Interpersonal Diffusion	.693**	.619**	.608**
Narcissistic-Eroticized Projection	.181**	.161**	.167**
Total PIS	.650**	.576**	.601**

** Correlation is significant at the 0.01 level (2 tailed)

All correlations demonstrate strong positive associations between the dimensions of projective identification and different issues regarding separation-individuation. Interpersonal Diffusion factor had the strongest correlations with all

sub-scales, Splitting, Differentiation, and Interpersonal Diffusion, respectively. Again, Narcissistic-Eroticized Projection had the weakest correlations; but these correlations were still stronger than level of organization. These correlations support the validity of the scale, as projective identification, especially its affective contagion, interpersonal diffusion, and containment difficulty dimensions demonstrate the theoretically expected positive association with separation-individuation failures.

3.2.4.2.2. Associations of Projective Identification with Demographic Characteristics

A second set of inspection regarding validity was obtained from the associations of Projective Identification Scale with participants' age, gender, educational status, relationship status, psychological help background, residency status and working status. Since this is the first study on developing a scale for projective identification, no expectations were specified. The analyses were exploratory in nature.

In order to see whether projective identification scores varied with age, Pearson Correlation analyses were conducted. The whole scale of PIS was found to be negatively correlated with Age, $r(510) = -.162, p < .01$. Additionally, the subscales of PIS, namely Affective Contagion and Containment Difficulty were also found to be negatively correlated with Age, $r(510) = -.185, p < .01$; $r(510) = -.168, p < .01$, respectively. The subscale of Interpersonal Diffusion was found to have slightly stronger correlations with age than the others $r(510) = -.228, p < .01$. Narcissistic-Eroticized Projection Subscale was not significantly correlated with Age, $r(510) = .065, p < .01$. Overall, the correlations indicate as the age increases, utilization of projective identification decreases.

In order to investigate the associations between the categorical variables, which are sex, educational status, relationship status and psychological help background of PIS, Multivariate Analyses of Variances (ANOVA) were conducted with the subscales of PIS as dependent variables and each of the demographic characteristics as independent variables. Means and standard deviations of PIS scores for each category of the demographics are presented in Table 9.

Table 9. Descriptive Statistics for variables Sex, Relationship Status, Education and Psychological Help Background

	AC		CD		ID		N-EP		Total PIS	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
<i>Sex</i>										
Men	3.06	1.07	3.86	1.44	3.23	1.28	3.62	1.38	13.76	3.99
Women	3.35	1.19	4.19	1.42	3.15	1.27	3.46	1.31	14.15	3.98
<i>Relationship</i>										
Single	3.50	1.12	4.37	1.45	3.55	1.28	3.60	1.35	15.02	3.89
In a relationship	3.30	1.09	4.23	1.32	3.09	1.26	3.38	1.22	14.00	3.58
Married	2.98	1.15	3.67	1.41	2.81	1.12	3.49	1.40	12.00	4.04
<i>Education</i>										
High School	2.95	1.17	3.82	1.39	2.85	1.22	3.52	1.40	13.13	4.10
University	3.36	1.21	4.23	1.41	3.31	1.31	3.59	1.32	14.49	3.98
Post-graduate	3.24	1.01	3.88	1.47	3.04	1.14	3.32	1.30	13.48	3.74
<i>Psychological Help</i>										
No Help	3.02	1.10	3.82	1.41	2.97	1.18	3.52	1.38	13.31	3.96
Current Help	3.57	1.04	4.44	1.44	3.50	1.25	3.13	1.16	14.64	3.40
Past Help	3.56	1.20	4.39	1.41	3.40	1.39	3.68	1.31	15.03	4.10

Note. AC = Affective Contagion; CD = Containment Difficulty; ID = Interpersonal Diffusion; N-EP = Narcissistic-Eroticized Projection

Univariate tests revealed that there was a significant association between Affective Contagion and sex, $F(6,57) = .011$, $p = 0.005$, partial $\eta^2 = 0.013$. It was observed that men had lower scores for Affective Contagion subscale ($M = 3.06$, $SD = 1.07$) than women ($M = 3.35$, $SD = 1.19$). Again, univariate tests revealed that there was a significant association between Containment Difficulty and sex, $F(5,80) = .016$, $p = 0.005$, partial $\eta^2 = 0.011$. It was observed that men had lower scores for Containment Difficulty subscale ($M = 3.86$, $SD = 1.44$) than women ($M = 4.19$, $SD = 1.42$).

Further, although the multivariate tests were not significant for subscales of PIS and relational status, univariate effects were observed. For relationship status, 3 subscales, namely Affective Contagion, Containment Difficulty and Interpersonal Diffusion were significant, $F(9,80) = 0.00$, $p = 0.01$, partial $\eta^2 = 0.038$; $F(16,89) =$

0.00, $p = 0.01$, $partial \eta^2 = 0.065$; $F(11,98) = 0.00$, $p = 0.01$, $partial \eta^2 = 0.047$, respectively. Post-hoc tests demonstrated that the Single group had a significantly higher score for in Interpersonal Diffusion subscale ($M = 3,55$, $SD = 1,28$) as compared to participants who were in a relationship ($M = 3,09$, $SD = 1,26$) and married ($M = 2,81$, $SD = 1,12$). Since the mean ages of groups of relational status are different, the analysis was repeated by controlling for age and only Interpersonal Diffusion subscale was significant, $F(8,83) = 0.00$, $p = 0.01$, $partial \eta^2 = 0.035$.

Additionally, univariate effects were observed for education status and subscales of PIS. For education status, 3 subscales, namely Affective Contagion, Containment Difficulty and Interpersonal Diffusion were significant, $F(3,61) = 0.028$, $p = 0.05$, $partial \eta^2 = 0.014$; $F(4,77) = 0.009$, $p = 0.01$, $partial \eta^2 = 0.018$; $F(4,23) = 0.015$, $p = 0.05$, $partial \eta^2 = 0.016$, respectively. It was observed that University students or graduates had higher scores in Affective Contagion and Containment Difficulty subscales ($M = 3.36$, $SD = 1.21$; $M = 4.23$, $SD = 1.41$ respectively) than Master & Doctoral student or graduate ($M = 3.24$, $SD = 1.01$; $M = 4.88$, $SD = 1.47$ respectively) and Primary-high school graduates ($M = 2.95$, $SD = 1.17$; $M = 3.82$, $SD = 1.39$ respectively). Also, University students or graduates had higher scores in Interpersonal Confusion subscale ($M = 3.31$, $SD = 1.13$) than Master & Doctoral student or graduate ($M = 3.04$, $SD = 1.14$) and Primary-high school graduates ($M = 2.85$, $SD = 1.22$) more significantly ($p = .001$). Since the mean ages of groups of education status are different, the analysis was repeated by controlling for age, the effect of education was not found to be significant for any of the subscales.

Lastly, univariate effects were observed for psychological help background and subscales of PIS. For psychological help background, 3 subscales, namely Affective Contagion, Containment Difficulty and Interpersonal Diffusion were significant, $F(14,34) = 0.00$, $p = 0.01$, $partial \eta^2 = 0.055$; $F(8,63) = 0.00$, $p = 0.01$, $partial \eta^2 = 0.034$; $F(10,67) = 0.00$, $p = 0.01$, $partial \eta^2 = 0.042$ respectively. It was observed that participants who are currently receiving psychological support had higher scores in Affective Contagion, Interpersonal Diffusion and Containment Difficulty subscales ($M = 3.57$, $SD = 1.04$; $M = 3.50$, $SD = 1.25$; $M = 4.44$, $SD = 1.44$, respectively) than participants who terminated the process of receiving help ($M = 3.56$, $SD = 1.20$; $M = 3.40$, $SD = 1.39$; $M = 4.39$, $SD = 1.41$, respectively) or

didn't receive help in past or now ($M = 3.02, SD = 1.10$; $M = 2.97, SD = 1.18$; $M = 3.82, SD = 1.41$, respectively). Post-hoc tests also demonstrated that the participants who never received psychological help were significantly lower in 3 of the subscales than participants who are currently receiving or received help in past.

The subscale of Narcissistic-Eroticized Projection, the analysis revealed that there was a significant association between Narcissistic-Eroticized Projection and psychological help background, $F(4,23) = .015, p = 0.005$, partial $\eta^2 = 0.017$. Again, as opposed to other subscales, it was observed that participants who received and finished taking psychological help in past ($M = 3.68, SD = 1.31$) had higher scores than participants who are currently receiving help ($M = 3.13, SD = 1.16$). Participants who never received psychological help ($M = 3.52, SD = 1.38$) were in-between and not significantly different from these groups.

In sum, Affective Contagion, Containment Difficulty and Interpersonal Diffusion vary as to age, sex, education, relationship status, and psychological help. This may be a tentative further support for their validity. However, as there are no theory-based expectations for the projective identification utilization of different demographic groups, the findings should be cautiously considered. Additionally, these group comparisons further indicate doubts regarding the validity of the Narcissistic-Eroticized Projection, as it demonstrates a different pattern of associations with demographics than the other factors.

CHAPTER 4

DISCUSSION

Existing literature on projective identification has been developing ever since the first influential usage of it by Klein (1946). Psychoanalysts, authors, and researchers had mentioned the significance of the term both clinically and theoretically in psychoanalysis (Gabbard, 2001; Heimann, 1960; Ogden, 1994). On the contrary to this significance, there were no attempts or studies exist for the measurement of projective identification distinctly or additionally within the other concepts like defense mechanisms.

The present study aimed to develop a scale to measure projective identification within different psychoanalytic perspectives. Within the framework of this aim, the relationships between projective identification, level of organization, separation-individuation, certain demographics were investigated. In the following section, the summary of results and related discussion will be presented.

4.1. FACTOR STRUCTURE OF PROJECTIVE IDENTIFICATION SCALE

4.1.1. Summary of Findings on Factor Structure

Projective Identification Scale (PIS) was designed to create a measurable, multi-dimensional, valid, and self-report scale for projective identification. An exploratory factor analysis was conducted, and the reliability of PIS was assessed with a sample of 510 participants who were Turkish adults, aged above 18. Four different subscales were identified for PIS: Affective Contagion, Containment Difficulty, Interpersonal Diffusion, and Narcissistic-Eroticized Projection. The first subscale Affective Contagion indicated the struggle and difficulty resulted from intrapersonal or interpersonal affective states of a subject. The second subscale Containment Difficulty indicated the problem of metabolization, holding, and experiencing affect bodily, mentally, and emotionally. The third subscale Interpersonal Diffusion indicated repetitions, enactments, and self-boundary issues

in relationships. The fourth subscale Narcissistic-Eroticized Projection indicated grandiose fantasies and/or observations that were created in relationships.

Internal consistency for Affective Contagion, Containment Difficulty, and Interpersonal Diffusion supported that their items reliably indicated the same construct. On the other hand, although acceptable, Narcissistic-Eroticized Projection had a minimally acceptable internal consistency. When the three items of the scale are considered, it was also noted that the underlying factor that explains their covariance needed further clarification.

4.1.2. Discussion on the Factor Structure of Projective Identification Scale

The components derived from the Projective Identification Scale were in line with the literature. Projective identification was generally mentioned to be an interpersonal / intersubjective, unconscious, and hard-to-detect defensive and relational process (Malin & Grotstein, 1966; Sandler, 1987; Vasylychenko, 2015). Projective identification was initially proposed by Klein (1946) to address how the subject projects his emotions, mostly negative ones, onto the object for their holding, containment, and metabolization so that emotions would be touchable, experienceable, and perceivable (Bion, 2013; Ogden, 1995). As such, the data collected for this research also confirmed this tendency.

All four subscales of PIS have various items indicating the relational occurrence and affect-oriented nature of projective identification. Three of the subscales Affective Contagion, Containment Difficulty, and Interpersonal Diffusion were related to the loss of self-boundaries and difficulty with the affective experience in relationships. Several authors had emphasized similar views about projective identification. Rosenfeld (1971) mentioned projective identification as a developmental step for separateness from others for self-growth. Spillius (2013b) defined the term as getting rid of negative emotions, particularly annihilation anxiety. Other definitions of projective identification suggested that the process has a complexly occurring nature for different psychological needs in different developmental periods such as the metabolization of the uncontainable affect in infancy (Bion, 1962), the illusion of omnipotent control fantasies on an object

(Hinz, 2012) or a way of communication for lower-level personalities with their analysts or therapists (Ogden, 1978).

For various definitions and roles for projective identification, each subscale contains some parts. The item “I sometimes lose control and act the way someone else wants.” from Affective Contagion indicates the loss of boundaries and control issues. Similarly, the item “When I notice other people's negative aspects, I can't help but be occupied with it.” indicates how the loss of boundary impacts one’s internal world. These and some other items refer to the separation-based usage of projective identification in terms of feeling occupied by the object (Field, 1977) and maintaining union with the ideal object (Muhlegg, 2016).

Additionally, the item “I have certain feelings that I cannot contain and hold myself.” from Containment Difficulty subscale indicates the inability of emotional regulation. Another item from the same subscale “People can only understand my feelings when they feel the same way.” indicates one of the regulations for one’s inability to regulate their feelings. These and some other items refer to the both defensive and communication-based usage of projective identification in terms of getting rid of a bothering, unwanted feelings (McWilliams, 2011) and communicating in an archaic, unaware, and unconscious way (Ogden, 1991).

The item “I feel like I'm stuck with a certain role in my relationships.” from Interpersonal Diffusion subscale indicates the repetition of an archaic relationship. Also, another item from the same subscale “Sometimes I feel that there is something in my relationships that I cannot name.” indicates the unconscious, fantasy-oriented and low-level occurrence of projective identification. These and some other items refer to the organizational and separation-based usages of projective identification in terms of its low-level nature (Kernberg, 1976) and its blurring effect on self-other boundaries (Sandler, 1987).

The Narcissistic-Eroticized Projection subscale, on the other hand, indicates not only loss of the boundary between self and other or failure to contain something overwhelming, but refers to the specific content of the projection. This was an unforeseen aspect as the other items referring to the specific negative content such as anger, helplessness, vulnerability did not converge into a separate factor and did not have factor loadings high enough to be considered as part of other factors. The Narcissistic-Eroticized Projection might reflect that an object relation style by

which others serve as self-objects in order to maintain the grandiose sense of self (Kohut, 1966). Thus, what this factor measures might be a kind of a most basic and primitive type of projective identification that ensures the sense of grandiosity that is necessary for our survival in the very early years of life.

When comparing the means of these four PIS subscales, it was observed that all subscales had close-to-normal distributions with moderate means. The highest mean was observed for Containment Difficulty and lowest for Interpersonal Diffusion. These results may show that individuals may be aware of and report their usage of projective identification to some degree. Also, they may show that individuals are more likely to be aware and mention their inability to regulate affect and less likely about the loss of boundaries in relationships. In other words, individuals have different views and insights about the roles of projective identification. They are more aware of self-related problems than relationship-related ones. In addition to that, this might be due to a cultural tendency to be more self-observing about affective and relational problems in Turkey. However, further cross-cultural comparisons are needed to confirm this.

4.2. VALIDITY OF PROJECTIVE IDENTIFICATION SCALE

4.2.1. Summary of Findings on Validity

As evidence for validity, first, correlations of Projective Identification Scale (PIS) with measures of level of personality organization and separation-individuation were examined. Second, the association of PIS with several basic demographic characteristics were inspected.

In terms of level of organization, it was observed that three subscales of the PIS, namely Affective Contagion, Interpersonal Diffusion, and Containment Difficulty, were significantly and positively correlated with all three subscales of IPO, namely Primitive Defense, Identity Diffusion, and Reality Testing. The Narcissistic-Eroticized Projection subscale had significant but weaker correlation with Primitive Defense and Reality Testing, whereas not with Identity Diffusion.

In terms of separation-individuation, it was observed that three subscales of the PIS, namely Affective Contagion, Interpersonal Diffusion, and Containment

Difficulty, were significantly and positively correlated with all three subscales of SII, namely, Splitting, Differentiation, and Relationship Problems. The Narcissistic-Eroticized Projection subscale again had weaker but significant correlations with all measures of separation-individuation difficulties.

Last, the association between demographic characteristics and PIS were examined. It was observed that sex, age, education level, relationship status, and getting psychological help were associated with several dimensions of projective identification. Overall, it was observed that projective identification utilization decreases by age; and participants who were women, single, university student or graduate, and who has received psychological help has higher levels of projective identification utilization.

4.2.2. Discussion on Projective Identification and Level of Organization

The observation of significant and positive correlations between the subscales of PIS -Affective Contagion, Interpersonal Diffusion, Containment Difficulty- and the subscales of KOREN/IPO-TR -Primitive Defense, Identity Diffusion, and Reality Testing- was expected. This supported the validity of the PIS.

Because of its occurrence process (Ogden, 1979), its aim to control the object and feel one with the object (McGregor Hepburn, 2017), loss of self-other boundaries (Steiner, 1992) or its defensive nature (Grotstein, 1981), projective identification plays important roles in the determination of one's level of organization. Therefore, the link between PIS and KOREN/IPO-TR was expected and theoretically supported the validity of PIS and its subscales.

Further, the PIS subscale Narcissistic-Eroticized Projection which included grandiose fantasies or situations created in relationships was weakly correlated Primitive Defense and Reality Testing and not with Identity Diffusion. As mentioned by Ceran Yıldırım and Yüksel (2021), the Identity Diffusion subscale of KOREN/IPO-TR was about lack of a concrete self. However, the Narcissistic-Eroticized Projection might refer to a state at which coherence of self is maintained via the continuation of this early projective or projective identificatory process. Thus, the distortion of reality and defense immaturity is associated with this type of

projection, however, identity diffusion is not as the defense directly aims at it. However, it should be noted for any further discussion of this issue, Narcissistic-Eroticized Projection subscale needs to be further studied.

4.2.3. Discussion on Projective Identification and Separation-Individuation

The observation of significant and positive correlations between the subscales of PIS, Affective Contagion, Interpersonal Diffusion, Containment Difficulty, and Narcissistic-Eroticized Projection and the subscales of SII, Splitting, Differentiation and Relationship Problems was expected. This further supported the validity of the PIS.

Projective identification both has a developmental role for and is a sign of psychopathology in individuals in terms of separation-individuation. In terms of object relations (Sandler, 1987), projective identification helps one to 1) avoid the separation from the good object, 2) attack the bad object to control the sensed danger, 3) get rid of the bad self-parts, 4) protect good self-parts, 5) repair the object's qualities with good self-parts or 6) damage the object's envied qualities with bad self-parts (Segal, 2018). Additionally, projective identification considered to be a part of development and pathological narcissism as well (Sohn, 1985).

In addition to that, each subscale of SII is theoretically connected with the PIS and its subscales. As mentioned, projective identification is closely related with defenses, especially with splitting (McWilliams, 2011). Also, projective identification causes the loss of self boundaries in relationships with different purposes like controlling the object (Rosenfeld, 1971), protecting the object or self (Muhlegg, 2016) etc. Therefore, the link between PIS and SII was expected and theoretically supported the validity of PIS and its subscales.

4.2.4. Discussion on Projective Identification and Demographic Characteristics

Among demographic characteristics, three subscales of PIS -Affective Contagion, Containment Difficulty, Interpersonal Diffusion- were all significantly correlated with age. In other words, as the age increase, the scores in these 3

subscales decrease. These results might indicate that as age increases, so does the ability to contain and regulate their affects and to separate oneself from others. The literature also says that overall capacities, functioning and organizational maturity of an individual increase with age (Kernberg, 1976; Ceran Yıldırım & Yüksel, 2021).

Concerning associations of the subscales of PIS and sex, it was observed that men had lower means in subscales Affective Contagion and Containment Difficulty. This result might indicate that when using projective identification, men are less likely to do it for carrying their affect to other and affective complexity in relationships. The literature (Kinner et al., 2014; Parkinson & Totterdell, 1999) suggested that men are both neurologically and psychologically less capable of dealing with complex emotions, but better at active stress situations. In other words, these results might indicate that men are less aware or use less than women about complex relational and emotional features such as projective identification.

Also, results show that single participants had a significantly higher mean in Interpersonal Diffusion subscale than the ones in a relationship or married. This might show that single individuals are more occupied with interpersonal issues and internal conflicts (Wei et al., 2005). Being single was also found to be a risk for various mental health problems which leads to lessened sense of security (Crittenden, 2013), lack of support (Welch, 2011) and preoccupation with internal conflicts and problems (Farbstein et al., 2010).

Later, results show that University students or graduates had higher means in Affective Contagion and Containment Difficulty subscales than participants with higher or lower degrees. This may show that university students or graduates use projective identification more than other groups. This tendency might be related with that emerging adulthood during university years is another critical point for separation-individuation issues to reoccur as another developmental step (Koepke & Denissen, 2012; Tanner, 2006). Therefore, this period might overwhelm them because of increasing emotional load and cause them to have more permeable boundaries. Further, these assumptions are beyond the scope of this study to comment since other characteristics lack.

Finally, results show that individuals who did not receive or currently receiving psychological support had lower means in Affective Contagion,

Interpersonal Diffusion, and Containment Difficulty than individuals who received or currently receiving psychological help. This result may show that as individuals receive psychological support, they become more aware of their usage of projective identification, observe affective and relational conflicts. On the other hand, Narcissistic-Eroticized Projection subscale has a different pattern in differentiation groups as to their psychological help status. However, since the subscale has been noted to be cautiously interpreted, further assumptions about this pattern could not have been validly verified.

4.3. LIMITATIONS AND FUTURE RECOMMENDATIONS

The findings of this study lend support for the possibility of measuring the utilization of projective identification reliably and validly. Based on the observations of this study, it was suggested that Projective Identification Scale could be a beneficial tool with further improvements. The suggestions for further improvements for future research are:

(1) Since this was the study that developed and used the scale, the factor structure needs further confirmation. Thus, it is important to include all items that were used in the exploratory step for future use and re-confirm the factor structure with a different sample.

(2) As identified above, the narcissistic-eroticized dimension needs both semantic and psychometric improvements. New relevant items might be added to be further tested. If the same factor loads on these items, the internal consistency of the subscale would increase, and more importantly, the interpretation of the underlying construct would be sounder.

(3) The validity of the scale should be further supported with studies that examine the association of the self-report Projective Identification Scale with clinical interviews.

(4) The convergent and divergent validity of the scale could be further verified by its associations with overlapping constructs of identification with the aggressor, counterprojective identification, enactment, and non-verbal communications.

(5) Since this study was the first attempt to measure projective identification, there are some issues regarding the further validity of the scale and Narcissistic-Eroticized Projection subscale. For future research, The Expanding Self Scale (Tokgöz, 1999) which aims to measure an understanding of self states in terms of attitudes, preferences, and self-appraisals towards independent and interdependent directions, might be used to better discriminate and identify cultural tendencies in terms of projective identification utilization. Also, other possible cultural correlates, the role and exemplification of narcissistic tendencies or pathologies, a replication of the study for further examination of demographics and expanding the expert interview questions to comprehend features of clinical sample in detail might be beneficial both to strengthening validity of PIS and Narcissistic-Eroticized Projection subscale.

(6) Lastly, it was suggested that prior to the use of the PIS for further research, researchers are advised to either enhance the Narcissistic-Eroticized Projection factor by adding items and confirming the factor structure as well as validity or discard the factor.

Regarding the limitations of the current study, it was noted not all theoretically suggested components or occurrences related to projective identification were involved in the study. In addition, the intersubjective nature of the occurrence could not have been captured via self-report. It was challenging to convert both theoretical suggestions and content from expert interviews into a scale item. Itemizing these abstract concepts might have caused to be semantically over-generalized and affectively under-stated.

Another main limitation regarding the nature of the construct is the attempt at measuring an unconscious process via a verbal self-report tool. On the other hand, as identified in the beginning of the study, this was a partially intentional and foreseen limitation. As in other unconscious constructs such as defense mechanisms, self-report measures are commonly criticized yet, are the only tools that allow systematic studies and generalization of the findings.

CHAPTER 5

CONCLUSION

Projective identification is an important, highly discussed, and beneficial term for psychoanalysis and its theories from its developmental explanations to the mother-infant relationship, to attachment, transference, psychopathology, and communication. Therefore, understanding projective identification may enhance understanding the nonverbal, unconscious, and simultaneous nature of each individuals' unique nature in relationships and specifically therapy relationships.

This study looked at the projective identification from its most commonly mentioned dimensions. To investigate these dimensions, a Projective Identification Scale (PIS) was developed. The results showed that PIS was a valid and reliable measure for projective identification with a theoretically coherent factor structure.

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APPENDICES

Appendix A: Informed Consent Form

Sayın Katılımcı,

Bu araştırma, İstanbul Bilgi Üniversitesi Klinik Psikoloji Yüksek Lisans Programı öğrencisi Kaan Kabukçu tarafından, Dr. Öğr. Üyesi Alev Çavdar Sideris danışmanlığında, yüksek lisans tezi kapsamında yürütülmektedir. Bu çalışma, yansıtımlı özdeşim ölçeği geliştirilmesi için yapılmaktadır.

Yaklaşık 10-15 dakika sürecek bu çalışmada sizden doğru ya da yanlış cevapları olmayan kişisel fikir ve görüşlerinize dayalı bazı anketler doldurmanız istenecektir. Çalışmaya katılmayı kabul edip anketleri doldurmaya başladığınız hiçbir aşamada kimliğiniz veya kimliğinizi belirleyecek herhangi bir bilgi sizden talep edilmeyecektir ve diğer paylaştığınız bilgilerin tamamı gizli tutularak araştırmacı ve danışmanı dışındaki kişi ya da kurumlarla paylaşılmayacaktır. Bu çalışmaya katılmak tamamen gönüllülük esasına dayanmaktadır ve çalışmaya katılanın üzerinizde herhangi bir olumsuz etki yaratması beklenmemektedir.

Çalışmanın amacına ulaşması için sizden beklenen, bütün soruları eksiksiz bir şekilde ve içtenlikle cevaplamanızdır. Bu formu okuyup onaylamanız, araştırmaya katılmayı kabul ettiğiniz anlamına gelecektir ancak istediğiniz aşamada çalışmayı bırakma hakkına sahipsiniz. Bu çalışmadan elde edilecek bilgiler tamamen araştırma amacı ile kullanılacak olup veriler toplu olarak değerlendirmeye alınacaktır.

Eğer çalışmanın amacı hakkında belirtilenden daha fazla bilgiye ihtiyaç duyarsanız, mail adresi üzerinden araştırmacı ile iletişime geçebilirsiniz.

Yukarıdakileri okudum ve anladım. Bu çalışmaya tamamen gönüllü olarak katılıyorum ve istediğim aşamada çalışmayı bırakabileceğimi biliyorum. Bu çalışmada verdiğim bilgilerin bilimsel amaçlı yayınlarda kullanılmasını kabul ediyorum.

ONAYLIYORUM ()

Appendix B: Demographic Information Form

Lütfen bu bölümdeki her soruyu dikkatle okuyunuz. Sorulardan size en uygun olan seçeneği işaretleyiniz ve boşlukları size en uygun şekilde doldurunuz. Vereceğiniz yanıtlar gizli tutulacak ve yalnızca araştırma amacı ile kullanılacaktır.

1. KİŞİSEL BİLGİLER

1.1 Yaşınız: _____

1.2 Cinsiyetiniz:

Kadın Erkek Diğer Belirtmek istemiyorum

1.3 İlişki durumunuz:

Bekarım, ilişkim yok

Bekarım, ilişkim var

Evliyim

Boşandım

Eş kaybı yaşadım

Diğer

1.3 İkamet durumunuz:

Tek yaşıyorum

Ailemle yaşıyorum

Eşim/Sevgilimle yaşıyorum

Bir veya daha fazla arkadaşım ile yaşıyorum

Yurtta/Otelde yaşıyorum

Diğer

1.4 Öğrenim durumunuz (lütfen en son bitirmiş olduğunuz okulu işaretleyin):

İlköğretim mezunu

Lise öğrencisi

- Lise mezunu
- Üniversite öğrencisi
- Üniversite mezunu
- Yüksek lisans öğrencisi
- Yüksek lisans mezunu
- Doktora öğrencisi
- Doktora Mezunu
- Diğer (Lütfen belirtiniz) _____

1.5.a Şu anda çalışıyor musunuz?

- Evet Hayır Diğer

1.5.b. Evet ise, mesleğiniz: _____

1.6. Gelir Düzeyiniz:

- Düşük
- Düşük-Orta
- Orta
- Orta-Yüksek
- Yüksek

1.7.a. Daha önce hiç psikolojik/psikiyatrik yardım aldınız mı?

- Evet, aldım ve devam ediyorum.
- Evet, aldım ve sona erdi.
- Hayır

1.7.b. Evet ise, lütfen kısaca sebebini belirtiniz: _____

Appendix C: Projective Identification Scale (PIS; 26 Items)*

Aşağıdaki cümleler genel olarak insanlarla olan ve kendinizi içinde bulduğunuz durum, duygu ve düşüncelere dair ifadeler yer almaktadır. Her ifadeyi dikkatle okuyup, bunları hissetme/karşılaşma sıklığınızı 1 den 7 ye kadar derecelendirilmiş skala üzerinde seçtiğiniz dereceyi çarpı şeklinde (X) işaretlemek suretiyle gösteriniz.

Hiç 1 2 3 4 5 6 7 Çok sık

1	İlişkilerimde bir role sıkışmış gibi hissediyorum.
2	Bazı kişilerle konuştuğumda adını koyamadığım garip bir yorgunluk, bitkinlik hissediyorum.
3	Etrafımdaki insanların duyguları bana bulaşmış gibi hissedirim.
4	İkili ilişkilerimde yaşadıklarım kontrolümde değilmiş gibi hissettiğim olur.
5	Başkalarının kendinde istemediği özellikleri, rolleri ben üstlenebiliyorum.
6	Bazı duygular içimde tutamayacağım kadar büyük geliyor.
7	Kontrolü kaybedip başkasının istediği gibi davrandığım olur.
8	Kendi kendime kapsayamadığım, taşıyamadığım hislerim olur.
9	Bazı insanların benimleyken diğer insanlarla yaşamadığı-hissetmediği şeyleri hissettiği olur.
10	Karşımdakiler beni olmak istemediğim birisine dönüştürebiliyor.
11	Öyle olmaması için uğraşsam da tanıştığım çoğu kişi bir noktada benden hoşlanıyor.
12	Bana ait olmayan duygular hissedirim.
13	İzlediğim, okuduğum bir şey çok sinirime dokunduğu halde devam etmekten kendimi alamıyorum.
14	Başka insanların negatif yönlerini fark ettiğimde bununla meşgul olmaktan kendimi alamam.
15	Zihnimin ve bedenimin hislerimin sığamayacağı kadar dar geldiği olur.
16	Tüm yakın ilişkilerim aynı şekilde sonlanıyor.
17	Ben ne kadar aksi için uğraşırsam uğraşayım benim ilgi duymadığım kişiler benden hoşlanıyor.

18	İnsanların zihninde herkesten farklı ve özel bir yer kapladığımı düşünüyorum.
19	Duruma orantısız yoğunlukta duygular hissettiğim oluyor.
20	İnsanlar kendi duygularını benim iç dünyama tıktırıyor gibi hissediyorum.
21	Öyle olmaması için uğraşsam da tanıştığım çoğu kişi bir noktada bana hayranlık duymaya başlıyor.
22	İnsanların negatif enerjisini üzerime çektiğimi düşünüyorum.
23	Zaman zaman ilişkilerimde adlandıramadığım bir şeyler olduğunu hissedirim.
24	İkili ilişkilerde durumun gerektirdiğinden çok daha güçlü duygulara savrulabiliyorum.
25	İnsanların beğenisini üzerime çektiğimi düşünüyorum.
26	Öyle olmaması için uğraşsam da tanıştığım çoğu kişi bir noktada benden uzaklaşıyor.

**Please contact the researcher for the final version of the scale before using it.*

Appendix D: Inventory of Personality Organization (KOREN/IPO-TR)

Bu envanterde insanların hayatları boyunca sergilediği çeşitli tutum, duygu ve davranışlar ile ilgili ifadeler vardır. Lütfen aşağıdaki tüm yönergeleri dikkatle okuyun ve size uygun şekilde tamamlayın. Bu envanteri tamamlamak için uzman olmanız gerekmemektedir. Bu envanter, her bir soruyu olabildiğince dürüstçe ve içtenlikle yanıtlarsanız amacına ulaşacaktır.

Tutum, duygu ve davranışlarınızla ilgili olabildiğince açık şekilde bilgi verin lütfen. Kendinizi ve deneyimlerinizi düşünürken, sadece alkol ya da ilaç etkisi altında sergilemiş olabileceğiniz tutum, duygu ya da davranışları dikkate almayın.

1 Doğru değil 2 Nadiren doğru 3 Bazen doğru 4 Sıklıkla doğru 5 Her zaman doğru

1	İnsanları üzen şeyler yaptığımı; ancak bunların insanları neden üzdüğünü anlayamadığımı fark ederim.
2	Bir şeyi sadece gerçek olarak algılamayı mı istiyorum yoksa o şey sahiden gerçek mi söyleyemem.
3	Kaygılıyken ya da aklım karışık olduğunda, dış dünyadaki şeyler de bana anlamsız gelir.
4	Çevremdeki her şey belirsizleştiyse ve karıştıysa iç dünyam da belirsiz ve karışık bir hal alır.
5	Yakın bir ilişki içindeyken benlik duygumu yitirmekten korkarım
6	İnsanlar beni başarılı bulduğunda çok mutlu, başarısız bulduğunda ise mahvolmuş hissederim.
7	Sıcakkanlı ve fedakâr olmak ile soğuk ve ilgisiz biri olmak arasında gidip gelirim.
8	İşte ya da okuldaki halime kıyasla evde daha farklı bir kişiymişim gibi hissederim.
9	İnsanlar hayran olduğum kişilerin eksik yönlerini görmekte zorluk çektiğimi söyler.
10	Duyduğum bir sesin ya da gördüğüm bir şeyin hayal dünyamın ürünü olup olmadığından emin olamam.

11	Her nasılsa, insanlarla ilişkilerimi nasıl yürüteceğimi asla tam olarak bilemem.
12	Benim için önemli olan insanların benimle ilgili duygu ve düşünceleri aniden değişecek diye korkarım.
13	İnsanlar bana o kadar çok ihanet eder ve düşman olur ki, insanlara güvenmekte zorluk çekerim.
14	Bir hevesle hobiler ve ilgi alanlarına yönelip sonra onlardan kolaylıkla vazgeçerim.
15	İnsanlar bana, ya sevgiye boğarak ya da terk ederek karşılık verme eğilimindedir.
16	Kendimi, farklı zamanlarda tamamen farklı huyları olabilen bir insan olarak görüyorum.
17	Mantıklı bir açıklaması olmayan şeyler duyduğum veya gördüğüm olur.
18	Bazı fiziksel duyumlar bedenimde gerçekten var mı yoksa hayal ürünü mü söyleyemem.
19	Yanıldığım sonradan ortaya çıksa bile, insanlara taparcasına hayranlık duymaya devam ederim.
20	Bir şeyi sadece gerçek olarak algılamayı mı istiyorum yoksa o şey sahiden gerçek mi söyleyemem.
21	Gerçekte var olmayan şeyleri gördüğüm olur.
22	Güvende hissedebilmem için birisine hayranlık duymam gerekir.
23	Beni iyi tanıyan kişiler bile nasıl davranacağımı tahmin edemez.
24	Beni çok iyi tanıyan insanlar da dahil olmak üzere, insanların benimle ilgili düşüncelerinden emin olmam zordur.
25	Hiç kimsenin göremeyeceği ya da duyamayacağı şeyleri görebilirim ya da duyabilirim.
26	Kendimi, neredeyse bir başkasıymışım, tanıdığım (arkadaş, akraba gibi) hatta tanımadığım birisiymişim gibi hissederim.
27	Hiç kimsenin anlayamayacağı ya da bilemeyeceği şeyleri anlarım ya da bilirim.
28	Davranışlarımdaki değişimlere bir anlam veremem.
29	Başkalarının gerçekte var olmadığını iddia ettiği şeylerin seslerini duyduğum olur.

30	Duygularımı aşırı uçlarda, ya çok mutlu olarak ya da derin bir kederle yaşama eğilimindeyim.
31	Gördüğüm şeylerin, onlara yakından baktığımda, başka şeylere dönüştüklerini düşünürüm.

Appendix E: Separation- Individuation Inventory (SII)

Aşağıdaki cümleler genel olarak insanlarla ve kendimizle ilgili düşüncelerimizi yansıtmaktadır. Her ifadeyi aşağıda verilen 10 dereceli ölçeği kullanarak değerlendiriniz. Yaptığınız derecelendirmeyi cümlenin yanındaki boş kutuya yazınız. Lütfen hiçbir soruyu boş bırakmayınız.

Hiç Katılmıyorum 1 2 3 4 5 6 7 8 9 10 Tamamen Katılıyorum

1	İnsanlar birine gerçekten çok değer verip bağlandığında, sıklıkla kendileri hakkında daha kötü hissederler.
2	Bir kişi, başka birine duygusal olarak aşırı yakınlığında, çoğu zaman kendini kaybolmuş hisseder.
3	İnsanlar birine gerçekten öfkелendiğinde genelde kendilerini değersiz hisseder.
4	İnsanların birine karşı duygusal olarak çok fazla yakınlaşmaya başladıkları zaman, büyük bir olasılıkla incinmeye en açık oldukları zamandır.
5	İnsanlar zarar görmemek için başkaları üzerindeki kontrolü elinde tutmaya ihtiyaç duyar.
6	İnsanları tanıdıkça değişmeye başladıklarını hissederim.
7	Hem iyi hem kötü yanlarımı aynı anda görebilmek benim için kolaydır.
8	Bana öyle geliyor ki insanlar benden ya gerçekten hoşlanıyor ya da nefret ediyorlar.
9	İnsanlar bana karşı çoğu zaman sanki ben yalnızca onların her isteğini yerine getirmek için oradaymışım gibi davranıyor.
10	Kendimden gerçekten hoşlanmak ile kendimi hiç beğenmemek arasında ciddi anlamda gidip geliyorum.
11	Kendi başıma olduğumda bir şeylerin eksik olduğunu hissederim.
12	İçimde bir boşluk hissetmemek için etrafımda başka insanların olmasına ihtiyaç duyarım.
13	Başka biriyle aynı fikirde olduğumda bazen kendime ait bir parçamı kaybetmiş gibi hissederim.

14	Herkes gibi ben de, ne zaman gerçekten saygı duyduğum ve hürmet ettiğim biriyle karşılaşsam kendimi daha kötü görürüm, kendimle ilgili daha kötü hissederim.
15	Kendimi ayrı bir birey olarak görmek benim için kolaydır.
16	Anne babamdan ne kadar farklı olduğumu fark ettiğim zamanlarda çok rahatsızlık duyarım.
17	Önemli bir karar almadan önce neredeyse her zaman anneme danışırım.
18	Diğer insanlarla bağlılık kurup bunun gereklerini yerine getirmek benim için oldukça kolaydır.
19	Duygusal yönden biriyle yakınlaştığımda ara sıra kendime zarar veriyormuşum gibi hissediyorum.
20	Ya birini çok sevdiğimi ya da kimseye katlanamadığımı hissediyorum.
21	Sıklıkla, düşmekle ilgili beni korkutup tedirgin eden rüyalar görürüm.
22	Gözlerimi kapatıp, benim için anlamı olan kişileri zihnimde canlandırmak bana zor geliyor.
23	Birden fazla kere nasıl ya da neden olduğunu anlayamadığım şekilde, uykudan uyanır gibi kendimi biriyle bir ilişkide buldum.
24	Kabul etmeliyim ki kendimi yalnız hissettiğimde çoğunlukla sarhoş olmak isterim.
25	Ne zaman biriyle kavgalı ya da birine çok kızgın olsam kendimi değersiz hissederim.
26	En derin düşüncelerimi söyleyip paylaşacak olsaydım içimde bir boşluk hissederdim.
27	İnsanların benden hep nefret edermiş gibi olduklarını hissederim.
28	Anne-babama ne kadar çok benzediğimi fark ettiğim zamanlarda kendimi çok rahatsız hissediyorum.
29	Biriyle yakın bir ilişki içinde olduğumda sıklıkla kim olduğum duygusunun kaybolduğunu hissederim.
30	Başkalarını aynı anda hem iyi hem kötü özelliklere sahip insanlar olarak görmek benim için zordur.
31	Bana öyle geliyor ki kendim olabilmenin tek yolu diğerlerinden farklı olmaktır.

32	Duygusal açıdan birine aşırı yakınlaştığımda, benliğimin bir parçasını kaybettiğimi hissediyorum.
33	Ne zaman ailemden uzakta olsam kendimi çok rahatsız hissediyorum.
34	Fiziksel yakınlığı ve şefkati almak, kendi başına, onu bana kimin verdiğiinden daha önemliymiş gibi olabiliyor.
35	Bir başka insanı gerçekten iyi tanımak bana zor geliyor.
36	Bir karar vermeden önce annemin onayını almak benim için önemlidir.
37	İtiraf etmeliyim ki, başka birinin kusurlarını gördüğümde kendimi daha iyi hissediyorum.
38	Diğer insanları yakınımda tutabilmek için, içimde onları kontrol etme dürtüsü duyarım.
39	İtiraf etmeliyim ki birine duygusal olarak yakınlaştığımda, bazen onlara acı çektirme isteği duyarım.

Appendix F: Expert Interview Questions

1. Yansıtımlı özdeşim sizce nedir, nasıl tanımlarsınız? Size neler çağrıştırıyor?
2. Sizce yansıtımlı özdeşimin işlevi, işlevleri neler?
 - a. Defansif? Adaptif/maladaptif?
 - b. İletişim şekli mi? (Erken dönem veya bedensel dışı bir iletişim gibi)
3. Bir danışanınızla yansıtımlı özdeşim durumu yaşadığınızı genel olarak nasıl fark ediyorsunuz?
 - a. Aklınıza gelen bir örnek var mı? Danışan gizliliğini ihlal etmeyecek şekilde paylaşabilir misiniz?
 - i. Durum neydi?
 - ii. Yansıtan kimdi? Özdeşleşen kimdi?
 - iii. Yansıtılan / özdeşleşilen neydi?
 - b. Neden / nasıl buna yansıtımlı özdeşim dediniz?
4. Siz terapi odası dışında, gündelik yaşamınızda yansıtımlı özdeşleşim yaptığınızda nasıl farkına varıyorsunuz?
 - a. Mesela kendinize ne diyorsunuz?
5. Sizce biri kendisinin yansıtımlı özdeşim yapıyor olduğunun farkına nasıl varabilir?
 - a. Bu farkındalık dille nasıl ifade edebilir? Örneklendirebilir misiniz? (Mesela başkasından geliyor gibi yaşadım)

Appendix G: Item Pool for Projective Identification Scale (130 Items)

1	Bazen yaşadığım olaylara benim sebep olduğumu düşünürüm.
2	Yaşadığım şeylerde benim de etkim olur.
3	Yaşadığım şeyler bana yapılmış/oluyormuş gibi hissederim.
4	Kendimi tekrar tekrar benzer olayların içerisinde bulurum.
5	Bazen olay şeylerin benimle ilgili olarak mı yoksa benden bağımsız olarak mı gerçekleştiğini algılayamam.
6	Yaşadığım olayları fark etmeden bir şekilde tetiklediğimi düşünürüm.
7	İlişkilerimde karşı tarafın hissettiklerinde bir etkim yokmuş gibi hissederim.
8	İlişkilerimde karşı tarafın hissettiklerinde etkim olduğunu hissederim.
9	Yaşadığım olaylarda karşımdaki kişi/kişilerde kendimden bir parça görürüm.
10	Bazı olaylar tekrar ettikçe bu olaylarda benim de bir katkı olduğunu düşünürüm.
11	Benzer olayları veya benzer hisleri yaşadıkça kendimin bir şeyler yaptığını fark ederim.
12	Bazen bana ait olmayan hisler hissederim.
13	Bana ait olmayan hisler hissettiğimde bunun karşımdakinden mi benden mi kaynaklı olduğunu ayırt edemem.
14	Bana ait olmayan hisler hissettiğimde bunun karşımdakinden mi benden mi kaynaklı olduğunu ayırt edebilirim.
15	Farklı insanlardan kendime dair benzer şeyler duyarım.
16	Başkalarında uyandırdığım hisleri duydukça bundaki etkimi merak ederim.
17	Bazen hissettiklerimi başkasının benim yerime taşımasını isterim.
18	Bazen hissettiklerimi bir başkası da hissetsin isterim.
19	Bazen baş edemediğim hislerle benim yerime bir başkası uğraşsın isterim.
20	Zaman zaman normalde verdiğim daha az veya çok tepkiler veririm ve bunların benimle ilgisi olmadığını düşünürüm.
21	Normalde hissettiğimden daha yoğun hislerim olunca bunun nedenlerini merak ederim.

22	Bazen ilişkilerimde bana ne olduğunu ne hissettiğimi ayırtıramam.
23	Yaşadıklarımı anlatırken “bana bunu dedi, bana bunu yaptı” gibi cümleleri sık kullanırım.
24	Bazen hissettiklerimi kimse anlamıyor ve/veya anlayamaz gibi geliyor.
25	İnsanlar bazen dediklerimi yanlış anlarlar.
26	İnsanlar beni yanlış anladıklarında benim de bu yanlış anlaşılmaya bir etkim olduğunu düşünürüm.
27	Bana hiç ait olmayan şeyler hissettiğim olur.
28	Bazen insanların bana kendi hislerini yansıttıklarını fark ederim.
29	Bazen insanlara kendi hislerimi yansıttığımı fark ederim.
30	Duygusal ilişkilerimde kendimi tekrar eden senaryolar içerisinde bulurum.
31	Yakın ilişkilerim benzer şekillerde başlar ve benzer şekillerde sonlanırlar.
32	Kendime tekrar tekrar aynı şeyi yaşamaktan bıktığımı söylediğim olur.
33	İnsanlara gösterdiğim tepkilerin benimle ilgili olduğunu anlayınca bunu onlara veya kendime söyleyebilirim.
34	Bana ait olmayan hislerin nereden geldiğini bulduğumda “bu sana ait bir hismiş” diye karşımdakine bunu söyleyebilirim.
35	İnsanların hislerini anlarken kendi hislerimden faydalanabilirim.
36	İnsanların bana dair fikirlerini duyunca “kişi kendinden bilir işi” gibi demeçler kullanırım.
37	Karşımdakinin beni bir tekrar veya tartışmaya götürdüğünü sezdiğimde bunu anlayabilirim.
38	Partnerimin benimle ve başka insanlarla farklı davranır.
39	Bazı insanların benimle, diğer insanlarla yaşamadığı-hissetmediği şeyler hissettiği olur.
40	Başkalarının beni içine çekmek istedikleri durumları fark eder ve onları uyarırım.
41	Kendi hislerimi açıklardan “ben” demek yerine, “sen” ile başlayan cümleler kullanırım. Mesela sen bana bunu yaptın, sen bana bunu dedin gibi.
42	Zaman zaman ilişkilerimde adlandıramadığım bir şeyler olduğunu hissederim.

43	Bazı ilişkilerde kendimi bir durumun içine girmiş bulurum.
44	Bazı ilişkilerimde kendimi hissetmediğim, düşünmediğim bir durumda ve/veya ruh halinde bulurum.
45	Bazen ilişkilerde kendimi veya karşımdakini sürekli aynı hataları tekrar eder bir halde bulurum.
46	Hislerimi karşımdakine yansıtarak veya ondan geliyormuş gibi duymak sık deneyimlediğim bir şeydir.
47	Bazı olaylardan çok sonra bir sahnenin/senaryonun içine çekilmiş olduğumu fark ederim.
48	Etrafımdaki insanların bazen istediğim gibi davranmalarını sağlayabilirim.
49	Kontrolü kaybedip başkasının istediği gibi davrandığım olur.
50	Olumsuz duyguları (öfke, üzüntü gibi) başkasından geliyormuş, başkası yüzünden hissediyormuş gibi yaşantılarım.
51	Hislerimi bir başkası aracılığıyla yaşamak benim için daha basittir.
52	Hissettiklerimin benzerlerini etrafımdan geliyormuş, etrafım bu hisle doluymuş gibi deneyimlerim.
53	Farkında olmadan insanları etkilediğimi fark edince utanırım.
54	Benim için öfke, üzüntü gibi duygularımın nedenlerini dışarıda veya başkasında aramak daha kabul edilebilir bir şeydir.
55	İnsanları fark etmeden, kendi hislerim için kırdığım olur.
56	Duygularımı kendim taşımaktansa, onları olaylara, kişilere, eşyalara veya geçmişe emanet ederim.
57	Bazen normalde üzüleceğim düşündüğüm şeylere, o kadar üzülmeyi fark edebilirim.
58	Bazen normalde kızdığım şeylere, o kadar kızmadığımı fark ederim.
59	Bazen normalde üzülmeyeceğim şeyler karşısında kendimi çok üzülmüş bulurum.
60	Bazen normalde kızmayacağım şeyler karşısında kendimi çok öfkeli bir halde bulurum.
61	Bazı olaylar sırasında hislerim bana çok yabancı, bana ait değilmiş gibi gelir.

62	Normalde hissedeceğim duygulara benzemeyen şeyler hissettiğimi fark edebilirim.
63	Birinin bana bir şey yaptırdığını, beni etkilediğini fark edemem.
64	Birine bir şey yaptırdığım, onu etkilediğimi fark edemem.
65	İnsanlar her koşulda benden bağımsız hislere sahiptirler.
66	Kendi hislerimin başkalarından değil, benden kaynaklandığını düşünüyorum.
67	İnsanların yaşadığımız olaylarda hissettiklerinde zaman zaman rolüm olduğunu bilirim.
68	Kendi hislerimde, başkalarının zaman zaman etkisi olduğunu düşünüyorum.
69	Kendimde kabul edemediğim özellikleri başkalarında görürüm.
70	İnsanlar kendilerinde göremedikleri özellikleri başkalarında daha kolay görürler.
71	Kendimde göremediğim şeyler bana zor geldiğinden, bir başkasına bunları atmaya ihtiyaç duyarım.
72	Benim hissimi başka birinde gördüğümde, o his bana geri dönmüş gibi hissederim.
73	Bazen başkalarının içime belli hisler yerleştirdiğini düşünürüm.
74	Kendimi sonucunu bildiğim olayların içerisinde bulurum.
75	Korktuğum/beklediğim olaylar hep gerçek olur.
76	Sonucunu bildiğim bir olay olduğunda bunda bir payım olduğunu düşünmem.
77	Anlatamadığım hislerimi, o hisleri doğuracak olaylar olduğunda karşımdakine anlatabilirim.
78	Eğer biri bana benzerse, benim ne yaşadığımı daha iyi anlar diye düşünürüm.
79	Bazen konuşmalarda-tartışmalarda konuşanın ben mi, karşımdaki mi yoksa bir başkası mı olduğunu anlayamam.
80	Kendi hislerimi insanlarda da yaratarak, onlara yaşatarak anlatırım.
81	Kendimi diğer insanlarla aynı bulmam.
82	Karşımdakini anlayamadığımda onunla benim aynı olmadığımızı fark ederim.

83	Bazen kendime “bu ben değilim” dediğim olur.
84	İnsanların beni daha iyi anlamaları için benim gibi olmaları gerekir.
85	Birileriyle “bir” olmadan, hissetmeden anlaşmış hissetmem.
86	İlişkilerimde benim ve karşımdakinin ayrı insanlar olduğunun, benim hislerimi benimler “bir” olmadan da anlayabileceğini düşünüyorum.
87	İlişkilerimde çok yakın olmayı, iç içe olmayı severim.
88	Hislerimi kapsayabilmek, anlayabilmek için bir başkasına ihtiyacım olduğunu düşünüyorum.
89	Kendi kendime kapsayamadığım hislerim olur.
90	Yakın ilişkilerimde karşı tarafta bir aynaya bakar gibi kendimi gördüğüm olur.
91	Belli hislerimle insanları kontrol edebildiğimi fark ettim.
92	Belirli duygular hissettiğimde karşı tarafın beni kontrol etmesi daha kolay olur.
93	Çatışma/tartışma sırasında karşımdaki kişi ile kendimi tamamen ayrı olarak düşünürüm.
94	Çatışma/tartışma sırasında karşımdakinin söylediklerinden, hislerinden kendimi ayıramam.
95	İnsanların zihinlerinde bir yerim olduğunu hissetmek için bana dair fikirlerini zaman zaman duymak isterim.
96	Güvende hissettiğimde hislerimi taşımak, onlardan bahsetmek benim için daha kolaydır.
97	Hislerimi karşı tarafı suçlamadan, onun hislerine de değer vererek ve sadece kendimden yola çıkarak ifade edebilirim.
98	Öfke, sevgiden daha hızlı kavranan, anlaşılabilir bir duygudur.
99	İnsanlar öfkelendiğimi, üzüldüğümünden veya sevindiğimden daha hızlı ayırt edebilirler.
100	Etrafımdaki insanların hislerini anlamak benim için kolay değildir.
101	Bir başkasının hissini anlamak için önce onun gibi düşünmem gerekir.
102	Bazen etrafımdaki insanların beni onları azarlamamı, uyarmamı veya anlamamı istedikleri için beni öfkeli olduklarını fark ederim.
103	Başkaları beni tetikleme, belirli bir davranışta bulunmam için bir şeyler yaptıklarını hissettiğim zamanlar olur.

104	Duygularımı hissedebilmek ve yoğunluklarını azaltmak için başkalarının bu konudaki görüşlerine ihtiyacım olduğunu düşünürüm.
105	Çoğu zaman başka birisine danışmadan duygularımın yoğunluklarından kurtulamam.
106	Çoğu insanın, diğer insanları belirli rollere koymaya çalıştıklarını düşünüyorum.
107	Başka insanların bana biçtikleri farklı roller oluyor.
108	Kendi ihtiyaçlarım için insanlara farklı rol ve görevler biçtiğimi düşünüyorum.
109	İçinde bulduğum durumdan veya duygudan çıkmak için bir başkasının gözüne ihtiyaç duyarım.
110	İnsanların kendilerini anlatabilmek için, zaten içimde var olan bir duyguya dokunmaları gerektiğini düşünüyorum.
111	Kimse hali hazırda hissediyor olmadığım bir şeyi bana hissettiremez.
112	Bazen kendi duygusal ihtiyaçlarım için insanlara bir şeyler yaptırım.
113	Bazen insanların kendi ihtiyaçlarını karşılamak için beni belirli şeyler yapmaya ittikleri olur.
114	Zaman zaman diğer insanlardan söyleyemediklerimizi duymak, onları hissetmemize neden olabilir.
115	Etrafımdaki insanların anne-babaları, akıl hocaları veya vicdanları gibi konuştuğum zaman, bunu fark edebilirim.
116	Bazı insanlara kendi içimizde tutamadığımız parçalardan bir rol biçeriz ve o parçaları hiç geri alamayacak olmamız da öfke uyandırıcı ama ilişkiyi ayakta tutan bir şeydir.
117	Korktuğum, olmasını istemediğim, kendi kendime düşündüğüm senaryoları gerçek hayatta da yaşarım.
118	Farkında olmadan karşımdaki insanları bana belirli bir şekilde davranmaya iterim (mesela partnerim kavga etmek gibi).
119	Yakın ilişkilerimde kendim ve karşımdaki kişiyi birmiş gibi düşünürüm.
120	Kendimi hep benzer olaylarda benzer hislerde buluyorum.
121	Bana tanıdık olan hislerle yaşamak daha kolay.
122	Bazen birini, bir ilişkiyi veya bir durumu olmadığı bir şekilde gördüğüm olur.

123	Bazen ilişkilerde bir an kendim değilmişim gibi hissedirim.
124	Zaman zaman normalde o kadar yoğun olmaması gereken, ancak çok yoğun bir şekilde deneyimlediğim hisler olur.
125	Bazen kendimi bir sahnenin içine konmuş, bir rolü canlandırıyor gibi hissedirim.
126	Bir duyguyu hissetmek istemediğimde o duygunun ne olduğunu, neden hissettiğimi anlayabiliyorum.
127	Aslında kendime söylediğim şeyleri, bir başkasından duymak beni rahatlatır.
128	Bir başkasının kendini benim yerime koyabilse bile ne yaşadığımı anlayamayacağımı düşünüyorum.
129	Zihnim ve bedenim bazen hislerimin sığamayacağı kadar dar gelir.
130	İlişkilerde yoğun duygular hissettiğim zaman normalde demeyeceğim şeyler dediğim olur.

Appendix H: Projective Identification Scale (PIS; 74 Items)

Aşağıdaki cümleler genel olarak insanlarla olan ve kendinizi içinde bulduğunuz durum, duygu ve düşüncelere dair ifadeler yer almaktadır. Her ifadeyi dikkatle okuyup, bunları hissetme/karşılaşma sıklığınızı 1 den 7 ye kadar derecelendirilmiş skala üzerinde seçtiğiniz dereceyi çarpı şeklinde (X) işaretlemek suretiyle gösteriniz.

Hiç 1 2 3 4 5 6 7 Çok sık

1	İlişkilerde bazı durumların içine çekildiğimi hissediyorum.
2	Farkında olmadan karşımdaki insanları bana belirli bir şekilde davranmaya iterim (mesela partnerimle kavga etmek gibi).
3	İnsanların negatif enerjisini üzerime çektiğimi düşünüyorum.
4	İnsanların pozitif enerjisini üzerime çektiğimi düşünüyorum.
5	Etrafımdaki insanların duyguları bana bulaşmış gibi hissedirim.
6	Ben ne kadar aksi için uğraşırsam uğraşayım benim ilgi duymadığım kişiler benden hoşlanıyor.
7	Ben ne kadar aksi için uğraşırsam uğraşayım benim ilgi duyduğum kişiler benden hoşlanmıyor.
8	İlişkilerimde bir role sıkışmış gibi hissediyorum.
9	Tüm yakın ilişkilerim aynı şekilde sonlanıyor.
10	İnsanlar kendi duygularını benim iç dünyama tıktırıyor gibi hissediyorum.
11	Karşımdakinin hissettiğini düşündüğüm şeyin aslında benim duygum olduğunu fark ettiğim oluyor.
12	İnsanların hoşuma gitmeyen özelliklerini değiştirmek için çabalıyorum.
13	Bazı ilişkilerimde adını koyamadığım, dile dökemediğim bir huzursuzluk yaşıyorum.
14	Zaman zaman ilişkilerimde adlandıramadığım bir şeyler olduğunu hissedirim.
15	Çok çaresiz birisini görmeye katlanamıyorum.
16	Karşımdakiler beni olmak istemediğim birisine dönüştürebiliyor.

17	Sonucunu bildiğim bir olay olduğunda bunu evrenin ya da ilahi bir gücün planladığını düşünürüm.
18	Yalnızca bana tanıdık olan duyguları hissetmeyi isterdim.
19	Kendi hislerimin başkalarından değil, benden kaynaklandığını düşünüyorum.
20	Aslında benimle alakalı olmayan şeylere çok öfkelenabiliyorum.
21	Öfke, üzüntü gibi olumsuz duygularımın nedenleri her zaman benim dışımda gelişen durumlardır.
22	Bana ait olmayan duygular hissedirim.
23	Bir duruma çok büyük tepki verdiysem bu benimle ilgilidir.
24	İnsanlara benim duygusal ihtiyaçlarıma uygun farklı rol ve görevler biçtiğimi düşünüyorum.
25	İnsanları olmadıkları bir şekilde görmüş olduğumu fark ettiğim oluyor.
26	Karşımdakiler dile getirmeden ne hissediyor olduğumu adlandırmakta zorlanıyorum.
27	Sevmediğim insanların benimle bir ortak noktası olabileceğini görmekte zorlanıyorum.
28	İzlediğim, okuduğum bir şey çok sinirime dokunduğu halde devam etmekten kendimi alamıyorum.
29	Başkalarının duygu, düşünce ve davranışları zihnimi çok meşgul ediyor.
30	Hissettiğim bazı duygular aslında benim değilmiş gibi geliyor.
31	Birisi benimleyken kendini kötü hissediyorsa, bunda mutlaka benim de bir payım vardır.
32	Yaşadıklarımı anlatırken “bana bunu dedi, bana bunu yaptı” gibi cümleleri sık kullanırım.
33	Duruma orantısız yoğunlukta duygular hissettiğim oluyor.
34	Başka insanların negatif yönlerini fark ettiğimde bununla meşgul olmaktan kendimi alamam.
35	Bazen kendime “bu ben değilim” dediğim olur.
36	İnsanlara onlarla ilgili bir şey söylediğimde "yok öyle bir şey" derler.
37	Kendimi yanlış anlaşılmiş, haksızlığa uğramış hissediyorum.

38	İkili ilişkilerde durumun gerektirdiğinden çok daha güçlü duygulara savrulabiliyorum.
39	Kendimi istemediğim şeyleri yaparken ya da söylerken buluyorum.
40	İlişkilerimde aynı sahnelerin tekrarlandığını hissediyorum.
41	İnsanların zihinlerinde bir yerim olduğunu hissetmek için bana dair fikirlerini zaman zaman duymak isterim.
42	Bazı olaylar özellikle benim başıma geliyor diye düşünüyorum.
43	İnsanların sınırlarını aşıp iç dünyalarına nüfuz ediyormuşum gibi geliyor.
44	Zihnim ve bedenim bazen hislerimin sığamayacağı kadar dar gelir.
45	İkili ilişkilerimde fazla iç içe geçmişiz, zihinlerimizin ve iç dünyalarımızı ayıran sınır kaybolmuş diye düşündüğüm olur.
46	Kimse hali hazırda hissediyor olmadığım bir şeyi bana hissettiremez.
47	Bazı insanların benimleyken diğer insanlarla yaşamadığı-hissetmediği şeyleri hissettiği olur.
48	Çoğu zaman başka birisiyle konuşmadan duygularımın yoğunluğundan kurtulamam.
49	Ya mağdur oluyorum ya da mağdur eden, başka bir yol mümkün değil gibi.
50	İnsanların kendi duygu ve düşüncelerini bana yansıttığını, benimmiş gibi algıladığını, düşünüyorum.
51	Zayıf insanlara tahammülüm yok.
52	İnsanların beni olmadığım birisi gibi gördüklerini düşünüyorum.
53	Kendimi "biliyordum bunun başıma geleceğini" derken bulurum.
54	İnsanların bana dair fikirlerini duyunca "kişi kendinden bilir işi" derim.
55	Ötekilerin beni nasıl gördüklerini duyduğumda şaşırdığım olur.
56	İnsanların neden öyle hissettiğime şaşırdıkları oluyor.
57	En çok olmasından korktuğum şeyler başıma geliyor.
58	Başkalarının benimkilere zıt olan düşünce ve davranışlarını değiştirmek için çabalarım.
59	Bazı duygular içimde tutamayacağım kadar büyük geliyor.
60	Bazen ilişkilerimde bana ne olduğunu ne hissettiğimi ayırtıramam.
61	Ben uyumlu olmak için o kadar çabalarken karşımdakiler yüzünden kendimi çatışmanın içinde buluyorum.

62	Korktuğum her seferinde başıma geliyor.
63	Bazı kişilerle konuştuğumda adını koyamadığım garip bir yorgunluk, bitkinlik hissediyorum.
64	İnsanların duyguları üzerinde bir etkim yoktur.
65	Kendi kendime kapsayamadığım, taşıyamadığım hislerim olur.
66	İnsanlar duygularımı ancak kendileri de aynıısını hissettiğinde anlayabilir.
67	İnsanlar bana olumsuz bir şey hissettiğimi söylediğinde aslında ben kendimi gayet iyi hissediyor oluyorum.
68	Kontrolü kaybedip başkasının istediği gibi davrandığım olur.
69	Yaşadığım olayları fark etmeden bir şekilde tetiklediğimi düşünürüm.
70	Duygularımı kendim taşımaktansa, onları olaylara, kişilere, eşyalara veya geçmişe emanet ederim.
71	İkili ilişkilerimde yaşadıklarım kontrolümde değilmiş gibi hissettiğim olur.
72	Başkalarının kendinde istemediği özellikleri, rolleri ben üstlenebiliyorum.
73	Öyle olmaması için uğraşsam da tanıştığım çoğu kişi bir noktada benden hoşlanıyor.
74	Öyle olmaması için uğraşsam da tanıştığım çoğu kişi bir noktada benden uzaklaşıyor.

ETHICS BOARD APPROVAL

Ethics Board Approval is available in the printed version of this dissertation.