

# POSTER PRESENTATIONS

[PP-1]

# Comprehending Religion-Based Cyberbullying: A Psycholinguistic Perspective on Digital Aggression

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Digital addiction and online aggression increasingly threaten adolescent well-being, leading to negative psychological, social, and cognitive consequences. Among these challenges, identity-based cyberbullying—especially when targeting religion—poses unique risks. Attacks on religious identity not only harm individuals but also reflect broader cultural and political tensions, intensifying social conflict and alienation. Understanding the linguistic and emotional dynamics of this form of aggression is essential for developing effective prevention strategies.

This study aims to explore the psycholinguistic features of religion-based cyberbullying on social media using LIWC-22 (Linguistic Inquiry and Word Count). A publicly available dataset of 47,693 tweets labeled by cyberbullying category—including religion, gender, ethnicity, and age—was analyzed. Approximately 8,000 tweets categorized as religion-based cyberbullying were compared with a matched control group labeled as “not cyberbullying.” LIWC-22 was selected for its ability to evaluate emotional tone, authenticity, analytical thinking, clout, and cognitive processing (e.g., insight, causation, tentativeness), along with social and moral language indicators.

The results showed that religion-based cyberbullying tweets had significantly lower emotional tone and authenticity scores, suggesting hostile and emotionally distant expression. Frequent use of second-person (“you”) and third-person (“they”) pronouns indicated interpersonal and group-based targeting. High levels of all-or-none thinking, causation, and tentative expressions revealed patterns of indirect or defensive aggression. Additionally, morally charged and conflict-related language, along with keywords related to religion, ethnicity, and politics, were more prominent in bullying content.

These findings underscore the utility of LIWC-22 in detecting identity-based aggression and support the need for both automated detection systems and school-based interventions. Programs that promote digital literacy, empathy-building, and peer-led dialogue can help students recognize and respond to harmful online behavior, contributing to healthier digital environments.

# The Mediating Role of Alcohol Use Levels in Gamblers Between Near Miss and Gambling Craving and Gambling Disorder

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Gambling can be defined as risking something valuable in the hope of gaining something more valuable. Gambling has existed since the early history of humanity. Gambling can be done by betting on all types of games or sports. Lotteries, horse races, cock-fights, numerical lotto, sports lotto-toto, card games, slot machine games in casinos, roulette, blackjack etc., online gambling and live betting, and the stock market are the first types of gambling that come to mind. While gambling behavior is for entertainment purposes in some individuals, it can turn into an addiction in others. Gambling disorder is included in DSM-5 under the names of substance related disorders and addiction disorders. The nature of gambling disorder also includes genetic factors, environmental risk factors and cognitive factors. Although it produces many negative consequences, the individual with gambling disorder persistently repeats his gambling behavior.

In this study, the relationship between loss near gain, gambling craving, alcohol use level and gambling disorder of individuals who gamble and do not gamble;

The mediating effect of the alcohol use level variable in the relationship between near-win loss and gambling disorder and the mediating effect of the alcohol use level variable in the relationship between gambling craving and gambling disorder were examined. In the research, Personal Information Form, Gambling Disorder Screening Test, Near Miss Scale, Gambling Craving Scale and Bapirt-Alcohol Test were applied to the participants. The data obtained from the research were analyzed statistically using the SPSS 25 package program. Within the scope of analyses; Descriptive statistics, confirmatory factor analysis for validity, Cronbach's alpha coefficient for reliability, and process macro mediation effect developed by Hayes were used for the mediation effect. According to the research findings, a partial mediating role of alcohol was determined in the relationship between both near miss and gambling craving and gambling disorder.

**Keywords:** Alcohol Use Level, Gambling, Gambling Craving, Gambling Disorder, Near Miss

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[PP-3]

# Effects of Narrative and Cognitive Behavioural Therapy Based Group Therapy Programmes on Gambling Behaviour

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**Aim:** Gambling behaviour is a common activity worldwide. Global estimates indicate that 1.2% of the world's adult population has a gambling disorder. Gambling behaviour affects the family, health and social life of the person and causes serious problems, becoming an individual and social threat. Thus, the widespread spread of gambling behaviour and the fact that it has become a public health problem that concerns the whole society with its transformation into addiction has increased the need for treatment studies.

In our country, it is known that psychotherapy approaches and techniques for the treatment of problematic gambling behaviour are mainly based on traditional Cognitive Behavioural Therapy (CBT). In recent years, there has been a growth in “third wave” therapies including present moment awareness and meditation techniques. This study is the first Narrative-based experimental research on problem gambling behaviour in Türkiye.

It was thought that conducting this comparison study would provide an alternative treatment approach to both individuals with problematic gambling disorder and practitioners. For these reasons, Narrative

Therapy and CBT-based Group Therapy Programmes were developed within the scope of this research and their effects on the addiction levels of gambling individuals were examined.

**Method:** The sample of the study consisted of 36 young adults over the age of 24 who applied to the group therapy programme. For 10 weeks, while no intervention was applied to the waiting group, Narrative and CBT group therapy programme were applied to the experimental groups.

The analysis of the data in the study was carried out with SPSS 25 programme. Two-Factor ANOVA for Mixed Designs was used to examine whether there was a significant difference between the groups according to the mean scores obtained from the pre-test and post-test measurements of the South Oaks Gambling Screening Test, Automatic Thoughts and Willpower and Determinism scales before and after the application of Narrative Therapy, CBT and control groups.

**Results:** It is seen that there is no significant difference between the mean total scores obtained from the South Oaks Gambling Screening Test (SOKTT)

pre-test and post-test scores of the subjects in the Narrative, CBT and control groups ( $p < .05$ ). It is seen that the difference between the mean scores obtained from the Gambling Screening Test pre-test and post-test measurements of the subjects in the Narrative Therapy group is significant ( $q = 4.115$ ,  $q > 3.49$ ). No significant difference was observed between the pre-test and post-test mean scores of the subjects in the control group, and there was no change in the problematic gambling level of the individuals ( $q = 0.149$ ,  $q < 3.49$ ).

**Discussion and Conclusion:** The results of the study show that both Narrative Therapy and CBT are

effective in reducing problematic gambling behaviour. These findings show that Narrative Therapy is as effective an approach as traditional CBT in reducing problematic gambling behaviour of individuals. In addition, it was observed that the willpower scores of the individuals in the Narrative group increased significantly after the application. Thus, it was seen that experts can enrich their content by including willpower approaches in their own applications. It is thought that repeating similar studies will provide important contributions to literature.

**Keywords:** Gambling Disorder, Group Therapy, Narrative Therapy, Cognitive Behavioural Therapy

# Qualitative Content Analysis Research Examining the Relationship of Popular Content in TikTok Application with Social Media Use Disorder

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Social media content production involves providing interaction by producing content that attracts attention and interest for the target audience on digital platforms (Lugat, n.d.). However, the fact that some of the content produced can be harmful to the audience and disrupt the flow of daily life poses a risk for social media use disorder (Kang et al., 2020). For TikTok, a popular platform for content sharing, the WeAreSocial 2024 report states that the total number of views of content shared with the hashtag #fyp (For You Page) has reached 55.5 trillion (WeAreSocial, 2024). This research aims to reveal the existing, new and potential risks and dangers of certain types of content on TikTok, a platform with a wide reach, regarding social media use disorder. In this regard, a qualitative content analysis method was used, and a total of 40 TikTok accounts consisting of popular

and niche Mukbang, ASMR, and Splitscreen creators were selected for the sample. Approximately 15 accounts were identified for each content type. The video contents were analyzed in terms of the number of views, likes, and comments, the age distribution of the audience, and the level of interaction. The findings indicate that users passively consume the content leaving significantly fewer comments compared to the number of views. ASMR content was found to be more popular among adults, while Split-screen videos were mostly watched by children. Content comments were categorized under certain themes and content perception was analyzed over a total of 1,380 comments. As a result of the analysis, it was determined that TikTok content changed media consumption habits and poses a risk factor for social media use disorder in some users.

# Addiction As a Public Health Issue: A Study on Newspaper News

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**Background:** In modern society, various forms of addiction, such as social media addiction, gaming addiction, virtual betting and gambling addiction, and electronic cigarette addiction, are increasingly prevalent and can have a significant negative impact on individuals' lives (Doğan Keskin&Aral,2021; Sussan et al.,2015). Newspapers, as an important component of the media, report on addiction-related issues and disseminate this information to their readership. This study aims to examine the representation of addiction in newspaper articles and analyze how it is portrayed.

**Method:** In this descriptive study, five high-circulation national newspapers were selected for data collection. Online news items accessible between January 2023 and December 2024 were retrieved using the keyword "addiction" on the search engines on the official websites of the selected newspapers. The data were analyzed using SPSS statistical software.

**Results:** Among the 327 newspaper news analyzed, 121 (37.0%) published on digital addiction, 19 (5.8%)

on gambling addiction, 50 (15.3%) on tobacco addiction, and 75 (22.9%) on drug addiction. A total of 223 (68.2%) news were published in 2024. Notably, 15 (78.9%) of the gambling addiction news covered virtual gambling/betting, while 42 (34.7%) of the digital addiction news addressed screen addiction. Regarding content type, 127 (38.8%) were informative, 64 (19.6%) featured official statements, 62 (19.0%) provided warnings/advice, and 29 (8.9%) focused on social responsibility.

**Conclusions:** The increasing prevalence of digital addiction has been reflected in the media through newspaper news and has become the most reported addiction issue. There has also been an increase in the number of new topics appearing on the agenda, such as virtual betting. More space should be given to scientific research and expert opinions in news about addiction, and it should not be forgotten that the media can play an effective role in raising awareness among readers as part of their responsibility to report on addiction.

[PP-7]

# The Rise of AI-Generated Pornography: Ethical Dilemmas and Potential Pitfalls for Problematic Pornography Consumption

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Currently, artificial intelligence (AI) is widely used across various fields such as healthcare, education, research, and marketing. In particular, Generative AI (GenAI) has become increasingly popular for individual learning, organization, and recreational purposes. With the integration of advanced search and deep search features, GenAI is now functioning as a form of search engine as well. Beyond these uses, GenAI is rapidly gaining popularity for generating diverse pornographic content. The ability to create personalized, user-oriented content may raise concerns about potential problems, especially in relation to problematic usage patterns and ethical implications. From a psychological perspective, previous studies have shown that novelty plays a crucial role in activating the brain's dopaminergic system. Given that GenAI allows individuals to produce limitless variations of content tailored to their own preferences including the use of real-life images of past or imagined encounters it offers far more personalization than traditional pornography platforms. This hyper-personalization may

contribute to problematic pornography use rather than traditionally produced content. On the ethical side, the use of GenAI in creating pornographic content poses significant concerns regarding privacy, transparency, explainability, and trustworthiness. For instance, in terms of privacy, generating explicit content that involves real individuals without consent constitutes a major ethical violation. Concerning with transparency, the lack of clarity about which images are used to train GenAI systems raises concerns about the opaque nature of content creation. These so-called “black box” systems are difficult to interpret, which undermines their explainability and diminishes user trust. Given these issues, this study aims to explore and evaluate the potential risks of GenAI-generated pornographic content in developing problematic pornography use by conducting a rapid review of the existing literature.

**Keywords:** content creation, problematic pornography use, ethics, generative AI, potential risks

# The Relationship Between Lecture Listening Barriers and Problematic Screen Use Among University Students: A Medical School Example

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**Background:** Addiction is defined as a pathological behavior that disrupts the individual's mental, physical and social life. Problematic screen use is considered to be the state of using devices that require looking at a screen for a long time and not being able to stop using these devices even when unnecessary (Demirci & Eker, 2017; Göger & Çevirme, 2022). Problematic screen use is considered one of the factors that may influence academic performance (Elmas et al., 2015). This study aims to examine the relationship between problematic screen use and barriers to lecture engagement among university students, along with associated factors.

**Method:** This cross-sectional study was conducted among 958 students enrolled at the Faculty of Medicine, Kütahya Health Sciences University. The sample size for the study was determined as at least 275 people. The sample was divided into strata according to the number of students in the stage. The questionnaire form includes questions on sociodemographic characteristics and screen usage characteristics, the Multiple Screen Addiction Scale (MSAS) and

the Listening Barriers Scale for University Students (LBSUS). Statistical analyses were evaluated with the SPSS 25 package program.

**Results:** Of the 296 participants included in the study, 166 (56.1%) were in the preclinical (Stage 1-2-3) stage and 188 (63.5%) were female. The MSAS mean of the study participants was  $42.5 \pm 10.8$  and the LBSUS mean was  $110.6 \pm 9.3$ . Participants who reported higher academic success had significantly lower MSAS scores. No significant relationship was found between MSAS and LBSUS scores.

**Conclusions:** The level of problematic screen use among medical students was found to be slightly below average. Although problematic screen use did not appear to affect lecture listening, it was identified as one of the factors contributing to reduced academic performance. It is suggested that screen use may influence academic success through indirect pathways. It is recommended that students be offered awareness-raising activities on problematic screen use, along with intervention programs focused on time management.

[PP-9]

# High School Teachers' Awareness of Online Gambling and Betting

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Empirical studies in international academic literature frequently highlight that adolescents and young individuals exhibit higher rates of gambling behavior compared to adults. They are also more vulnerable to the adverse consequences of gambling, experiencing harm more rapidly and severely. Although gambling is legally restricted for individuals under 18 in many countries, research indicates that nearly three-quarters of adolescents engage in gambling to varying degrees. Furthermore, the prevalence of pathological gambling among adolescents is reported to be twice as high as that among adults. Early initiation into gambling is associated with an increased likelihood of developing more severe gambling behaviors and encountering more detrimental outcomes in later life (George & Murali, 2005; Burge, Pietrzak & Petry, 2006; Aslan, 2020). Given that adolescents spend a significant portion of their time in school, high school teachers' awareness of gambling-related issues is crucial for both identifying the extent of the problem and designing preventive and intervention strategies.

This study employed a descriptive research design to examine the relationship between high school teachers' demographic factors (e.g., gender, age, professional tenure, and school type) and their awareness of online gambling and betting. The sample consisted of 330 high school teachers working in Istanbul during the 2024 – 2025 academic year. Data were collected through a 16-item online questionnaire developed by researchers. Ethical approval was obtained from Istanbul 29 Mayıs University. The data were analyzed using frequency and percentage analyses, chi-square tests, and content analysis.

Findings reveal that 52.7% of teachers suspected students' engagement in online gambling but lacked detailed information, while 32% had no opinion. Additionally, 47.6% felt inadequately prepared to prevent students from engaging in gambling. These results underscore the necessity of enhancing educational initiatives to raise awareness of gambling-related risks.

# The Effect of Mindfulness Based Education Program on Smartphone Addiction and Investigation of Mediator Role of Rumination; Pretest-Posttest Semi Experimental Study

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It is observed that it has reached the level of addiction with the spread of online applications and the excessive use of smartphones, with which we can handle many things, with the effect of the pandemic in our country as well as all over the world. It is thought that a method that can be effective on problematic smartphone use, which is one of the behavioral addictions, which is a new concept in the literature, may be conscious awareness-based applications. Studies have shown that Mindfulness-based programs provide therapeutic effects on many psychological problems such as depression, anxiety and stress. In this study, the effect of the Mindfulness-based program given by the Mindfulness Trainer Certified trainers randomly selected among the online Mindfulness Training Programs was examined together with the rumination variable, and a semi-experimental study was carried out by applying the scales pretest and posttest the program to the program participants between the ages of 18-65 and using smartphones. An 8-week Mindfulness Based Training was given to the volunteer participants

by the volunteer Mindfulness Trainers. Our sample consists of PRETEST n:51 and POSTTEST n:21 people. Mindfulness-Based Education Program applications in data collection, the Five-Factor Wise Awareness Scale adapted to Turkish by Ayalp and Şahin (2018), the validity and reliability scale of the Mobile Addiction Scale by Fidan (2016), and the Ruminative Scale adapted to Turkish by Karatepe (2010). Thoughts Scale was used. Analysis of the data was done using SPSS© 18.0. Descriptive statistics are shown as mean, standard deviation, median/median, mode/peak, minimum, maximum, and percentage. Mann Whitney Utest, Kruskal Wallis test, Spearman Correlation Analysis and Chi-square test were used in statistical analysis. Almost all of the participants are women. In our study, a significant inverse relationship was found between age and mobile phone addiction scale mean scores. Mobile Smartphone Addiction Scale score PRETEST (n=51) mean  $76.75 \pm 22.27$ , PRETEST (n=21) mean  $75.19 \pm 21.83$ , and POSTTEST(n=21)  $61,81 \pm 16,67$  mean. While the Mindfulness Scale

score was  $61.81 \pm 16.67$ , PRETEST (n=51) mean  $63.78 \pm 13.82$ , PRETEST (n=21) mean  $60.81 \pm 14.96$ , and POSTTEST (n=21) mean. Ruminative Thoughts Scale mean score of  $74.10 \pm 11.38$  and PRETEST (n:51) group was  $90.51 \pm 25.15$ , PRETEST (n:21) mean group  $95.43 \pm 26.09$ , POSTTEST (n=21) group mean is  $71.14 \pm 26.47$ . As a result of the analysis of the data of the people who participated in the research both pretest and posttest the program, there was a negative significant relationship between the Rumination

Scale score and the Mindfulness Scale Score, while a positive significant relationship was found between the Mobile Smartphone Addiction Scale score and the Rumination Scale Score. According to our Pretest and Posttest research findings, the relationship between the Mobile Smartphone Addiction Scale score and the Mindfulness Scale score is negatively significant. It is thought that the results obtained will shed light on diagnostic, preventive and therapeutic studies on smartphone addiction.

# Predictive Relationships Among Digital Addiction, Cyberbullying, and Family Relationships in Generation Alpha

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Individuals born after 2010, commonly referred to as Generation Alpha (McCrindle, 2021), represent the first cohort to be raised in an environment deeply integrated with digital technologies. The substantial amount of time these individuals spend in online settings renders them particularly susceptible to digital addiction, which, in turn, may increase their likelihood of engaging in high-risk behaviors such as cyberbullying. These risks do not apply equally to all children; however, the growing visibility of such behaviors suggests the importance of early preventive efforts. Identifying factors that influence these outcomes can contribute to the development of evidence-based educational and psychological interventions tailored to this age group. The presence of protective factors in children's lives is therefore critical in mitigating these risks. Among such factors, the quality of family relationships is considered a key protective variable against the development of digital addiction. The present study aims to examine the predictive relationships among digital addiction, cyberbullying, and family relationships in children. Employing a correlational research design within the

quantitative research paradigm, the study was conducted with children aged between 9 and 14 years. Data collection instruments included the Digital Addiction Scale developed by Hawi et al. (2019) and adapted into Turkish by Öztemel and Traş (2023), the Cyberbullying Scale developed by Arıca et al. (2012), the Family Relationships Scale for Children developed by Demirtaş Zorbaz and Korkut Owen (2013), and a demographic information form designed by the researchers. Data analysis will be carried out using SPSS and Jamovi software. Descriptive statistics will be used to summarize the demographic characteristics of the participants; correlation analysis will examine the associations among the variables. Moreover, General Linear Model (GLM) based mediation analysis will be used to test the potential mediation role between the variables. The findings will be interpreted and discussed in light of the existing literature.

**Keywords:** Generation Alpha, Digital Addiction, Cyberbullying, Family Relationships

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[PP-12]

# The Importance of Providing Effective and Comprehensive Mental Health Services in Primary Health Care in Combating Behavioral Addictions

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Primary health care, which is the basis for achieving universal health coverage, is of great importance in terms of accessible, continuous, comprehensive, coordinated and people-centered health services. Healthy Life Centers (HLC) are multi-purpose institutions established within the Ministry of Health in Türkiye, with the aim of protecting individuals and society from health risks, encouraging a healthy lifestyle, and strengthening primary health care services and facilitating access to these services.

In addition, behavioral addictions, which include technological addictions such as internet, gaming and gambling, which cannot be based on a physical substance, are also an important public health problem. As in addictions such as cigarette, alcohol and drug addiction, it includes characteristics such as the inability to quit the addicted behavior, the inability to control it, the amount of use or the duration of use are gradually increased each time, causing the person to spend most of their time with the addicted behavior.

In order to continue the effective fight against behavioral addictions, it is of great importance to ensure

that Healthy Life Centers provide effective and comprehensive counseling services within the scope of primary health care services. Providing preventive mental health services for children, adolescents and their families and all adults in Healthy Life Centers and providing mental health counseling for children, adolescents, their families and all adults experiencing problems is of great importance in combating behavioral addictions. In this context, providing psychological support to individuals and their families who have problems with behavioral addictions and to all adults, by psychologists in Healthy Life Centers, and providing social support by social workers, and in addition, providing clinical or therapy services in terms of the accredited training areas are to mean to provide multifaceted services to complement secondary and tertiary mental health services. Finally, in order to ensure that Healthy Life Centers provide effective and comprehensive services, it is important to integrate them with secondary and tertiary health services together with Family Medicine practice and ensure that they are coordinated.

# Problematic Social Media Use and Body Dissatisfaction: Exploring the Mediating Roles of Perceived Reality and Internalization

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Prior studies examining problematic social media use and body dissatisfaction have yielded inconsistent findings. Here, in this study we aimed to identify underlying factors that could mediate this relationship. Particularly, we examined the associations between problematic social media use and body dissatisfaction through the perceived reality in social media and the internalization of idealized bodies, individually and serially. Problematic social media use → perceived reality → body dissatisfaction; Problematic social media use internalization → internalization → body dissatisfaction; Problematic social media use → perceived reality → internalization → body dissatisfaction. We used a cross-sectional design with 303 Instagram users aged 19 to 56 years ( $M_{\text{age}} = 24$  years,  $SD = 7.77$ ), including 236 (78%) women and 67 (22%) men. The results indicated that the direct effects of problematic social media use and social media use frequency on body dissatisfaction were

not significant. However, when internalization was included as a mediator, the association became significant only for problematic social media use, indicating an indirect effect. However perceived reality was not significant in both individually and serially. Our finding indicates an indirect-only mediation on this association between problematic social media use and body dissatisfaction suggesting that the impact of problematic social media use on body dissatisfaction is meaningful via internalization of appearance ideals than a direct pathway. Clinicians should take into consideration individuals' psychological engagement with social media (i.e., Instagram) and address internalization, which may serve as a protective factor against body dissatisfaction.

**Keywords:** problematic social media use, social media use frequency, body dissatisfaction, internalization, perceived reality, adults

# The Recovery Process of a Client with Pornography and Gambling Problems: A Case Presentation

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The aim of this case report is to discuss the course of recovery of a client with pornography and gambling problems. The client, 41 years old, university graduate, stated that he had problems with behavioral addiction types and applied due to the problems he had experienced with his environment. The client stated that he had been gambling for many years and that the frequency and duration of pornographic images had increased in the last few months, and that his life was going in a negative direction due to his systematic gambling behavior. He stated that he thought that the client should seek professional support because of his low motivation to recover in the first place and his loss of faith in his recovery. In the first stage with the client, agendas were formed within the scope of psychoeducation and motivational interviewing. In the

course of the interviews, efforts were made to cope with the request and to prevent recurrence. The case was evaluated within the scope of DSM-V diagnostic criteria and the South Oaks Gambling Screening Test was applied. The client was interviewed on the basis of Motivational Interviewing and Cognitive Behavioral Therapy. His spouse was also included in the process as he thought that he was also harming his relationship. The positive effect of his spouse's participation in the treatment on the recovery process was observed. As a result of the 14-month process with the client, a significant decrease in the frequency and time allocated to sexually explicit images for gambling problems was observed.

# What Do Post-Pandemic Graduate Theses Reveal About Behavioral and Digital Addictions? A Bibliometric Analysis

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The aim of this study is to examine theses on addiction conducted in Türkiye. For this purpose, graduate theses related to addiction, covering the post-pandemic period from 2021 to 2024 and available in the National Thesis Center, were analyzed. Titles and contents containing the term “addiction” were identified using the keyword “bağımlı\*.” A total of 1,299 master’s theses, 178 medical specialization theses, and 126 doctoral theses were retrieved. After applying exclusion criteria to 195 theses with restricted access, 1,604 studies were included in the evaluation. **Method:** Using the document analysis method, data such as thesis numbers, authors, publication years, topics, sample age ranges, group sizes, types of addiction, and subcategories of addiction were entered into an Excel document and subsequently analyzed. **Findings:** Some key findings from the study are as follows: In 2018, there were 229 theses on addiction, which increased to 452 in 2019. During the pandemic year of 2020, the number dropped to 274 but rose again to 440 in 2021. In the following years, the number of theses on addiction was recorded as 398 in 2022, 463 in 2023, and 498 in 2024. The study

examined substance-related, behavioral/digital, and other types of addictions, while non-psychological or non-psychiatric terms (e.g., addiction to educational materials) were excluded from the analysis. **Discussion:** The findings indicate that the number of addiction-related theses increased after the pandemic, with a particularly notable rise in theses focusing on behavioral and digital addictions. This trend suggests that contemporary problem areas are reflected in academic research and investigated in theses required for specialization. The most common disciplines for addiction-related theses were identified as Psychology, Sports, Education and Instruction, Family Medicine, Nursing, and Psychiatry. Among addiction types, digital addictions were the most frequently studied, followed by substance-related addictions. Many addiction-related theses were at the master’s, doctoral, and medical specialization levels, whereas proficiency in arts theses paid significantly less attention to this topic.

**Keywords:** addiction, dependency, behavioral addiction, digital addiction, bibliometric analysis.