

Model Rationale

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We have no known conflict of interest to disclose.

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Research Question

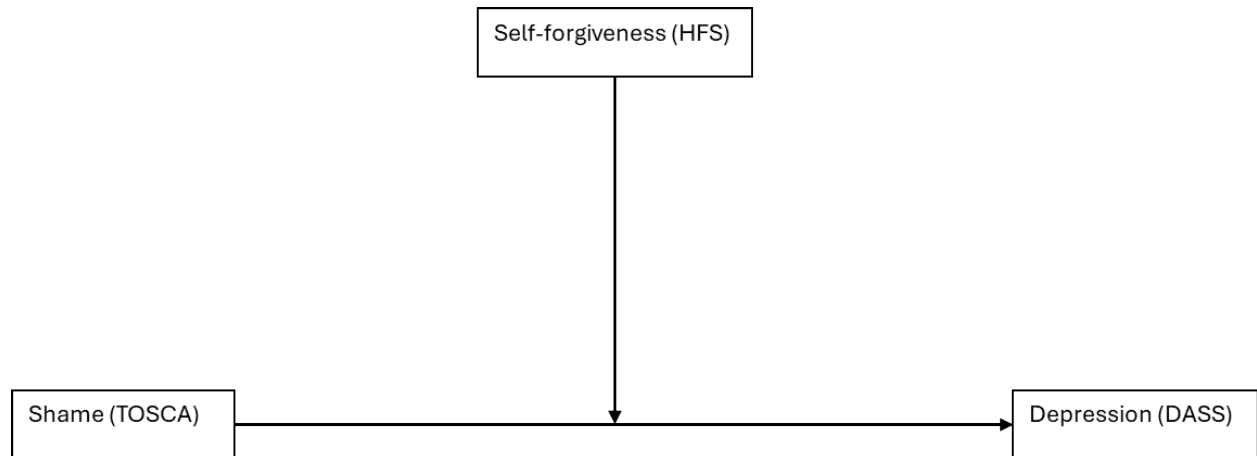
Using the DASS Scale for measuring depression, the TOSCA scale for measuring shame, and the HFS for measuring self-forgiveness, how does self-forgiveness impact depression?

Hypothesis

If someone presents with a high level of shame, then this will likely lead to high levels of depression, but if they also have significant self-forgiveness, then that reduces their likelihood of experiencing depressive symptoms.

Measurement Scales

The purpose of this study is to examine the effects of shame on depression, with self-forgiveness as a potential protective factor. This study will utilize the DASS depression scale, the TOSCA shame scale, and the HFS self-forgiveness scale. The Depression Anxiety Stress Scales (DASS) are used to measure depression in this model. The DASS is a validated measure that has been compared to the Beck Depression Inventory with a high degree of validity, but it is set apart because it also measures participants' levels of stress as well (Lovibond & Lovibond, 1995). The Test of Self-Conscious Affect (TOSCA) is an instrument that measures an individual's tendency to experiencing shame (Broerman, 2020). The TOSCA is effective in measuring feelings of shame, along with guilt and other disparaging emotions. Measuring shame is more advantageous than guilt, as shame has been shown to have a positive correlation with psychological symptoms especially those associated with distress and difficulty coping with one's environment (Tangney et al., 1992). The Heartland Forgiveness Scale (HFS) is a validated measure for participants to rate their ability to forgive themselves and others across various scenarios and over time (Thompson, et al., 2005).

Conceptual Model Diagram

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