

Model Rationale

Bonnie L. McKinney, Louis M. Alvey, Suzy Vaile

Department of Counselor Education and Family Studies, Liberty University

Author Note

Bonnie L. McKinney

Louis M. Alvey

Suzy Vaile

We have no known conflict of interest to disclose.

Correspondence concerning this article should be addressed to Bonnie McKinney, Liberty University, 1971 University Blvd., Lynchburg, VA 24515, United States.

Email: blmckinney1@liberty.edu

Model Rationale

Research Question

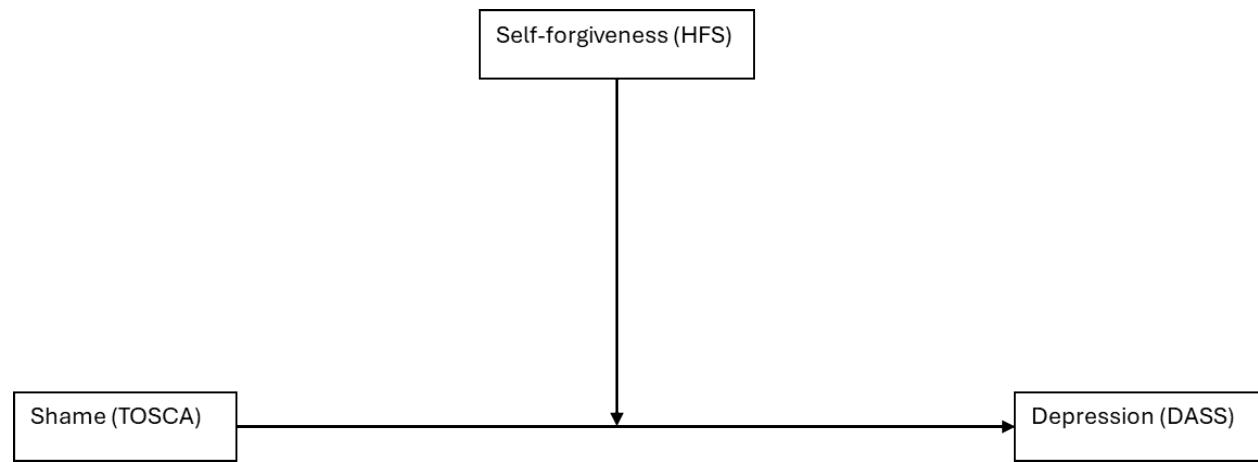
Using the DASS Scale for measuring depression, the TOSCA scale for measuring shame, and the HFS for measuring self-forgiveness, how does self-forgiveness impact depression?

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

References

Broerman, R. (2020). Test of Self-Conscious Affect (TOSCA). In: Zeigler-Hill, V., Shackelford, T.K. (eds) *Encyclopedia of Personality and Individual Differences*. Springer, Cham.

https://doi.org/10.1007/978-3-319-24612-3_954

Giner-Sorolla, R., Piazza, J., & Espinosa, P. (2011). What do the TOSCA guilt and shame scales really measure: Affect or action? *Personality and Individual Differences*, 51(4), 445–450.

<https://doi.org/10.1016/j.paid.2011.04.010>

Lovibond, P. F., & Lovibond, S. H. (1995). The structure of negative emotional states: Comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour Research and Therapy*, 33(3), 335-343. [https://doi.org/10.1016/0005-7967\(94\)00075-u](https://doi.org/10.1016/0005-7967(94)00075-u)

NEFF, K. D. (2003). The Development and Validation of a Scale to Measure Self-Compassion. *Self and Identity*, 2(3), 223–250. <https://doi.org/10.1080/15298860309027>

Tangney, J. P., Wagner, P., & Gramzow, R. (1992). Proneness to shame, proneness to guilt, and psychopathology. *Journal of abnormal psychology*, 101(3), 469.

<https://doi.org/10.1037/0021-843X.101.3.469>

Thompson, L. Y., Snyder, C. R., Hoffman, L., Michael, S. T., Rasmussen, H. N., Billings, L. S., ... Roberts, D. E. (2005). Dispositional Forgiveness of Self, Others, and Situations. *Journal of Personality*, 73(2), 313–360. <https://doi.org/10.1111/j.1467-6494.2005.00311.x>