The Life Stories and Episodic Future Thinking of Inmates

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ABSTRACT

People explain who they are, assume where their life flows by revising stories about their past and by imagining future. Generally, inmates, have been shown, to be overwhelmed by events during their time in detention that the consequences of which (e.g., loss, social exclusion, violence) leave a traumatic trail (e.g., Anderson et al., 2016; Crew, 2015; Segrave & Carlton, 2010). It is known that traumatic experiences leave a hallmark on memory processes (e.g., Kleim et al., 2014). However, we go beyond other research and examine past and future life story events that is unexplored in the literature. Therefore, the present study aims to: 1. to compare the life stories (LST events) of inmates and community samples, 2. to examine the differences in phenomenological characteristics between past and future LST events, 3. To look for the interaction between group and event type, 4. to consider individual differences of inmates and community members and examine how increased psychopathic tendencies is associated with inmates' memory.

To achieve this, 95 inmates and 135 community members participated in this study. They were asked to generate most important 5 past and 5 future LST events that happened/might happen (Past and Future Life Story Events Task), questions from the Autobiographical Questionnaire Scale, the short version of Centrality of Event scale, the Levenson Self-Report Psychopathy Scale and Depression, Anxiety and Stress Scale -21. The findings mostly supported earlier some existing claims regarding the properties of past events between inmates and community members. Specifically, we found out that the valence of ratings of inmates were less positive, less specific and more central to their life story and identity compare to community sample. In addition,

inmates' future LST events were temporally closer to present time, more positive, more specific and consisted of more sensory details. However, increased psychopathic traits has minor effect on memory process. Increased psychopathic traits were associated with centrality of LST events to inmates' identity and life story. Taken together, our study supported that imprisonment is an anchoring event that affects how individuals remember and imagine LST events.

Keywords: autobiographical memory, the life story, episodic future thinking, inmates, psychopathic traits, depression

ÖZ

İnsanlar kim olduklarını, hayatlarının nereye gidebileceğini, geçmişleriyle ilgili hikayeleri gözden geçirerek ve geleceği hayal ederek açıklar. Genel olarak, mahkûmların, gözaltında kaldıkları süre boyunca, sonuçları (örn., kayıp, sosyal dışlanma, şiddet) travmatik bir iz bırakan olaylar karşısında kaldıkları gösterilmiştir (örn., Anderson ve diğerleri, 2016; Crew, 2015; Segrave & Carlton, 2010). Travmatik deneyimlerin bellek süreçlerine damgasını vurduğu bilinmektedir (örn., Kleim ve ark., 2014). Ancak bu çalışmada, diğer araştırmaların ötesine geçerek literatürde keşfedilmemiş geçmiş ve gelecek yaşam öyküsü olaylarını inceliyoruz. Bu nedenle, mevcut çalışmada şunları amaçlamaktayız: 1. mahkumların ve katılımcıların yaşam öykülerini (LST olayları) karşılaştırmak, 2. geçmiş ve gelecekteki LST olayları arasındaki fenomenolojik özelliklerdeki farklılıkları incelemek, 3. gruplar ve olay türü arasındaki etkileşimi araştırmak, 4. Mahkûmların ve katılımcıların bireysel farklılıklarını dikkate almakla artan psikopatik eğilimlerin mahkûmların hafızasıyla nasıl ilişkili olduğunu incelemek.

Bu amaçla, 95 mahkum ve 135 topluluk üyesi bu çalışmaya katılmıştır. Geçmişte tecrübe ettikleri ve gelecekte olabilecek en önemli 5 geçmiş ve 5 gelecek LST olaylarını oluşturmaları istenmiş (Geçmiş ve Gelecekteki Yaşam Öyküsü Olayları Görevi), ve diğer veriler Otobiyografik Anket Ölçeği, Olayların Merkeziliği Ölçeği kısa versiyonu, Levenson Öz Bildirim Psikopati Ölçeği ve Depresyon, Kaygı ve Stres Ölçeği -21 aracılığıyla toplanmıştır. Bulgular, mahkûmlar ve katılımcılar arasındaki geçmiş olayların özelliklerine ilişkin önceki sonuçları çoğunlukla destekledi. Özellikle, mahkûmların geçmiş olayların derecelendirme değerlerinin diğer bireyler

ile kıyasla daha az pozitif, daha az spesifik ve kişiliğin ve hayat hikayesinin merkezinde algılanmaktadır. Buna ek olarak, mahkumlar gelecek LST olayları, şimdiki zamana daha yakın, daha olumlu, daha spesifik ve daha yüksek duyusal ayrıntılı olarak değerlendirdi. Bununla birlikte, artan psikopatik belirtileri hafıza süreci üzerinde küçük bir etki gösterdi. Psikopatik belirtileri yuksek olan mahkumların LST olaylarının kimliğe ve yaşam öyküsüne merkeziliği ile sonuçlandı. Birlikte ele alındığında, çalışmamız, hapis cezasının, bireylerin LST olaylarını nasıl hatırladığını ve hayal ettiğini etkileyen bir demirleme olayı olduğunu destekledi.

Anahtar Kelimeler: otobiyografik bellek, hayat hikayesi, epizodik gelecek düşüncesi, mahkumlar, psikopatik özellikler, depresyon

DEDICATION

To my Father, my present Strength

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INTRODUCTION

People explain who they have become, where they think their prospective future live might be going by referring, revising and creating events from their past and by imagining future (Bruner, 1990). A life story is an internal mental representation of the self that permits to construct the past and anticipate the future in a way that gives life a sense of coherence and purpose in general (McAdams et al., 2006) and it concentrate on personal memories that are of great significance to a person (Pillemer, 1998). The life story occupies central part of personality (McAdams, 1996). It is known that traumatic experiences may dramatically influence how autobiographical events are stored and remembered, so individuals arrange the events in a way to order them that are meaningful and appropriate to the Self (Conway, 2005). This study addresses to what extent individual differences manifested in certain aspects or characteristics of the life story (LST). Specifically, we are investigating inmates' memories with the aim of finding out characteristics of the life story that might be unique to inmates. Also, we will consider the differences between past and future events, since they differ in several dimensions (e.g., D'Argembeau & Van der Linden, 2006).

There are few researchers who carried out studies according to inmates' life stories (e.g., Maruna, 2001; McKendy, 2006). Also, according to existing literature imprisonment is a major traumatic experience that has harmful effect on individual

(Liebling and Maruna 2005; Goulding 2004; Scraton and Moore 2005). Considering these facts, we are willing to fill the gap in literature and lack of information.

With this aim we will discuss research concerning the life stories, examine phenomenological characteristics of past and future events considering individual differences of inmates and community members. Since individuals with increased psychopathic traits inclined to display violent behavioral patterns (Neumann & Hare, 2008; Levenson et al., 1995) and differ from individuals without psychopathic traits by affective and cognitive processing (Drislane et al., 2013). Some research stated that individuals with psychopathic characteristics have superior memory because of affective deficits (Porter et al., 2001), could not feel secondary emotions such as guilt and shame (Blair et al., 1995). Therefore, in respect that we are going to examine increased psychopathic tendencies that is highly correlated with antisocial behavior (Nathanson et al., 2006).

1.1 Autobiographical Memory and the Life Story

Personal past of individuals consists of memories that are worthy to be included in one's life story and have emotional and motivational significance. These memories are self-congruent and if they are encoded as a significant event most likely these memories will be included in the life story (Conway & Holmes, 2000). Since these memories are related to the self and have an emotional and motivational impact they become in fact autobiographical. The life stories (McAdams, 1990) includes not only important events, but it constitutes the structure and meaning of the events depending on the context in which the individual was situated (Kenyon & Randall, 1999). Specifically, the life context and past experience determine the distinctiveness and affective meaning of an event. For example, only if an event is considered as important

for individual's life relying on the individual's interpretation of context then the event will be vividly retained (Bluck & Hubermans, 2000). Conway and his colleagues suggested that life story events are particularly encoded and recalled depending on the context, actual themes such as health, wedding and goals of the current self. People rearrange the past, realize the present, assimilate new experiences and foresee the future from the point of view of their assimilated self-story. Barclay (1996) claimed autobiographical memory (ABM) is an improvisational construction were an account of the past event that helps to preserve personal coherence is put together. Self-memory system (SMS) that will be discussed below in more detail, is a hierarchical structure where autobiographical knowledge base associated with personal current goals consistent with information previously retained. These current goals impact on how information is arranged, and goals govern the search process. As a result of the search process selecting memories consistent with our self-representation and corresponding goals of formulating identity. In this vein, autobiographical knowledge base is considered to constitute the self (Conway & Pleydell-Pearce, 2000; Conway & Tacchi, 1996).

Taken together, we are going to discuss the self memory system in more details, the life story that at a top level of SMS and construct identity, theoretical background of commonalities and differences between remembered events and episodic future thinking and explore differences between past and future LST events in several properties considering increased psychopathic traits.

1.1.1 The Self Memory System

The Self Memory System (SMS) (Conway, et al.,2004) is a conception that connects self and memory where memory is considered as the data about the self containing the

autobiographical knowledge base. Within the SMS, control mechanisms regulate access to the knowledge base coherently molding cues needed to activate ABM knowledge structures and, in a way, generate specific memories. The self, in turn, is regarded as a compound combination of purposes and related self-representations, as a whole alluded to as the working self (Conway, et al.,2004).

According to SMS, ABM is a hierarchically organized network of sensory detail, perceptual and sensory qualities, and affective aspects with the life story at the top level, that represents general knowledge about relatively long periods of time together with their common features (Conway & Pleydell-Pearce, 2000). At the second level are the lifetime periods, at the third level are short narratives and event-specific knowledge. ABM are made up of episodic (*event-specific knowledge*) and semantic (*long-term self*) components. Episodic component consists of set of daily experiences, which can be lost and began to be unarranged without linkage to the long-term self. The semantic component is consisted of a *conceptual self,* comprising general events, individual way of thought about something, abstract knowledge base and traits of characteristics. Alterations in the conceptual self might impact on the access to the content of the ABM knowledge base, recollection of specific events and the long-term self.

Conway & Pleydell-Pearce (2000) suggested that current self and purposes can impact on memory construction by preventing memories that are inconsistent with self-image. Working self, the hierarchical structure consisting of active personal goals, and inhibits memories which are in conflicted with goals, permitting only the "right kind" of new obtained experience to be retained in long-term memory, rate possible situations to be retrieved. According to Conway and Pleydell-Pearce (2000), traumatic events

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represent a threat to active goals to that the working self cannot adjust. The inability of present plans and goals to mediate the integration of traumatic events into the database of ABM knowledge leads to the invasion of traumatic memories and such memories inadequately integrated with other autobiographical memories regarding its context in time and place. Accordingly, imprisonment, something that is highly unlikely to be a personal goal and life expectation might intervene with the coherence of autobiographical knowledge. The life story is a coherent organization of values or behavioral patterns (that can be contradictory) that individual has held through time and help create sense of identity (Pillemer, 1998). The goals are emerged from our view of self, an idea of who the individual is and who he can become. According to Higgins (1987) the self is composed of related domains: the actual-ideal and actual-ought selves. In case of actual-ideal self-discrepancy person is to some extent view his current actual self (attributes individual actually has) different from the self he ideally wishes to attain to. In case of actual-ought self-discrepancy person is to some extent view his actual self different from the attributes someone expects individual should possess (someone's sense of person's duty; significant others' dictation). Threat- or trauma-related memories are related to a more discrepant self-representation (e.g., a self-image that is under threat pursue to be protected and immune to threat), resulting in deficiency retrieving positive memories (Harvey, Bryant, & Dang, 1998; Kangas et al., 2005).

According to McAdams (1985) the life story is a representation of a person's life in time involving a reconstructed past, present and expected future. The life story contributes to construction identity and understanding themselves (the self) in different contexts such as economic, social within which person's life experienced.

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1.1.2 The Life Story

The life stories (LST) are based on ABM (Conway, 2005; Habermas & Bluck, 2000; McAdams, 2001) and they help to explain how one's life and personality can change in course of time (Hooker & McAdams, 2003). It is presumed that individuals use their personal narratives to create and facilitating self-continuity (Niedzwienska & Swiezy, 2010; Bluck, 2003), significance or meaning (Bohanek, Fivush & Walker, 2004) within a temporal and cultural context (Conway & PleydellPearce, 2000). LST supply information of how one behaved in the past and help to evaluate who they were in the past and might act in the future (Niedzwienska & Swiezy, 2010). The memories are emotionally filled or provide motivational impact for later events, thereby they are considered highly self-relevant and significant to be included in a life story (Conway & Holmes, 2000).

There are few studies devoted to past and future life stories. For example, Ramsgaard and Bohn (2019) study demonstrated that traumatized youth (refugee group in Denmark) reported future LST that highly positive and consist of few negative LST in comparison with past events. In other words, they showed positivity bias while. In general, positively valenced past and future LST reported less by traumatized group of young refugees compared with the control group. Solomon and Lavi (2005) demonstrated traumatized Israeli youths had also positivity bias regarding to future, that is explained by protective environmental factors (e.g., supportive family) that diminish the effect of trauma and, therefore, sustain positive expectations for the future.

1.1.2.1 The Life Story and ABM Reasoning

The life story schema (Bluck & Habermas, 2000) is assumed as the most global, abstract and the highest level of organization in ABM (Conway et al., 2004). The LST schema is used whenever one involved in autobiographical reasoning (Habermas & Bluck, 2000), that is, connecting (e.g., by talking about) parts of life to current self and to each other. Individuals create goals and meaning in their lives through the constructing of LST around significant periods of lifetime, events, and recurring topics or issues (Bluck & Habermas, 2000; McAdams, 1985, 1999; Singer, 2004). The LST schema is a record of ABM that ensures a coherent connection between events, life experiences and the self. It has been demonstrated that coherent LSTs- are correlated with greater well-being, and better capacity for optimistic personal change (McAdams et al., 1993). It was found that positively valenced events distinguished by high level perceived control and they are memorable in the life story since they are anchoring and influential in individual life trajectory (Pillemer, 1998).

Habermas and Bluck (2000) suggested that reasoning creates a pervasive coherent LS, by linking ABM to a self- image. They suggested that life story schema facilitate to work on the organization of ABM by describing a certain schema-based structure, and processes of autobiographical reasoning through which coherence is shaped. They defined 4 types of coherence: 1) temporal coherence by sequencing events in chronological order to keep track of time, 2) causal coherence by linking life experiences to personality changes and to the present self-concept through the people's conclusions about causes or motives, describes how some events lead to others, and how past experiences had affected who people have become today, 3) thematic coherence by the analysis of topics across memories. Finally, 4) a cultural sense of

biography by concentrating on important and typical events that are culturally appropriate (e.g., graduation, marriage) termed as a life script by Berntsen and Rubin (2002). Alternatively stated, the life story is a chain of events relating to each other and with the self (Conway & Holmes, 2004). The type of coherence helps to keep the continuity of the self both by establishing order and connectedness, and by discovering reasons for the discontinuities, between life experiences and the current self.

It is useful to mention that autobiographical reasoning is the process creating communication between a variety of aspects of individual's past, present, and future life (Habermas, 2011) and reflects psychological well-being (Main, Kaplan, & Cassidy, 1985). It is supposed to play a crucial role in creating the LST from specific memories (Bluck & Habermas, 2000) and composed things into a narrative model affirming purpose that integrate past and present events into a coherent representation of life story (McAdams, 2008). People try to combine events and form self-continuity through autobiographical reasoning, e.g., they reinterpret the LST (Kenyon & Randall, 1997). Because different life experiences such as typical transitions and non-typical ones might challenge people to preserve a sense of self-continuity.

Pillemer (1998) suggested some ways in that people remember their trajectory of life based on past and present life periods (i.e., anchoring events, turning points). Turning points, as an example, might motivate a person to look at the past in order to create or plan person's future, and involve emotional uncertainty (Wethington, Cooper, & Homes, 1998). So, retrospectively, people claim to make critical choices in understanding past events. People characterize themselves as having made critical life choices that constantly influenced their life trajectory (Moen & Wethington, 1999) or experiencing key events that formed their values for many years (Pillemer, 1998).

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These values, and commitments to themselves and others, life lessons determine how the LST is maintained and how one handles new experiences (Erikson, 1968). Individuals aspire to preserve a self-representation as implementing commitments and values that is consistent with the past LS they have constructed.

In sum, we are looking for the linkage between of how certain periods of life may affect how we remember and process memories. Imprisonment is a non-typical life transition that might be considered as turning life event, life lesson or even more as traumatic event. It gives us though-provoking questions how this particular event makes a person to look at oneself, future and past.

1.2 Episodic Remembering, and Episodic Future Thinking, and Their Relationship

Episodic future thinking (EFT) is defined as individuals' capacity to simulate or produce future events that might occur in their future life (Atance & O'Neill, 2001). The prospective function of projecting self into the past and future is to preserve a positive sense of self in course of time (Baumeister, 1998). For example, when individuals need to generate future events, they tend to generate more positive future events in comparison to remembered events and that the projection of negatively valenced past and future events were temporally distant than for positive past and future events, as events close in time most likely to be considered as belonging to the present self (Newby-Clark & Ross, 2003; Wilson et al., 2009).

The literature demonstrated a relationship between episodic remembering and EFT, and these processes have commonalities (Schacter et al., 2008; Addis et al., 2007) or similarities between the phenomenological characteristics of remembered and

imagined events (D'Argembeau & Demblon, 2012). Also, past and future can be affected in similar ways e.g., by aging (Addis et al., 2008), or mental disorders such as schizophrenia-spectrum disorders (Berna et al., 2015), depression (D'Argembeau et al., 2008; Liu et al., 2013; Williams et al., 2007), post-traumatic stress disorder (Moore & Zoellner, 2007) and mild Alzheimer's disease (Addis et al., 2009). For example, Williams et al. (1996) demonstrated that participants with depression, who are overdosed on drugs in suicide attempts reported less specific memory for both past and future events. Specific future memories are events that include the projection of vivid records that that might happen in a particular time and place. Hallford et al. (2018) found out that people with depression demonstrated less detailed, and less likely from first-person perspective future events, showing that depression affects generating the past and future similarly. Also, fMRI studies showed that common brain systems are activated during remembering and imagining (e.g., Addis, et al., 2007; Schacter et al., 2012). The relation between past and future has been evidenced in research of patients with amnesia for past ABM and they showed inability to imagine the near future (Tulving, 1985; Klein et al., 2002). Kwan et al. (2010) engaged an autobiographical interview in which the patient with amnesia was provided cue words and requested to use each stimuli to recall or imagine a specific event. The patient generated past and future events with fewer contextual details, fewer central and peripherial details than control group. In summary, studies on episodic memory support that the past and future memories are interdependent.

However, some other studies also showed that ABM and EFT can be differentiated and differences can be observed in their phenomenological characteristics which refers to the subjective experiences of memories and imagined events. In particular, past

events overall tended to be more detailed and rich in sensory and contextual details than imagined events, less relevant to life story and identity than future events (Berntsen and Bohn, 2010; D'Argembeau and Van der Linden, 2006) and tend to be reproduced from first-person perspective (D'Argembeau & Van der Linden, 2006). For example, future events are less vivid, more optimistic than past events and less detailed than past events (e.g., D'Argembeau & Van der Linden, 2004; Johnson et al., 1988; Berntsen and Bohn 2010; Berntsen and Jacobsen ,2008; Newby-Clark and Ross, 2003; MacLeod & Byrne, 1996), and more goal-oriented (D'Argembeau et al., 2012). Imagining the future is constantly assessed as being more effortful than remembering (Arnold et al., 2011). Close to present time events were rated as having greater sensory and contextual imagery, most likely to be located in very familiar settings (Spreng & Levine, 2006) than the distant ones. Events imagined in distant period from present time, are rated with less clarity and vividness of the event. Generally speaking, future events imagined in familiar settings are sharing phenomenological similarities with past events, because of consisting familiar locations. However, future projections that are set far tend to be different from past memories in regard to phenomenology.

Rasmussen et al. (2017) found that past events of patients with personality disorders were distinguished by impoverished narratives, whilst the future ones rated less specific with fewer internal details. It should be noted, lack of literature regarding with EFT of inmates. According to Kleim et al. (2014) imprisonment impact the phenomenology of past ABMs, namely it leads to overgeneral memories. We are going to explore whether we will get similar results with inmates in regard to EFT.

Consistent with the literature, also centrality of future events is higher compared with past events (Berntsen et al., 2011; Rasmussen & Berntsen, 2013). Bernsten and Bohn

(2010) asked their participants to remember 5 events and to imagine 5 future events in response to cue words. As a result, past events were rated higher in regard with vividness, contextual or visual-auditory details, and lower on centrality of life story and identity (CES) than future events.

Despite the fact that past and future events have common processes, past and future events have significant differences in the previously listed dimensions. According to the literature we can see that several factors such as age, psychological disorders lead to changes in the characteristics of EFT as well as past memories. Some possible reasons noted by researchers of such differences in regard with phenomenological characteristics were valence, location familiarity, time proximity and degree of pre-experiencing of how intense people felt as they mentally traveled through time (e.g., D'Argembeau and Van der Linden, 2012; Szpunzar, 2010). Because intensified feelings of pre-experiencing the past or future event lead to greater scores of phenomenological characteristics (Arnold et al., 2011).

Taking into account these studies it leads us to aspire to explore how some events can be associated with these alterations in memory and how remembered and imagined memory properties would be differentiated. It is known that complicated grief (Maccallum & Bryant, 2010), combat war (Brown et al., 2012) and imprisonment (e.g., Neves & Pinho, 2015) are associated with impaired autobiographical memory processing. In the next sections we will discuss imprisonment and its effect on autobiographical memory.

1.3 Imprisonment

Imprisonment as a form of traumatic experience lead to essential alterations in one's physical functioning, psychological and social spheres (Liebling & Maruna, 2005). Coping with negative experiences within the prison and adaptation to imprisonment might alter a person's psychosocial equilibrium to such an extent that the memory of certain negative incidents related to the prison setting overclouds all other experiences and have effect on the ability to cope with real life (e.g., Sharp & Harvey, 2001).

Imprisonment is an important stressful event in an individual's life (Taple et al., 2018). Few people are completely unchanged or unharmed while most of them are experiencing the psychological strains of imprisonment and suffering long-term consequences because of deprivation and pain, and non-typical norms of living and interaction with people (Haney, 2002). Prevalence rates of anxiety, depression and hopelessness, powerlessness, fearfulness of their environment, and being emotionally drained are higher among inmates (Bonta & Gendreau, 1990). Clemmer (1958) introduced the term "prisonization", a result of the negative psychological effects of imprisonment, to refer to how inmates assimilated to prison settings by adopting the subculture of prison life. Clemmer (1958) who characterized the prison subculture as a hierarchy-based order consisting of three classes of inmates: the élite class (the intelligent), the middle class (not outstanding, ordinary in character), and the "hoosier" class (the sex offenders, and inmates with lack of physical courage). To be able to cope with negative experiences of imprisonment, inmates are forced to adapt by accounting for the subculture of prisons.

De Viggiani's (2006) study emphasized the impact of prison subculture and explore adaptation of inmates. Inmates aligned themselves with the perceived dominant values of prison settings and customs related to traditional prison 'code'. It has been suggested, that "prison code" shapes the norms, customs and as Wieder (1974) suggested that this "prison code" becomes an orienting point regarding identification in terms of inmates' interpretation of their behavior or misconduct and place in their life within the prison settings. This code is a value system involving reputation issue, race, gender and age, which is manifested in such actions as competitiveness, masculinity (i.e., being macho), violence, homophobia and racism. Inmates strive to 'survive' emotionally, psychologically, and socially, so ingrained "prison code" reinforces the negative stereotypes in the prison. De Viggiani (2006) observed a high level of paranoia suspicion that is prevalent among male inmates and occurs because of stress experiencing related to living in close distance to other prisoners. Therefore, male inmates need to use tactics, pretend as a confident hypermasculine person, in order to become accepted by subculture of prison and gain respect from other inmates to avoid being the target of bullying. For instance, Toch and Adams (2002) noted that fear is seen as weakness in prison settings and inmates therefore display aggressiveness to dominate as a survival strategy. In other words, inmates try to avoid weakness or appearance of it at all cost. Interestingly, some inmates tries being "imperceptible", unnoticeable, having scarce interactions by seeking safety (e.g., Jose-Kampfer, 1990). Prisonization includes various psychological adaptations. For instance, the prisonization process makes convicted person dependent on external restrictions as a result they steadily lose their ability to rely on internal organization to guide their actions and restrain their behavior. First, they have to obey the formal rules of the institution, secondly, interpersonal distrust and suspicion, isolation or disconnect from

others make them to follow informal rules and norms are part of inmate culture and code (Haney, 2012). The conditions of prison which they live constantly remind inmates of their jeopardized social status and stigmatized social role as inmates. And this can contribute to a decreasing self-esteem and self- worth.

Ashkar and Kenny (2008) carried out study with inmates staying in a maximum-security facility to explore experiences of imprisonment and introduced three topics: Prison culture, service delivery and loss (Ashkar & Kenny, 2008). The prison culture of ingrained hierarchy among inmates, associated with prisoner-officer opposition and perceived to be authoritarian management styles of officers. The service delivery is associated with inmate dissatisfaction with service provision, and the sense of loss related to reduced autonomy and restricted privacy along with the missing their family are imposed by prison restrictions such as regimentation and regulations (Ashkar & Kenny 2008; Bereswell, 2004). Deprivation within the medium and maximum-security facilities (e.g., reduced autonomy, social isolation) is related even with suicidal situations or attempts. Here, it should be noted that maximum security is characteristic of Azerbaijani prisons where this study was conducted. So, imprisonment may also restrict the formation of close friendships which might lead to an increased level of anxiety (Biggam & Power 1997). Also, the daily routine within the prison settings was rated as monotonous and boring by inmates in de Viggiani's (2007) research. Inmates locked in their cells for long a long time and inoccupation were related to apathy and poor motivation (de Viggiani, 2007). Such restrictions within the prison setting, certainly affect mental health of inmate population.

According to Sykes (1958, 2007) the concept "pain of imprisonment" has been described as the sum of factors that make prison conditions unbearable. These factors

related to deprivation, such as of heterosexual relationships, autonomy, of safeness, liberty, desirable goods and service and related to frustrations, namely, of sexual desire. In addition, theories of masculinities suggest that imprisonment is centered in the deprivations as a "loss of autonomy and independence, enforced submission to authority, lack of access to material goods, all of which are central to his status as a 'man'" (Newton, 1994; p. 197). Prisoners turn to overcompensate when it becomes necessary to demonstrate manhood or masculinity by demonstrating aggressiveness (Haney, 2011; Kupers, 2010). Experiences can vary from ostracizing, to different kind of abuse form (e.g., Wolff & Shi 2009).

A large percentage of inmates suffered from psychological distress, cognitive (e.g., recurrent ideas) and emotional (anxiety, distress, anger, depression, fear) (e.g., Cooper and Berwick ,2001), along with environmental stressors (Veneziano & Veneziano, 1992). Mental well-being is jeopardized in imprisonment settings, so stress or depression are major issues among them (e.g., Birmingham, 2004; Ahmad et al., 2014). Furthermore, imprisonment is a form of traumatic incident harsh enough to induce PTSD (Haney, 2002; Heckman et al, 2007).

1.3.1 Imprisonment and Psychopathic Traits

Individuals with psychopathic traits are described as people who have reduced response to emotional stimuli and prone to violate social norms (Hare, 2003; Herpertz & Sass, 2000). According to Hare (1991), psychopathy is a cluster of interpersonal, affective, and antisocial characteristics and its features such as lack of empathy and remorse, pathological lying are related to criminal and violent behavior throughout the life. People with antisocial personality disorder (ASPD) exhibit some degree of psychopathic traits (Lavallee et al., 2020) lack of empathy, are usually self-centered,

impulsive and cannot comply with laws or norms, and face difficulties in having a stable relationship. Levenson (1992) suggested that psychopathy is a pattern of inherently antisocial behavior that is set up on judgments of significance of one's own desires and the rights.

Psychopathic traits are among the risk factors for crime and are prevalent among inmates (Hare & Neumann, 2009). Recidivism rates are higher among inmates with psychopathic compared to other inmates and inmates with psychopathic demonstrate antisocial behavior at a comparatively younger age (Leistico et al., 2008). There are several explanations of development of psychopathic tendencies such as changes in emotion processing at young ages (Blair et al., 2006), limited capacity to adjust or for adaptation to the negative consequences of own decisions or behavioral patterns in the society (Sommer et al., 2006).

According to three-factor model psychopathic traits can be divided into 1) the Arrogant and Deceitful interpersonal style (e.g., being manipulative and superficially charming, strong sense of self-worth), 2) the Deficient Affective Experience (e.g., lack of remorse or guilt, superficial emotions and reduced ability to take responsibility for own behavior) and 3) the Impulsive and Irresponsible Behavioral Style (e.g., inclination to be bored or parasitical, irresponsible and impulsive behavior) (Cooke, & Michie, 2001). Such characteristics as callousness and the emotional detachment are considered distinctive hallmarks of psychopathic inmates (Kirsch & Becker, 2007).

Hervé et al. (2007) suggested that personality inclines people to retrieve and encode events in a personality-congruent way. According to some research, psychopathic individuals are considered as hyposensitive than non-psychopathic inmates, since they

enjoy perpetrating crime and, therefore, had comparatively better memory for committed acts of violence (Hare, 1978; Jacobson & Gottman, 1998). Specifically, they appear to concentrate on the more arousing parts (i.e., central details of the violence itself, namely event-related aspects) of the experience in comparison with peripheral details that are not related to the event itself (Cooper et al., 2007). Meta-analysis of Wilson et al., (2011) emphasized disruptions in emotional recognition among psychopathic inmates and it was demonstrated detachments of such people from others' feelings (Cleckley, 1976), deficiency in identifying fear or sadness (Blair et al., 2001; Blair, 2005; Dolan & Fullam, 2006). The explanation might be the lack of empathy, so psychopathic people demonstrate reduced ability to decode social signals, namely facial expressions.

Jüriloo and his colleagues (2014) aimed to find out whether there could occur some cultural differences regarding psychopathic traits across inmates. As a result, it was demonstrated that cultural differences among inmates with higher level of psychopathic traits, as the Finnish and British inmates are less manipulative than North American inmates. Furthermore, callousness and lack of remorse were recorded among the Finnish and American inmates in comparison with British ones (Jüriloo et al., 2014).

According to Fowles and Dindo (2006), psychopathic individuals manifest the type of impulsivity that identified as "willingness of individual to take risks even after considering the consequences" (Fowles & Dindo, 2006; p. 26). Interestingly, women with psychopathic tendencies are more impulsive than men (Wennberg &Andershed, 2012). Women with increased psychopathic tendencies are generally more aggressive in comparison with women with lower ratings of psychopathic tendencies, since their

aggression is generally more internal (e.g., self harm) (Lehmann & Ittel, 2012; Sevecke et al., 2009). Among male participants it was demonstrated negative correlation between psychopathic tendencies and internalizing behavior, and positive correlation it was found between externalizing behavior and psychopathic tendencies. Men and women with increased behavioral psychopathic characteristics manifest more criminal actions in comparison with male and female participants with more interpersonal and affective psychopathic traits (Hicks et al., 2010).

In general, we expect that inmates will give higher psychopathic traits scores than community members, since antisocial behavior that is cluster of psychopathy is associated with criminality, including serious violent crimes (Hare, 1996; Leistico et al., 2008). We measured psychopathic traits as a covariate, since, first, increased psychopathic tendencies are prevalent among samples of inmates (Knight & Guay, 2006) and associated with violence among inmates (Hare, 2003; Porter & Woodworth, 2006) and community members (Neumann & Hare, 2008). Secondly, individual differences in personality and dispositional traits contribute to encoding and retrieving events in a personality-congruent manner (Hervé, Cooper, & Yuille, 2007), affect memory processing, and how LST are constructed or recalled is linked to personality (e.g., Hamann & Canli, 2004; Christianson et al., 1996; Glass & Newman, 2009). In this vein, we pursue to control how increased psychopathic tendencies are associated with individual differences in LST.

1.3.2 Imprisonment and Autobiographical Memory

Direct exposure to imprisonment is considered as a traumatic experience (Basoglu et al. 1994; Bauer et al. 1993). Imprisonment as a traumatic experience may lead to changes in memory processes alterations of ABM and disruption in self-concept and

in determination of purposes in life (Conway & Pleydell-Pearce, 2000). These changes can affect the different aspect of memory such as specificity of memory (Neves & Pinho, 2018; Kleim et al., 2014), meaning making (Lavallee et al., 2020), the type of content (e.g., Lavallee et al., 2020), and emotional valence (Taple et al., 2019). Because of significance of a positive self-representation and its neccesity to well-being healthy people demonstrate positively biased ABM, remember more positive events, and preserve the intensity of emotions in comparison with negative events (e.g., D'Argembeau & Van der Linden, 2008; Rubin & Berntsen, 2003). However, inmates assess their negative memories as being more emotionally distressing and intense at the time of remembering (Beike & Landoll, 2000).

According to SMS model, consistent with the current self-image ABMs that are significant to present purposes are getting more accessible than other ones. Inconsistency between the self and memories lead to cognitive dissonance (Beike & Landoll, 2000) and such memories are harder to be inhibited and retrieved. ABM that are incongruent with mental schemas and values tend to encounter barriers while recalling to prevent cognitive dissonance and maintain coherence between the self and memory (Conway et al., 2004). In inmates, events incongruent with self-representation and goals, could provoke rumination to handle the cognitive dissonance. Schoofs et al. (2012) demonstrated that self-discrepant stimuli activate the maladaptive schemas that interfere with memory search.

According to the linkage between ABM and imprisonment, a study carried out by Neves and Pinho (2015) identified whether there are differences between inmates and community sample in several dimensions of positive and negative ABM (i.e., specificity, phenomenological characteristics, e.g., emotional intensity, valence, and

significance). In Neves and Pinho's (2015) study the offenders retrieved less specific positively valenced ABMs compare to the community members. However, this effect was not determined for negative ABMs. They also rated their negative ABMs as being more significant in comparison with community members. Neves and Pinho (2015) proposed that, difficulties in recalling ABMs inconsistent with the self-representation, the self-representation of criminals may explain the less specificity of their positive ABMs.

Lavalle et al. (2020) examined the self-defining memories (SDM) of Spanish inmates and found that inmates generate less specific events. However, they did not find any difference in terms of emotional valence of SDM. However, it could be explained by avoidant strategy (emotional regulation strategy) that participants use to distance themselves from traumatic life experience in order to weaken and diminish the importance of negative event (Simon et al. ,2010). In Lavalle's et al. study, inmates retrieved memories of an event that happened when they were younger (e.g., childhood). In another study, in comparison with community sample, inmates reported SDM since their adulthood, and rated these memories intense and more important, more negative having more clarity, and with greater repetition and threat to their integrity (Sutherland and Bryant, 2005; Taple et al., 2019). Evans et al. (2007) found that inmates had memories of committed a crime that had become negative, traumatic, intrusive, thereby altering inmates' self-construction and SDM. Also, prisoners report their criminal behavior as their first SDM, that is consistent with Rowe's (2011) study, in which the stories reported by female criminals were related to the effect of imprisonment on their lives. In addition, in Rowe's (2011) study, female criminals

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actively engage in neutralizing painful experiences of their confinement and fostered positive identities in their narratives.

Neves and Pinho (2015) examine if inmates present an overgeneral autobiographical memory, since inmates often suffer from disturbance in executive function (e.g., Lilienfeld, 2000; Ross & Hoaken, 2011). Inmates retrieved fewer specific positive ABMs retrieved more specific negative ABMs appear to impact negatively on their efficacy in executive function tasks (Neves & Pinho, 2018).

Nevertheless, there are shortcomings in the literature related to LST and imprisonment. There are not enough studies directly looking at the linkage between them.

Imprisonment is one of the most destructive events for anyone (Maruna, 2001). Sykes (1958) mentioned that former inmates who perceived themselves as morally acceptable in the society their narratives about imprisonment begins to vanish. Maruna (2001) by investigating narratives of 65 prisoners demonstrated that after redemption and downplays their own responsibility in their past mistakes, prisoners direct their attention to attainment of future purposes or aims. More specifically, Maruna (2001) emphasized two types of scripts: "condemnation script" and "redemption script". The first script embrace inmates who believe himself trapped in criminal path, consider themselves as condemned to delinquency or deviance because of uncontrollable circumstances. In contrast, the second one embrace inmates who see themselves as a "good person deep inside" despite past mistakes, criminal -self is not their real self and core of their personality. So, as a result they demonstrate resilience and being in position to help people and prevent past scenarios and enhance the sense of self-efficacy and strive to different identity to be acceptable in society. Furthermore, they

may narrate return redemption and in order to achieve ego integrity, and they may particularly avoid self-questioning (Perlin & Fivush, 2021).

Penal institutions constraint inmates' opportunity to realize desired self, thus it leads to construction of compromised identity. In a study by Toyoki and Brown (2014), criminals create their identity by maintaining social values, and by introducing themselves as a good person, adjust to requirements in social situations. Constant negative events, problems arising during the integration of social norms can be related to the disruption of the identity or self-construction of these people, because the self constructed through individual's life story and the emotions experienced in the course of life events (Conway, 2005; McAdams, 1996). For instance, the study of Neves and Pinho (2018) demonstrated that there are deficits in generating positive specific AM of violent offenders', and negative memories kept its emotional intensity for those offenders. In addition, SDM related with identity construction (Conway et al., 2004) and engaged in the development of personal identity due to their consistency of individual purposes (Singer & Salovey, 1996). Individuals who had experienced traumatic event strongly influenced by their negative experienced who considered trauma as a part of their identity as a result generated trauma related memory (Sutherland & Bryant ,2005). Inmates have unceasingly to work on to adapt to prison life, yield to its demands in order to maintain sense of identity' (Cohen and Taylor, 1992).

Stressful or traumatic experiences might influence the memory processes, encoding (e.g., remained vividness of sensory details of traumatic events) and retrieval (e.g., invasion of traumatic memories) (Brewin, 2013; LaBar & Cabeza, 2006). For example, the changes in memory process after bereavement (e.g. preoccupation with the

thoughts of the deceased) are related to grief-related emotions (e.g., negative emotions induce loss-related memories) (Maccallum & Bryant, 2010). Due to limited literature, it will be reasonable to mention other group of people who experienced different form of life-changing or challenging stressfull life events such as cancer survivors. Fear of recurrence, that also is very common among inmates (e.g., Cooper and Berwick ,2001), leads cancer survivors to evolve autobiographical thoughts which usually consist permanent references to the illness (Beith et al., 2017) as retrieval more trauma-related memory, equivalent to inmates' memories about the committed crime (e.g., Neves and Pinho, 2018). Giffard et al. (2013) suggested that not only trauma itself but side-effects of consequences might interpret deficits in ABMs.

1.3.2.1 The Life Story and Imprisonment

Rubin et al. (2009) suggested that traumatic event that is central to one's identity may contribute to atypical and culturally incoherent LST. People with trauma are thought to have negative tendencies of attribution toward the past and the future (Elwood et al., 2009). For instance, Anne and Janssen (2020) demonstrated that participants with subclinical PTSD rated their LST events less positive. So, traumatic experience that lead mental disorder clearly associated with deficits recalling LS events.

People experienced traumatic event demonstrated fragmented temporal coherence (Langer, 1993; Singer, 1997). In addition, fragmented coherence was associated with clinical disease. For example, temporal and causal incoherence was observed in participants suffering from schizophrenia (Raffard et al., 2010).

Imprisonment as a challenging stressful event in an individual's life (Taple et al., 2018) leading to long-term consequences. For example, prisoners are experiencing higher levels of hopelessness, helplessness (e.g. Cooper and Berwick, 2001), along with their

compromised social status and stigmatization of their social role as inmates (Haney, 2012). Imprisonment as a non-typical transition cannot be a purpose of life, personal goals and life expectations. Therefore, considering SMS model, imprisonment as an inadequately integrated with other autobiographical memories event, so it might interrupt the coherence of autobiographical knowledge. In addition, linking current events together, there is a need to maintain identity in difficult circumstances (for example, Taylor, 1983) and this affects the motivation and planning of one's future (Melges, 1990; Taylor & Schneider, 1989).

We can conclude that imprisonment as a traumatic experience may be a major factor that influence how we remember. This study will help us explore more deeply the consequences of imprisonment on memory, specifically on characteristics of ABM. It is reasonable by considering imprisonment, to note also psychopathic tendencies because this forensic concept is widely examined risk factor of criminality. For example, according to Hare and Neumann (2009) increased psychopathic traits are related to an increased risk factors of antisocial behavior, crime and violence. Therefore in the next section we will explore psychopatic traits and consider the relation between increased psychopatic tendencies and memory.

1.4 Psychopathy and ABM

Memory capability of individuals, deficiency in memory processing is related to increased psychopathic tendencies and examined in several studies. For example, Burrow et al. (2014) clearly demonstrated that psychopathy traits of community sample distort characteristic of ABM. Specifically, community members had to recall 5 positive and 5 negative events, and to assess the importance, memorability, and emotional content of events. As a result, greater psychopathy predicted positive and

negative memories, i.e., lower level affective intensity for both events, but more thinking about negative events, and related to lower importance for past positive memories (although this one was marginally significant). Miyata and Yukawa (2014) found out that high primary psychopathic (that is characterized by e.g., manipulation callousness) students experienced less sensorial and contextual details when remembering positive memories. According to Bromberg, Wiehler, Peters (2015) community members who demonstrated less vividness for future events also demonstrated more impulsive (i.e., more future-oriented, patient) choice behavior that can be highly related with delinquency (Gouveia-Pereira et al.,2015; Weidacker et al., 2017). Lavalle et al. (2020) found that inmates with ASPD retrieved fewer achievement-related SDMs.

The literature demonstrates that emotional information might not have the same importance for people with increased psychopathic tendencies compared to lower psychopathic ones (Williamson et al. 1991). For example, Wilson et al. (2008) demonstrated that men with increased psychopathic tendencies had enhanced recognition memory for negative facial stimuli compared to positive stimuli. Participants with psychopathic tendencies demonstrated an inability to experience and assess the emotional importance of an event leading to poorer memory (Burrow et al., 2014) and deficiency in processing and recognizing the difference between the central versus peripheral details of the emotionally arousing experiences (Christianson et al., 1996).. As a result, they do not demonstrate better memory for the central details of an emotionally arousing experience in comparison with the details of a neutral ones (Christianson et al., 1996). Glass and Newman (2009) requested prisoners to recall memories in response to positive, negative, and neutral words requested prisoners to

recall these words. As a result, participants with lower psychopathic tendencies retrieved more emotionally rich stimuli and failed to recall peripheral details of them and distinguished by enhanced memory   for negative ones because of attentional narrowing. In contrast, inmates with increased psychopathic traits demonstrated equivalent number of details for neutral items to emotional ones without the enhanced memory for the negative ones.

The findings support that increased psychopathic tendencies minimize the perception of the affect associated with the emotional experience (Lanciano et al., 2019; Burrow et al., 2014; Christianson et al., 1996). Participants with increased psychopathic traits demonstrated poorer memory in regard with contextual details (Lanciano et al., 2019) and lack of emotional evaluation (Dolan & Fullam, 2010). It meant that participants with psychopathic traits did not feel the necessity to emotionally distance themselves since memories were not perceived as being emotionally charged.

Dolan and Fullam (2010) divided criminals in the North West Region of England into three groups: participants with low psychopathic traits, moderate, and high psychopathic traits. The memory task was provided in slides accompanied by the story. Participants with low and moderate psychopathic traits showed better recalling for affective information than neutral one. Participants with the highest in psychopathic tendencies did not demonstrate this bias but their memories were distinguished with poorer memory in regard with details related to the memory task (Dolan and Fullam, 2010).

Lavallee et al. (2020) showed that offenders with antisocial personality disorder had reduced characteristics (specificity, integration, valence, topic and period) of SDM,

i.e., had tendency in retrieving memories comprising multiple experiences, memories containing inmates' childhood and adolescence. In regard with themes, Lavallee et al. (2020) demonstrated that inmates with ASPD retrieved more life- threating and relationship self-defining events and less achievements topic. Traumatic events consisting of life threats, losses can have an effect on ABM (Dalgleish et al., 2008; Rubin et al., 2008). This is consistent with the findings of Ramsgaard and Bohn (2018) where traumatized youth recalled past LST events containing themes related to their refugee status. Lanciano et al. (2019) showed that ABM of inmates with psychopathic traits is characterized by lack of narrative coherence, emotional intensity, sensory details, emotional estimation of experiences and its consequences, and inclination toward arrangement a memory from a third-person perspective. Consequently, the study demonstrates that psychopathic traits are related to emotional impoverishment in ABM. Considering that individual retain and retrieve events in self-congruent way (Hervé, Cooper, & Yuille, 2007) it is reasonable to see how difference regarding psychopathic traits associated with individual differences in ABM.

Hamann and Canli's (2004) found that personality and dispositional traits might elucidate individual differences in memory. Incarcerated population is distinguished by having more psychopathic traits (Porter & Porter, 2007). In addition, their mental well-being is jeopardized in imprisonment settings, so stress or depression are major issues among them (e.g., Birmingham, 2004; Ahmad et al., 2014). In this mean, it might be interesting to find out how psychopathic tendencies of inmates are related to differences in ABM.

1.4.1 The Life Story and Psychopatic Traits

As discussed above, psychopathic tendencies were found to be related to affective deficits that led to changes in memory processing (Peace & Constantin, 2015). There is a gap in literature in terms of past and future life story events and the link with psychopathic traits. Regarding the link between LST events and psychopathic traits there is lack of literature. It is known that individuals with increased psychopathic tendencies demonstrate of emotionally- arousing memory bias and deficient recall of peripheral details of memory (Glass and Newman 2009; Zhu et al. 2010). Moreover, individuals remember events in a personality-congruent manner (Hervé et al., 2007). Since individuals with psychopathic traits is suggested to be hyposensitive (e.g., Jacobson & Gottman, 1998), they demonstrate better memory for stressful events, generally omit peripheral details of events and focusing on central details (e.g., event related details). Therefore, we pursue to clarify uncertainties regarding the relation between LST and psychopathic traits.

Some studies have focused on the connection between life narratives and dispositional traits (consistent patterns of behavior, emotion or thoughts) (e.g., McAdams et al., 2004). Therefore, it is interesting to look at this aspect to presume differences or characteristics of LS of individuals with increased psychopathic traits.

1.5 The Present Study

Certainly, the literature showed that trauma-related experiences leave a scar on memory processes. Traumatic experiences may dramatically influence how autobiographical events are stored and remembered, so individuals set up events in a way to order them that are meaningful and appropriate to the Self (Conway, 2005; Tulving, & Craik, 2000). LST supply information of how one behaved and help to

evaluate who they were in the past and might behave in the future (Niedzwienska & Swiezy, 2010). Imprisonment is considered as a traumatic experience (Basoglu et al. 1994) leading to alterations in memory. However, it is uncertain how individual characteristics, being an inmate, will affect the phenomenology of remembered and imagined life story events generated by inmates and demonstrate it in comparison with community members. This research aims to address these shortcomings in literature.

In the present study, we examine the phenomenology and centrality of past and future life story events of inmates. Most studies focus on the effect of mental disorder on AM. However, some researchers found differences in the past memories between inmates and community members, in some phenomenological characteristics of AM such as specificity and valence of memories. For example, past memories of inmates were rated less specific, less positive than community sample (e.g., Kleim et al., 2014; Neves & Pinho, 2015). Most research, concentrate on community members with psychopathy (i.e., ASPD) and found that this clearly associated with distortions in memories.

We extend the literature and examine future life stories and explore the relationship between increased psychopathic traits and remembered and imagining memories.

We aimed to explore the difference of past and future life stories between inmates and community members. Also, we aimed to explore the relationship between psychopathic traits with phenomenological characteristics of events included in past and life stories expected to happen in the future. Individuals were asked to assess the generated events on several phenomenological characteristics such as valence, episodic details, centrality the of event to their identity, rehearsal and assess the

temporal proximity of the event from the current time. We examining these questions across community sample and group of inmates that have scarcely been investigated in this vein, the current research headed aspects that have been left unexplored by previous studies.

The eight predictions made for this study are as follows:

Main Effects

H 1. It is expected that LS events of the inmates will be less specific, and lower contextual details relative to community members.

H 2. It was expected that inmates will report more negative LST events than community members.

H 3. It was expected that phenomenology ratings will be higher for past events than future LST events in regard with vividness, specifity and contextual details.

Interaction effects

H4. The difference in the level of specificity between past and future LS events will be less for inmates than community group, specifically for inmates past events and future events will be less specific than community sample.

H 5. The difference in the level of contextual details between past and future LS events will be less for inmates than community group, specifically for inmates both past events and future events will be with lower ratings of contextual details.

H 6. Inmates will imagine future LST less vivid than community member.

H 7. It was expected that inmates will show more negative memories for both past and future LST events than community sample.

H 8. Increased psychopathic traits in inmates and in community members will be associated with lower ratings of contextual details, specificity, less vividness for life

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stories memories compared to lower ratings psychopathic traits of inmates and community group.

Exploratory questions: We are going to look at the link centrality of events in inmates. We expect the difference between past and future events generated by inmates in regarding the centrality of the event, temporal closeness, rehearsal, and influence of event.

Chapter 2

METHOD

2.1 Participants

Incarcerated individuals were recruited from penal institution for female №4 and penal institutions for male №6 in Baku. Community members and inmates are recruited by convenience sampling based on of their availability and willingness to respond. Also, they are matched in terms of age and education. The sample size that is determined based on G*Power 3.1.9.4. analysis is N=206, with effect size $f = 0.20$, $\alpha = .05$, power $= 0.95$. We recruited 276 participants; however, 2 participants were excluded because they were diagnosed with neurological and psychological problems. Also 44 participants were excluded, as they reported that current pandemic influenced their state and therefore their answers. In the end, the study consisted of 230 Azerbaijani individuals, - aged 18-55 [95 incarcerated (*M*= 36.73, *SD*=9.90), 135-community members (*M*=34.19, *SD*= 9.49)]. In total, there were 45 (47.4%) male inmates and 50 (52.6%) female inmates. For the community group participated 53 (39.3 %) men and 82 (60.7%) women participated in the study.

2.2 Measurements

Translation: Since the Azerbaijani version of questionnaires (Geçmiş ve Gelecek Yaşam Öyküsü çalıştırması, Olayların Merkeziliği Ölçeği, Levenson Öz-Bildirim Psikopati Ölçeği, Depresyon, Anksiyete, Stress - 21) are not present, questions translated from Turkish versions due to similarities in culture and language. We used a translation- backtranslation method to increase the accuracy of translated ones. A

professional Turkish-Azerbaijani translator translated questionnaires into the Azerbaijani language. For back translation, Turkish-Azerbaijani bilingual translated back and this person were absent in the initial translation. Assist. Prof. Doc. Burcu Kaya Kizilöz and Assist. Prof. Doc. Dilek Çelik checked the match between the first translation and back translations. Azerbaijani version of DASS-21 questionnaire has α = .84 for depression, α = .87 for anxiety and α = .80 for stress sub-scales. Azerbaijani version has the internal consistency of primary psychopathy and secondary is 0.62 and 0.62 correspondingly. Azerbaijani short version of the Centrality of Event Scale has α's of .89 and .91 for past and future memories correspondingly.

Measures

Past and Future Life Story Events Task (Appendix 1, 3): We used a modified version Rasmussen et al. (2017) instructions (for past LST: *"Yeni tanıştığınız ve bu nedenle geçmişiniz hakkında hiçbir şey bilmeyen bir arkadaşınıza hayat hikayenizi anlatacaksınız. Bu kişi kendisine kesinlikle güvendiğiniz ve tamamen dürüst olabileceğiniz (hayali) bir kişidir. Sizden istenen, geçmişte başınıza gelen, yaşamınızda merkezi öneme sahip olduğunu düşündüğünüz 5 olayı anlatmanızdır. "* ; for future LST: *"Yeni tanıştığınız ve bu nedenle potansiyel geleceğiniz hakkında hiçbir şey bilmeyen bir arkadaşınıza hayat hikayesini anlatacaksınız. Bu kişi kendisine kesinlikle güvendiğiniz ve tamamen dürüst olabileceğiniz (hayali) bir kişidir. Sizden istenen, gelecekde başınıza gelebilecek ve geleceğinizde merkezi öneme sahip olacağını düşündüğünüz 5 olayı anlatmanızdır"*) and ask participants to produced past and future life stories, according to instruction. After generating the events, the participants were asked related questions (e.g., valence, importance).

Vividness. Vividness means visual clarity and intensity of generated event.

Sensory Details. Sensory Details refer to the degree to which contextual details are re-experienced during remembering or imagination.

Valence. Valence means the extent to which the events represented in the memory is felt to be positive or negative.

Centrality of Event Scale (Appendix 2, 4): The short version of the Centrality of Event Scale is a 7-items 7-point Likert-scale with α's of .88 (Berntsen & Rubin, 2006). The Cronbach's alpha of turkish short version of CES that was modified by Boyacığlu and Aktaş (2018) is equal to .89 and .82 for positive and negative memories accordingly.

The Levenson Self-Report Psychopathy Scale (Appendix 5): The Levenson Self-Report Psychopathy scale consist of 26-item, 4-point Likert-scale and measures primary and secondary psychopathy in inmates' sample with α's of.84 (LSRP; Levenson, Kiehl, & Fitzpatrick, 1995; Sellbom, 2011). Turkish version created by Engeler and Yargıç (2004) with the internal consistency of primary psychopathy and secondary is 0.82 and 0.63

Depression Anxiety and Stress Scale (DASS-21) (Appendix 6): Dass-21 is an instrument that measures symptoms of stress, anxiety and depression with 7 items for each scale (Lovibond & Lovibond, 1995a,b) and calculated Cronbach's alpha value as .94 for depression, .87 for anxiety, and .91 for stress subscales (Antony et al., 1998). Henry and Crawford (2005) demonstrated that internal consistency reliability coefficient value was equal to 0.90 for the stress subscale, 0.88 for depression subscale,

and 0.93 for the entire scale. Turkish version created by Saricham (2018) has α=.87 for depression, α=.85 for anxiety and α=.81 for stress sub-scales in clinical group

Demographic Information Form (Appendix 7): Demographic Questionnaire to get information about their background and their characteristics (e.g., age, gender, occupation, education)

Offending History and Imprisonment Conditions Form (Appendix 7): Imprisonment-related form for inmates consists of questions: 1. Type of crime; 2. How many years were you sentenced to?; 3. Have you been incarcerated before for another crime?; 4. Have you been detained before?; 5. When is your release expected?; 6. How long have you been convicted?; 7. When you are older and look back do you think being an inmate will be part of your life story?

The Pandemic-Related Questions (Appendix 7): Covid-19 pandemic related questions to control effect of consequences of pandemic (e.g., whether they consider themselves to be negatively affected by the current situation due to Covid-19 (financially, emotionally, socially).

2.3 Design and Procedure

The study was approved by Ethics Committee and people treated under APA ethical guidance. The Penitentiary Service of the Justice Ministry of the Republic of Azerbaijan approved the research with inmates for 2 months. We collected data from the inmates first and then matched the community members in terms of age and education level. Before the data collection, institution authorities were informed that only real willing inmates be accepted and not to force inmates to participate in the study. Inmates were met in a special room with the participation of the prison officers.

Data collection was carried out 2 times in a day. First group consisting of 5 participants were investigated from 10 am till 12 in one room, and another group consisting also 5 people was investigated from 1 pm till 4 pm. Participants and researchers were seated around a round table and the researcher was as neutral as possible while answering the questions of participants in need. We provided them pencil and paper to record the answers. For community sample, data was collected online via "Google form". First, were provided Informed Consent (IC). IC forms for community members were online and participants with one click were able to choose for participating or withdrawing. Both for inmates and community sample the task started with LST-related task to avoid any priming effect. We, gave them instructions and requested them to think about 5 past LST events, write them and answer CES related questions after each memory, then generate 5 any imaginary LST events that may happen in their future life. Past and future conditions were randomly counterbalanced across participants. For the inmates, the paper booklets were prepared in a way to present the tasks in a counter balanced order and distributed randomly. For the online data collection counterbalancing was done by using 2 separate links. Some randomly selected participants have been received link of past LST event task in the first instance, the rest of them – link of future LST event task first. Then inmates and community members were expected to fill LSRP including the questions related to psychopathic traits (LSRP; Levenson et al., 1995). Further, to control confounding variables such as depression level, anxiety and stress level we provided them DASS-21 (Lovibond, & Lovibond, 1995) questionnaire. The order of the questionnaires was also counterbalanced. Finally, we asked demographic questions (also imprisonment-related and pandemic-related questions) again to control confounding variables. In the end, we thanked participants in debriefing them and provided further information about the

study. Community members were provided a written debriefing form online via their mails that were collected at the beginning of the study. Also, they were referred to professional psychologist in Baku if help is needed. Psychologist for inmates were provided by the penal institution if needed.

Chapter 3

RESULTS

3.1 Demographic Information of Participants

Demographics of all participants can be seen in Table 1 and criminal characteristics of the inmates can be seen in Table 2.

Table 1: Demographic characteristics table

Variables	Inmates		Community members		Total	
	(n)	(%)	(n)	(%)	(n)	(%)
Gender						
Male	45	47.4	53	39.3	98	42.6
Female	50	52.6	82	60.7	132	57.4
Education						
Secondary	41	43.2	43	31.9	84	36.5
University(bachelor)	45	47.4	66	48.8	111	48.3
Master Degree	5	5.3	22	16.3	27	11.7
PhD	4	4.2	4	3.0	8	3.5
Clinical diagnoses						
No	92	96.8	134	99.3	226	96.1
Anxiety	1	1.1	0	0	1	1.1
Depression	2	2.1	0	0	2	2.1
Panic attack	0	0	1	.7	1	.7
Marital Status						
Single	45	47.4	38	28.1	83	36.1
Engaged	0	0.00	5	3.7	5	2.2
Married	28	29.5	85	63.0	113	49.1
Divorced	22	23.2	7	5.2	29	12.6

	Min	*Max*	*M*	*SD*
Age				
Inmates	22	55	36.73	9.90
Community members	19	55	34.19	9.49
Total	19	55	35.23	9.12

As seen from the table, there were 41 (43.2%) of inmates and 43 (31.9%) of community members had secondary education. For the inmates participated 45 (47.4 %) and 66 (48.8%) community members participated in the study. Five (5.3%) out of inmates and 22(16.3%) community members inmates had Master degree. Finally, 4 (4.2%) inmates and 4 (3.0%) community members had PhD. According to clinical diagnoses, only 1 inmate had anxiety, 2 of them had depression and 1 community member had panic attack.

Table 2: Criminal characteristics of the inmates

Variables	Frequency	Percentage
	(n)	(%)
Type of crime		
Violent	23	24.2
Property (e.g., fraud)	42	44.2
Drug offences	30	31.6
Total	95	100.0
Previous detention		
Yes	9	9.5
No	86	90.5
Total	95	100.0

Previous incarceration		
Yes	11	11.6
No	84	88.4
Total	95	100.0

	Min	*Max*	*M*	*SD*
Possible release	1	14	3.15	2.50
How long have you been convicted?	1	17	4.72	3.26
How many years have you been sentenced to?	1	20	8.16	3.52
Do you think being an inmate will be part of your life story?	1	7	4.35	2.58

Among the inmates, 44.2% committed property crimes, 31.6% drug offenses, and 24.2% violent type of crime (Table 2.). The years with the highest value of possible releases is 14 (*M*= 3.15, *SD*=2.50). The max value of the year of the arrest of currently imprisoned participants is equal to 17 (*M*= 4.72, *SD*=3.26). The duration of imprisonment is diverse with min 1 to max 20 respectively (*M*= 8.16, *SD*=3.52). Only 9.5% of inmates were previously detained, and 11.6% were previously incarcerated. In addition, the max value of inmates reporting that being inmate become totally part

of their life story is equal to 7 (*M*= 4.35, *SD*=2.58). All descriptive findings related to

the content of the life story events of two separate samples can be seen in Table 3.

Table 3: Percentage of mention for both past vs future life story events of inmates and community members

| | Past (n=1150) | | | | Future (n=1150) | | | |
| | Inmates (n=95) | | Community (n=135) | | Inmates (n=95) | | Community (n=135) | |
Event	Freq.	Perc.	Freq.	Perc.	Freq.	Perc.	Freq.	Perc.
Accident	10	0.9	**24**	**2.1**	1	0.1	1	0.1
Abuse (p, v,w)	**14**	**1.2**	5	0.4	**-**	**-**	**-**	**-**
Career-related event	7	0.6	**60**	**5.2**	55	4.8	102	8.9
Changing environment (job, property etc.)	-	-	17	1.5	-	-	33	2.9
Crime-related event (I)	**38**	**3.3**	-	-	7	0.6	**-**	**-**
Death of significant ones	**45**	**3.9**	64	**5.6**	5	0.4	5	0.4
Deviant behavior	**19**	**1.7**	-	-	3	0.3	1	0.1
Education related event	**26**	**2.3**	89	**7.7**	5	0.4	**42**	**3.7**
Family related event	**74**	**6.4**	101	**8.8**	85	**7.4**	42	**3.7**
Financial related event	3	0.3	10	0.9	**19**	**1.7**	9	0.8
Friendship related event	8	0.7	**17**	**1.5**	85	**7.4**	5	0.4
Freedom (I)	**-**	**-**	**-**	**-**	35	**3.0**	**-**	**-**
Getting property	2	0.2	10	0.9	13	1.1	**81**	**7.0**
Health related event	1	0.1	**22**	**1.9**	12	0.1	22	1.9
Imprisonment-related event (I)	**72**	**6.3**	**-**	-	**18**	**1.6**	**-**	-
Intimate relationship event	**27**	**2.4**	41	**3.6**	11	1.0	6	0.5
LTE(v,p,w)	**27**	**2.3**	2	0.2	6	0.5	**-**	-
Moving to another country	2	0.2	13	1.1	**16**	**1.4**	28	2.4
Mental health issue	**17**	**1.5**	10	0.9	**13**	**1.1**	4	0.3
Marriage	6	0.5	**37**	**3.2**	2	0.2	25	2.2
National Identity	4	0.3	**15**	**1.3**	8	0.7	21	1.8
Parenting identity	6	0.5	**17**	**1.5**	41	**3.6**	102	**8.9**
Re-inventing event	-	-	-		25	**2.2**	-	-
Questioning life	**13**	**1.1**	2	0.2	5	0.5	-	-
Self-growth	-	-	3	0.3	-	-	**24**	**2.1**
Travelling	1	0.1	9	0.8	4	0.4	**41**	**3.6**

Note: Bold Event characteristics (i.e. Perc., Past and Future) represent top 10 events of participants in each group. For Imprisonment specific events, I=Inmates, and C=Community

3.2 Group Comparisons

We performed two (inmate vs community) by two (past vs future) mixed design ANCOVA for finding out the differences in phenomenological characteristics of the past and future life stories (LS) between inmates and community sample. Psychopathic tendencies, negative emotional states, and whether participants were affected by the current pandemic were considered as covariates. All analyses were two-tailed.

3.2.1 Event Characteristics of the Life Story

According to Table 3, it can be seen that the most of the past LST events among inmates were related to crime and imprisonment. The content of future LST events among inmates were related to family, friendship-related and career-related events. In comparison, the content of past LST events among community sample were related to education and family. However, future LST events among community group were associated with career and parenting identity (e.g., child's happiness, child's marriage or success).

3.2.2 Effect of Imprisonment on Phenomenological Characteristics of the Life Story Events

There was a significant main effect of imprisonment on the age of memory after controlling for the effect of participants negative emotional states, $F(1,225) = 10.10$, $p = .002$, $MSe = 16.53$, $\eta_p^2 = .04$. Age of memories of inmates ($M = 9.22$, $SE = .48$) were more distant than community sample ($M = 7.09$, $SE = .39$). Only DASS-21 scale (i.e., depression, anxiety and stress) was significantly related to the age of memory, $F(1,225) = 3.99$, $p = .047$. Psychopathic tendencies and being affected by pandemic were not significantly related to main effect (all $ps > .234$). There was a significant main effect of event type on the age memory after controlling for the effects of participants negative emotional states, $F(1,225) = 13.54$, $p < .001$, $MSe = 28.32$, $\eta_p^2 = .06$. Past

life stories (M= 12.37, SE= .49) were rated as more distant than future ones (M= 3.94, SE= .21). Only covariate DASS-21 scale was significantly related to the age of memory, $F(1,225) = 11.29$, p=.001. Psychopathic tendencies and being affected by pandemic were not significantly related to main effect of event type (all ps>. 234).

Furthermore, there was also an interaction between the group and event type, $F(1,225) = 15.89$, $p < .001$. $MSe = 55.64$, $\eta_p^2 = .66$. The results of Sidak corrected post hoc comparisons showed that inmates ($M = 13.33$, $SD = 7.70$) scored significantly higher than community members (M=11.01, SD=7.12) ($p = .002$) regarding the age of generated past LS memories and community (M=4.04, SD=3.26) scored higher than inmates (M=3.86, SD=2.72) ($p = .002$) regarding future memories (Figure 1).
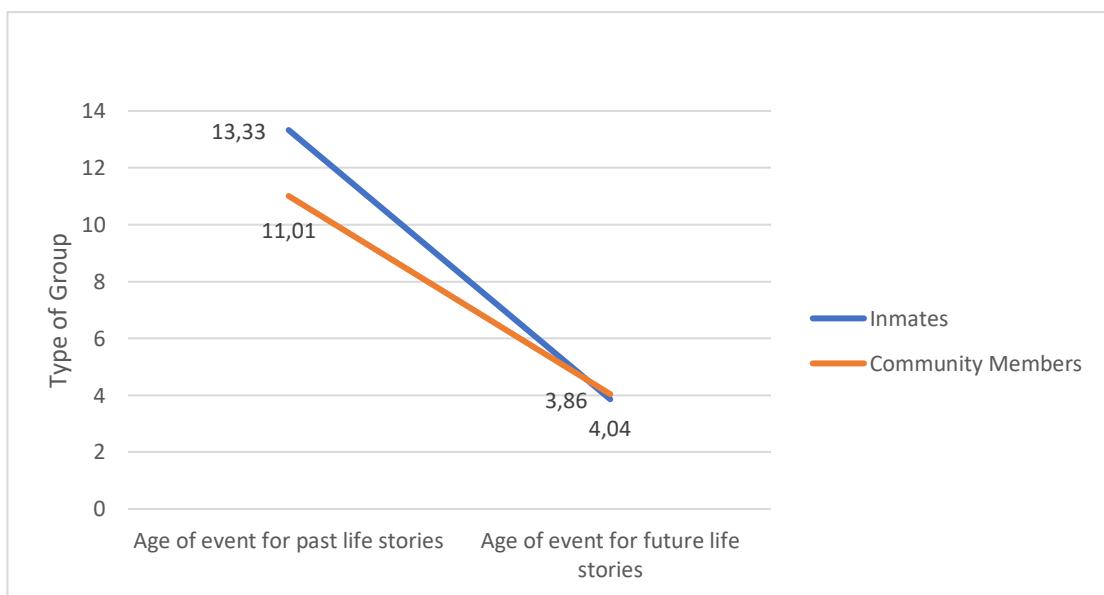
Figure 1: Mean Age of LST events (Event Type; y-axis) between Inmates and Community Members (Type of Group; x-axis). Event Type was a Within Group Factor.

For the valence of memories, there was a significant main effect of being inmate after controlling for the effect of participants negative emotional states, psychopathic tendencies and being affected by pandemic (all ps >. 429), $F(1,225) = 24.12$, $p < .001$,

$MSe = 2.55$, $\eta_p^2 = .10$, and valence of memories of inmates ($M=.54$, $SE= .13$) were less positive than community sample ($M= 2.03$, $SE= .08$). There was not a significant main effect of event type on valence of LST events even after controlling for the effect of participants negative emotional states, psychopathic tendencies and being affected by pandemic, $F(1,225) = .73$, $p = .396$, $MSe = 1.44$, $\eta_p^2 = .00$. Only covariates DASS-21 scale was significantly related to the feelings of memory, $F(1,225) = 4.95$, $p=.027$. Psychopathic tendencies and being affected by pandemic were not significantly related to main effect of event type (all $ps >. 429$). Interestingly, the results show that the valence of LST events was significantly affected by event type without entering covariates, $F(1, 228) = 332.59$, $p < .001$, $\eta_p^2 = .59$, and past memories ($M=.07$, $SD=1.74$) were rated less positive than future ones ($M=2.09$, $SD=1.25$).

There was also no interaction between the group and event type, $F(1,225) = 2.69$, $p = .102$. $MSe = 1.44$, $\eta_p^2 = .01$. All means and standard deviations can be seen in Table 4.

Table 4: Means, Standard Deviations for past and future events of effect of imprisonment on phenomenological characteristics of the life story memories with psychopathic tendencies, negative emotional states and being affected by current pandemic as covariates

Measure	Inmates				Community members			
	Past		Future		Past		Future	
	M	SD	M	SD	M	SD	M	SD
Age	13.33	7.70	3.86	2.72	11.01	7.12	4.04	3.26
Feelings	-.80	1.53	1.78	1.36	.68	1.62	2.31	1.11
Rehearse	4.92	1.72	5.77	1.20	4.96	1.33	5.70	1.23
Influence	5.69	1.32	6.07	1.21	5.01	1.52	5.01	1.59
Vividness	6.03	0.98	6.12	1.02	6.02	1.02	5.41	1.42
Visual details	5.89	1.14	5.88	1.12	5.98	1.07	5.22	1.40
Audial details	5.43	1.50	5.40	1.56	5.73	1.18	5.00	1.46
Spatial details	5.43	1.57	5.02	1.64	5.64	1.17	4.72	1.37
Control	4.56	1.49	5.47	1.30	4.39	1.51	4.83	1.43

| Specifity | 5.01 | 1.58 | 4.99 | 1.53 | 5.72 | 1.32 | 4.86 | 1.55 |
| Centrality of event | 26.43 | 6.84 | 29.13 | 5.73 | 23.90 | 6.61 | 24.07 | 6.39 |

There was a significant main effect of being inmate on specificity of LST events after controlling for the effect of participants negative emotional states, psychopathic tendencies and being affected by pandemic (all $ps > .066$), $F(1,225) = 6.79$, $p = .010$, $MSe = 3.08$, $\eta_p^2 = .03$, and inmates reported less specific LST events ($M = 4.86$, $SE = .15$) than the community sample ($M = 5.39$, $SE = .118$). There was a significant main effect of event type on the specificity of LST events after controlling for the effect of participants negative emotional states, psychopathic tendencies and being affected by pandemic (all $ps > .151$), $F(1,225) = 4.26$, $p = .040$, $MSe = 1.33$, $\eta_p^2 = .02$, and past life stories ($M = 5.43$, $SD = 1.47$) were rated as more specific than future life stories ($M = 4.91$, $SD = 1.54$).

There was also an interaction between the group and event type of LST events, $F(1,225) = 6.60$, $p = .011$. $MSe = 8.79$, $\eta_p^2 = .03$. The results of Sidak comparisons demonstrated that inmates ($M=5.01$, $SD=1.58$) scored significantly less specific past LST events than community members ($M=5.72$, $SD=1.32$) ($p = .010$) and inmates ($M=4.99$, $SD=1.53$) scored significantly higher specific future LST events than community members ($M=4.86$, $SD=1.55$) ($p = .010$) accordingly (Figure 2).
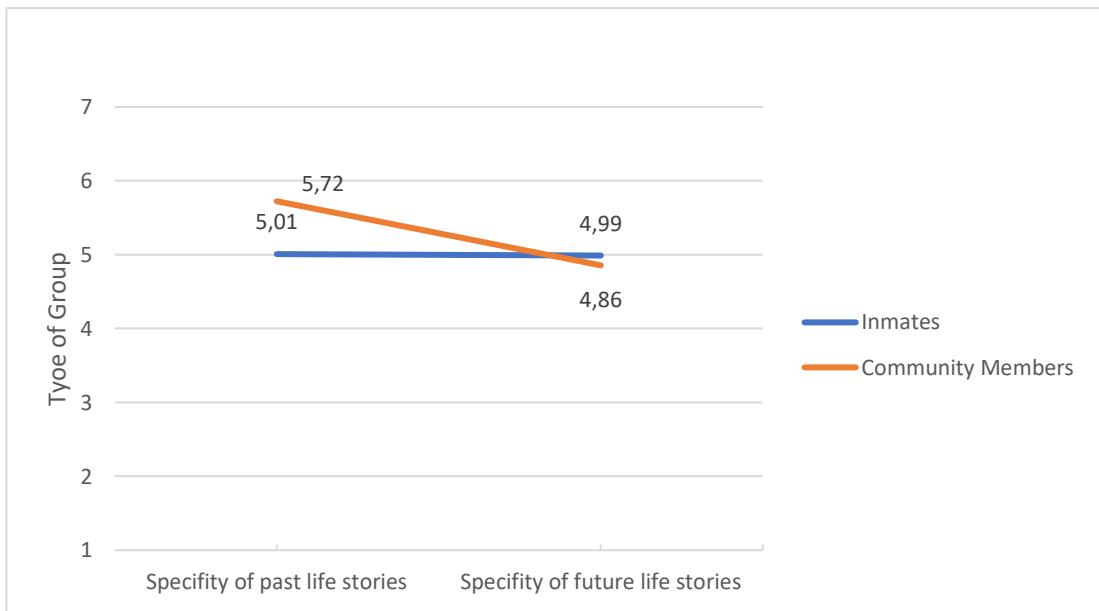
Figure 2: Line Graph of the Mean of LST events according to Specifity of Event and Type of Group.

There was a significant main effect of being an inmate on how much the LST events influenced participants, after controlling for the effect of participants' negative emotional states, psychopathic tendencies and being affected by pandemic, $F (1,225) = 9.63, p = .002, MSe = 3 .00, \eta_p^2 = .04$, and inmates ($M$=5.74, SE=.14) rated their LST events as more influencing than community members (M=5.11, SE=.12). Only covariate DASS-21 scale was significantly related to the influence of LST events, $F (1,225) = 6.50, p=.011$. Psychopathic tendencies, and being affected by pandemic, were not significantly related to the influence of LST events (all $ps >.306$). However, there was not a significant main effect of event type on how much the LST events influenced participants, even after controlling for the effect of participants' negative emotional states, psychopathic tendencies and being affected by pandemic, $F (1,225) = 9.63, p = .002, MSe = 3 .00, \eta_p^2 = .04$. Psychopathic tendencies, and being affected by pandemic, were not significantly related to the main effect of event type (all $ps >.205$).

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There was no interaction between the group and event type of LST events, F (1,225) $= 3.45$, $p = .065$. $MSe = 1.10$.

There were also no main effects of group and event type on the vividness ratings and the none of the covariates were significantly related (all ps $> .073$).

There was an interaction between the group and event type of LST events, F (1,225) $= 7.98$, $p = .005$. $MSe = .66$, $\eta_p^2 = .03$. The results of Sidak corrected post hoc comparisons showed that inmates ($M=6.03$, $SD=.98$) scored significantly higher vividness ratings of past events than community members ($M=6.02$, $SD=1.02$) ($p = .005$) and inmates ($M=6.12$, $SD=1.02$) scored significantly higher vividness ratings of future events than community members ($M=5.41$, $SD=1.42$) ($p = .005$) respectively. However, we cannot elaborate on this effect, since we did not get main effects.

There were no main effects of group and event type on the visual details ratings and the none of the covariates were significantly related (all ps $> .05$).

However, there was an interaction between the group and event type of LST events, F (1,225) $= 9.83$, $p = .002$. $MSe = .75$, $\eta_p^2 = .05$. The results of Sidak corrected post hoc comparisons demonstrated that inmates ($M=5.89$, $SD=1.14$) scored significantly less ratings of visual details of past memory than community members ($M=5.98$, $SD=1.07$) ($p = .002$) and visual details of future memories was higher for inmates ($M=5.88$, $SD=1.12$) than for community members ($M=5.22$, $SD=1.40$) ($p = .002$) respectively.

Similarly, there were a no main effects of group and event type on the auditory details ratings and the none of the covariates were significantly related (all ps $> .05$).

There was, however, an interaction between the group and event type of LST events, $F(1,225) = 5.36$, $p = .021$. $MSe = .93$, $\eta_p^2 = .02$. The results of Sidak corrected post hoc comparisons displayed that inmates ($M=5.43$, $SD=1.50$) and community members ($M=5.73$, $SD=1.18$) ($p = .021$) scored means of audial details significantly different from each other regarding past memories, also, inmates ($M=5.40$, $SD=1.56$) scored higher ratings of audial details of future memories than community members ($M=5.00$, $SD=1.46$) ($p = .021$) respectively.

In addition, there were a no main effects of group and event type on the spatial detail ratings and the none of the covariates were significantly related (all ps > .05).

There was no main effect of being inmate on centrality of LST events to participants identity and life story, even after controlling for the effect of participants' negative emotional states, psychopathic tendencies and being affected by pandemic, $F(1,225) = 3.18$, $p = .076$, $MSe = 3.18$, $\eta_p^2 = .01$. Interestingly, covariates psychopathic tendencies, $F(1,225) = 3.90$, $p = .050$, and DASS-21 scale, $F(1,225) = 7.32$, $p = .007$ were significantly related to the centrality of generated memories to participants identity and life story. Even so, being affected by current pandemic as covariate, was not significantly related to the centrality of generated memories to participants identity and life story ($p = .300$). However, the ANOVA results show that the centrality of LST events was significantly affected by imprisonment without entering covariates, $F(1, 228) = 24.25$, $p < .001$, $\eta_p^2 = .10$.

Besides, there was a non-significant main effect of event type on centrality of generated memories to participants identity and life story, even after controlling for the effect of participants' negative emotional states, psychopathic tendencies and being

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affected by pandemic (all ps> 238), F (1,225) = 3.18, p = .076, MSe = 3 .18, η_p^2 = .01. Psychopathic tendencies, negative emotional states and being affected by pandemic were not significantly related to the main effect of event type (all *ps* >.238).

There was, however, an interaction between the group and event type of LST events, F (1,225) = 7.85, p = .006. MSe = 16.44, η_p^2 = .034. The results of Sidak corrected post hoc comparisons displayed that inmates (*M*=26.43, *SD*=6.84) significantly scored higher than community members (*M*=23.90, *SD*=6.61) (*p* = .006) regarding the centrality to their identity of past events, and inmates (*M*=29.13, *SD*=5.73) scored higher than community members (*M*=24.07, *SD*=6.39) (*p* = .006) regarding centrality of future events (Figure 3).
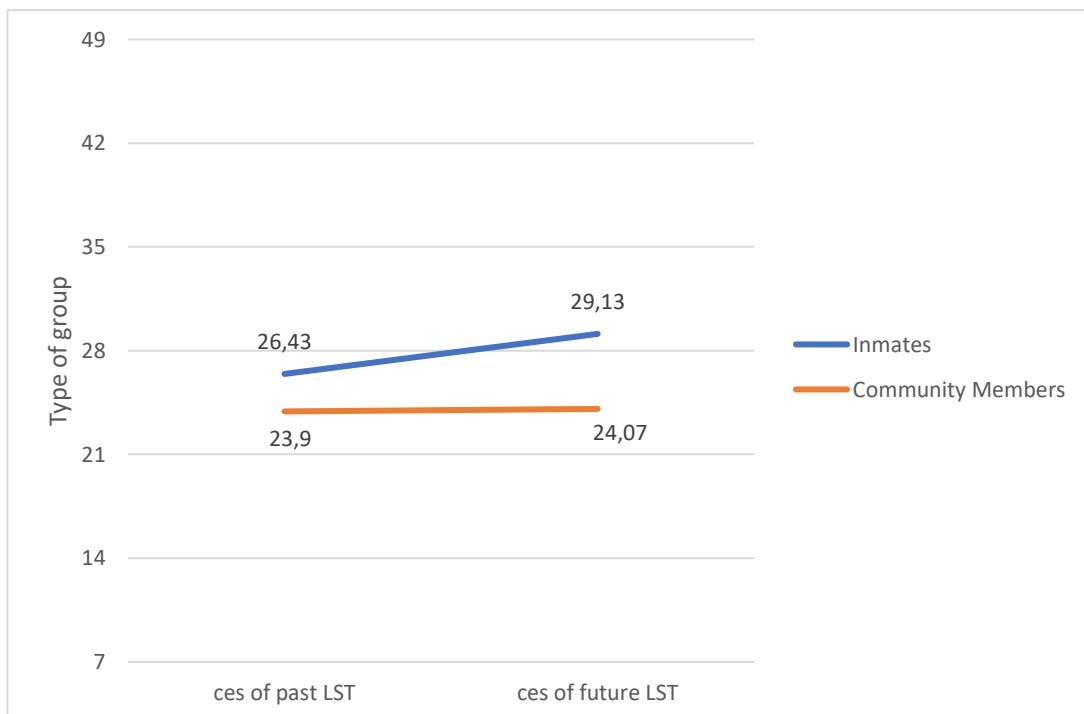
Figure 3: Line Graph of the Mean of LST events according to Centrality of LST events and Type of Group.

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For the control over event, rehearsal and spatial details ratings, there were no main effects of group and event type on the spatial detail ratings and the none of the covariates were significantly related.

There were also no interactions (all ps > .05). All results deviations can be seen in Table 5.

Table 5: Results from the ANCOVA analysis Comparing 2 Groups on ABM Characteristics for Past and Future Events and Psychopathic tendencies, negative emotional states and being affected by current pandemic as covariates

	Main Effects				Interactions	
	LS(past/future)		Group(inmates/community)		LS X Group	
Measure	F	η_P^2	F	η_P^2	F	η_P^2
Age	13.54***	.06	10.10***	.04	15.89***	.07
Feelings	.73	.00	24.12***	.10	2.69	.01
Rehearse	2.09	.01	1.71	.01	.08	.00
Influence	2.19	.01	9.63**	.04	3.45	.02
Vividness	1.39	.01	1.63	.01	7.98**	.03
Visual details	.58	.00	.68	.41	9.83**	.04
Audial details	1.31	.01	1.07	.30	5.36*	.02
Spatial details	2.03	.01	1.33	.01	2.39	.01
Control	.00	.00	2.88	.01	2.83	.01
Specifity	4.26	.02	6.79**	.03	6.60*	.03
Centrality of event	1.59	.01	3.18	.01	7.85**	.03

* $p<.05$. **$p<.01$.
***$p<.001$
LS=Life story

All correlations of LST event characteristics and imprisonment-related characteristics can be seen in the tables below. Tables 6, 7, 8 and 9 show the correlations between the predictor (Imprisonment-related variables, negative emotional states and psychopathic traits) and outcome variables (phenomenological characteristics of LST

events) for past and future events among Inmates and Community members respectively.

Table 6: Correlations among predictor (imprisonment-related variables, negative emotional states and psychopathic traits) and outcome variables (phenomelogival caracteristics) for past LST events among inmates

	Mean Age of Past LST	Mean Feeling of Past LST	Mean Specifity of Past LST	Mean Vividness of Past LST	Mean Visual details of Past LST	Mean Audial details of Past LST	Mean Spatial details of Past LST	Mean Influence of Past LST	Mean Rehearsing of Past LST	Mean Control of Past LST	Mean CES of Past LST	Psychopathic traits Score	DASS scores	Year of arrest	Duration of Imprisonment	Possible release
Mean Age of Past LST	-															
Mean Feeling of Past LST	.08	-														
Mean Specifity of Past LST	-.10	-.01	-													
Mean Vividness of Past LST	-.02	-.15	.40**	-												
Mean Visual details of Past LST	-.03	-.12	.52**	.79**	-											
Mean Audial details of Past LST	-.06	-.06	.50**	.58**	.76**	-										
Mean Spatial details of Past LST	-.02	-.11	.52**	.65**	.81**	.74**	-									
Mean Influence of Past LST	-.08	-.08	.34**	.48**	.50**	.49**	.55**	-								
Mean Rehearsing of Past LST	-.04	-.03	.21*	.41**	.34**	.34**	.40**	.32**	-							
Mean Control of Past LST	-.10	.21*	.49*	.32**	.30**	.40**	.42**	.29**	.35**	-						

Mean CES of Past LST	-.00	-.20	.33**	.46**	.37**	.40**	.40**	.62**	.27**	.24*	-	.				
Psychopathic traits Score	-.07	-.12	-.04	.01	.04	.05	.11	.05	.00	.11	.16	-				
DASS scores	-.30**	-.10	.16	-.01	-.01	.03	.12	.17	.09	.10	.15	.30**	-			
Year of arrest	.32**	-.06	-.23*	-.07	-.04	-.14	-.04	.01	.12	-.37**	-.12	-.16	-.06	-		
Duration of Imprisonment	.20	-.12	-.04	-.12	-.05	-.04	-.04	.03	.03	-.33**	.07	-.15	.10	.64**	-	
Possible release	-.04	-.09	.10	-.08	-.04	-.01	-.04	.08	-.08	-.12	.16	-.01	.15	-.17	.52**	-

*p< .05, **p < .01

Table 7: Correlations among predictor (imprisonment-related variables, negative emotional states and psychopathic traits) and outcome variables (phenomelogival caracteristics) for future LST events among inmates

	Mean Age of Past LST	Mean Feeling of Past LST	Mean Specifity of Past LST	Mean Vividness of Past LST	Mean Visual details of Past LST	Mean Audial details of Past LST	Mean Spatial details of Past LST	Mean Influence of Past LST	Mean Rehearsing of Past LST	Mean Control of Past LST	Mean CES of Past LST	Psychopathic traits Score	DASS scores	Year of arrest	Duration of Imprisonment	Possible release
Mean Age of Future LST	-															
Mean Feeling of Future LST	-.06	-														
Mean Specifity of Future LST	-.10	.06	-													
Mean Vividness of Future LST	-.17	.29**	.43**	-												
Mean Visual details of Future LST	-.28**	.18	.55**	.83**	-											
Mean Audial details of Future LST	-.22*	.21*	.60**	.74**	.85**	-										
Mean Spatial details of Future LST	-.14	.10	.60**	.55**	.72**	.75**	-									
Mean Influence of Future LST	-.12	.06	.35**	.71**	.66**	.57**	.54**	-								
Mean Rehearsing of Future LST	-.25*	.21*	.34**	.52**	.52**	.57**	.54**	.49**	-							

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Mean Control of Future LST	-.14	.14	.46**	.49**	.56**	.53**	.66**	.45**	.43**	-						
Mean CES of Future LST	-.10	.16	.38**	.62**	.64**	.58**	.50**	.75**	.49**	.43**	-	.				
Psychopathic traits Score	.05	-.03	.11	.12	.15	.15	.11	.02	.17	.10	.16	-				
DASS scores	.14	-.08	.19	.135	.10	.13	.12	.07	.06	.16	.15	.30**	-			
Year of arrest	-.09	.16	-.10	-.01	-.04	-.11	-.04	-.05	-.05	-.11	-.12	.15	-.06	-		
Duration of Imprisonment	.30**	.11	-.15	-.00	-.06	-.19	-.04	-.12	-.20	.05	.07	.10	.10	.64**	-	
Possible release	.554**	-.01	-.05	.03	-.02	-.05	-.04	-.10	-.09	.14	.16	-.06	.15	-.17	.52**	-

*p< .05, **p < .01

Table 8: Correlations among predictor (imprisonment-related variables, negative emotional states and psychopathic traits) and outcome variables (phenomelogival caracteristics) for past LST events among community members

	Mean Age of Past LST	Mean Feeling of Past LST	Mean Specifity of Past LST	Mean Vividness of Past LST	Mean Visual details of Past LST	Mean Audial details of Past LST	Mean Spatial details of Past LST	Mean Influence of Past LST	Mean Rehearsing of Past LST	Mean Control of Past LST	Mean CES of Past LST	Psychopathic traits Score	DASS scores
Mean Age of Past LST	-												
Mean Feeling of Past LST	-.22*	-											
Mean Specifity of Past LST	.03	.07	-										
Mean Vividness of Past LST	-.16	.25**	.38**	-									
Mean Visual details of Past LST	-.20*	.20*	.42**	.93**	-								
Mean Audial details of Past LST	-.23**	.19*	.36**	.87**	.91**	-							
Mean Spatial details of Past LST	-.20*	.20*	.44**	.77**	.80**	.82**	-						
Mean Influence of Past LST	-.07	.26**	.13	.55**	.50**	.50**	.40**	-					
Mean Rehearsing of Past LST	-.09	.20*	.29**	.43**	.45**	.43**	.40**	.48**	-				

Mean Control of Past LST	-.16	.57**	.17*	.30**	.32**	.32**	.33**	.40**	.33**	-			
Mean CES of Past LST	-.13	.28**	.16	.61**	.56**	.56**	.47**	.76**	.43**	.34**	-		.
Psychopathic traits Score	-.19*	-.11	.07	.05	.07	.14	.03	.08	.22*	-.07	.22*	-	
DASS scores	-.14	-.15	.06	.10	.09	.07	.17	.15	.03	-.08	.21*	.34**	-

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

Table 9: Correlations among predictor (imprisonment-related variables, negative emotional states and psychopathic traits) and outcome variables (phenomelogival caracteristics) for future LST events among community members

	Mean Age of Past LST	Mean Feeling of Past LST	Mean Specifity of Past LST	Mean Vividness of Past LST	Mean Visual details of Past LST	Mean Audial details of Past LST	Mean Spatial details of Past LST	Mean Influence of Past LST	Mean Rehearsing of Past LST	Mean Control of Past LST	Mean CES of Past LST	Psychopathic traits Score	DASS scores
Mean Age of Future LST	-												
Mean Feeling of Future LST	-.17	-											
Mean Specifity of Future LST	-.19*	.27**	-										
Mean Vividness of Future LST	-.29**	.24**	.41**	-									
Mean Visual details of Future LST	-.30**	.25**	.41**	.95**	-								
Mean Audial details of Future LST	-.26**	.28**	.43**	.90**	.94**	-							
Mean Spatial details of Future LST	-.23**	.24**	.52**	.82**	.86**	.87**	-						
Mean Influence of Future LST	-.18*	.21*	.21*	.61**	.58**	.57**	.55**	-					
Mean Rehearsing	-.24**	.57**	.35**	.44**	.43**	.45**	.41**	.33**	-				

of Future
LST

Mean Control of Future LST	-.26**	.22*	.43**	.55**	.57**	.57**	.61**	.39**	.30**	-		
Mean CES of Future LST	-.09	.22*	.25**	.59**	.58**	.58**	.57**	.66**	.30**	.50**	-	.
Psychopathic traits Score	-.07	.12	.12	.03	.01	.08	.09	-.04	.23**	-.00	.19*	-
DASS scores	.05	.13	.05	.18*	.13	.18*	.15	.18*	.18*	-.08	.31**	.34**	-

*p< .05, **p < .01

Chapter 4

DISCUSSION

The present study is the first study that examines in detail the past and future life stories among inmates and considered increased psychopathic tendencies and its effect on groups (forensic and community members). Our main goals were to explore the differences between past and future LST events of inmates and community members and, their relationship of psychopathic traits. Negative emotional stress such as depression, anxiety and stress, current pandemic were considered as covariates.

In line with these goals we made subsequent predictions: First of all, we predicted that LS events of the inmates will be less specific, and have lower contextual details relative to community members. This hypothesis was partially supported. We found that inmates reported less specific LST events than community members. There was no main effect of being inmate on the visual, auditory and spatial details of LST events. Similarly, none of the covariates had an effect on specifity and contextual details of LST events.

Secondly, it was expected that inmates will report more negative LST events than community members. Supporting this hypothesis, we found out that the valence of ratings of inmates were less positive than community sample. In addition, none of the covariates had effect on valence of LST events.

Third, we expected that phenomenology ratings will be higher for past events than future LST events in regard with vividness, specifity and contextual details (visual, auditory, spatial details). This hypothesis was partially supported too. Although, there were no difference between past and future LST events in regard with vividness ratings, visual, auditory and spatial details, past LST events were rated more specific than future ones. The covariates had no effects on specifity, vividness and contextual details level of past and future LST events.

Fourth, it was expected the difference in the level of specificity between past and future LS events will be less for inmates than community group. Interestingly, inmates demonstrated less specific past LST events than community members, meanwhile inmates generated more specific future LST events.

Fifth, we expected the difference in the level of contextual details between past and future LS events will be less for inmates than community group. Inmates reported less visual and auditory details for past LST events than community sample, and reported more visual and auditory details for future LST events than community members. However, there were a no main effects of being inmate and event type on the spatial details ratings and the none of the covariates were significantly related to the spatial details of LST events.

Our sixth hypothesis, it was predicted that inmates will imagine future LST less vividly than community members. The results demonstrated the opposite effect. Interestingly, inmates scored higher vividness ratings for both past and future LST events than community members and the none of the covariates were significantly related to vividness ratings of memory. According to the seventh hypothesis, it was expected

that inmates will show more negative memories for both past and future LST events than community sample. This hypothesis was not supported.

Finally, it was predicted that increased psychopathic traits in inmates and in community members will be associated with lower ratings of contextual details, specificity, less vividness for life stories memories compared to lower ratings psychopathic traits of inmates and community group. However, this hypothesis was not confirmed as well. The covariate psychopathic tendencies was not related to lower ratings of contextual details, specificity, less vividness for life stories memories.

Also, we had several exploratory questions. Specifically, we were looking for the differences in regard with temporal proximity (age of memory), centrality of events to participants' identity, influence of event, how much participants felt control in their memories and rehearsal frequency. We found that inmates reported events that are more distant from present time than community members. Furthermore, past life stories were rated as more distant than future ones. More interestingly, inmates generated more distant past LST events than community members and inmates imagined closer future LST events to present time than community members. Only covariate negative emotional states was significantly related to the age of memory. Psychopathic tendencies and being affected by pandemic were not significantly related to main effect of event type and group type. Next, inmates reported their memories as more influential than community members. There were no found any difference between past and future LST memories in regard with influence of memory and none of covariates were related to group and event type.

Also, we did not find any differences between inmates and community sample in relation to the centrality of LST events to participants' identity and life story. Interestingly, covariates psychopathic tendencies, negative emotional states were positively related to the centrality of generated events to participants identity and life story. Furthermore, there was an interaction and inmates rated the past and future events more central to their identity and life story than community members. For the control over event, rehearsal and spatial details ratings, there were no main effects of group and event type on the spatial detail ratings and the none of the covariates were significantly related.

In the subsequent sections, the results of this study will be revealed in greater details. First of all, it will be covered whether the received results from this study align with or contradict other research. The significance and implications of these findings will then be discussed.

4.1 The Specifity of Events Across the Groups

Consistent with several research on clinical population (e.g., Rasmussen et al., 2017) and research on ABM of inmates (Kleim et al., 2014; Neves & Pinho, 2018), incarcerated participants inmates reported less specific LST events. Furthermore, past life stories were rated more specific than future that is also evidenced in prior research (Berntsen & Jacobson, 2008; Rasmussen & Berntsen, 2013; Rubin, 2014). Interestingly, there was an interaction and inmates rated future LST events more specific than community members contradicting previous findings (Neves & Pinho, 2015). One possible explanation is that inmates, independently of their status, were able to produce a specific memory of significant LST events that might happen, since such experiences most likely to be more rehearsed and more distinctive than other ones

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(e.g., Berntsen & Bohn, 2010). Probably, distinctive events are less likely to suffer from interruption because they are like no other events and singular ones.

Also, since in our study inmates reported future events temporally closer to present moment than past events, it is also possible to see such effect too. Also, it might be explained by the time of possible release or sentence time (e.g., Visher and Travis, 2003). There are research clearly demonstrating that when events are more recent, they are distinguished by specifity, whereas temporally distant events rated as more abstract. (Liberman & Trope, 2008; Libby & Eibach, 2011). If people imagine events happening further in the future they are represented with only few internal details and specifity (Trope and Liberman, 2003). Participants who imagine close to present moment future events might imagine the experience specific in time and place (see Spreng & Levine, 2006).

4.2 Temporal Proximity Across the Groups

Past life stories were rated as more distant than future ones that is consistent with several studies where temporal proximity appears to be found for future than for past event that can be generalized among inmates (e.g., Berntsen & Jacobson, 2008). We found that inmates reported events that are more distant from present time than community members. Interestingly, Sutherland and Bryant (2005) found that participants experienced maltreatment in their childhood avoid retrieving past memories from this period of time. In our case, it can be explained by the fact that inmates incarcerated since their adulthood and earlier years are associated with the times outside of prison settings. Inmates demonstrate attempts to escape their past and detach themselves from the trauma. In other words, the period they are imprisoned may be similarly traumatic for them and therefore they are avoiding events that are

from this period of imprisonment. Furthermore, there was an interaction and inmates reported more distant past LST and community members imagined more distant future memories than inmates. It can be explained by the fact that future life story encompasses the reconstructed past experiences (McAdams and Pals, 2006). People need to interpret the behavior of self and other people as being meaningful and create a coherent identity and ABM (Bateman & Fonagy, 2004; Holmes, 2006). Imprisonment per se is an unexpected traumatic event. Considering that in our study future life stories were rated more positive, inmates feel confident about future and predictable about possible events. Most prisoners have positive goals for the future and want to stay out of prison. They might be confident that their goals can be attained, because it appears to protect them from distress (Ginneken, 2015).

Furthermore, participants most likely feel temporally close to positive experiences and more distant from negatively valenced ones (e.g., Ross & Wilson, 2002). It is reasonable, because emotionally positive events (e.g., Berntsen & Rubin, 2004) play a crucial role in organization personal LST (e.g., Habermas & Bluck, 2000). Also, since in our study past life stories were reported more distant and less positive, reporting past positive LST events as more recent than negative LST events, inmates may continue to take credit for or attribute glory and minimizing the threat of past mistakes on present identity (Wilson et al., 2009). Finally, this finding can also be explained by year of possible release of inmates. The years with the highest value of possible releases is equal to 14. So, it might be effortful for inmates to imagine far future and prison settings limit inmates' ability to plan for the future. In addition, time within the prison settings perceived as stasis, seeming to be stopped while inmates restricted through daily repetitions of penal routines. However, time outside the prison perceived

to be flowed more quickly (Wahidin, 2002). Inmates with longer sentences most likely to have more present-oriented (near future) thoughts, goals, 'each day at a time' point of view (Carvalho et al., 2015).

4.3 Valence of Past and Future Events Across the Groups

As was expected the valence of generated events of inmates were less positive than community sample. The majority of people maintain a positive self-representation (Baumeister, 1998; Taylor & Brown, 1988), so past traumatic experience of inmates, goals, and motives can impact on some dimensions of memory, especially the valence of an event. People tend to imagine future events highly positive and idyllic in comparison with past (Berntsen & Bohn, 2010; Berntsen & Jacobsen, 2008; Newby-Clark & Ross, 2003), however we could not find such effect in our study with covariates. Interestingly, valence of LST events was significantly affected by event type without entering covariates and past memories were rated less positive than future ones.

Visher and Travis's (2003) study demonstrated that inmates were more motivated about future depending on the perception of social support and sentence time. Since generally research regarding the valence of past and future events in healthy participants (e.g., Addis et al., 2007; Berntsen & Bohn, 2010; Rasmussen & Berntsen, 2013) demonstrates idyllic future (positivity bias), so these differences could be generalized across inmates in case of absence of negative emotional states as covariates and confirm existence general positivity bias in personal memory (Walker et al., 2003).

It can be explained by the fact that negative emotional states hindered this primary function (positivity bias) due to maladaptive and insufficient structural organization, since participants experiencing traumatic events are not capable to extract the relevant meaning from the life stories (see Matthews and Desjardins, 2019).

4.4 Vividness of Past and Future Memories Across the Groups

There were also no main effects of group and event type on the vividness ratings and the none of the covariates were significantly related.

D'Argembeau and Van der Linden (2004) suggested that episodic future thoughts imagined to happen in the near future are experienced as more vivid than those generated as happening far in the future, because people tend to imagine near future events in known places, which are pictured more vividly than unfamiliar locations. In our study, inmates having future events closer in time than community but we could not find significant effect.

Furthermore, in our study both past and future LST events were more central to inmates' identity. Accounting for literature memories that consisting the dominant themes, concerns in individual's life rated more vivid, emotionally intense and anchor person's identity in his memories (e.g., Blagov & Singer, 2004; Thorne et al., 2004). Also, it would be beneficial to note that belief and faith that certain event will occur in the future would also increase the vividness of future LST events (D'Argembeau & Linden, 2012). Nevertheless, we could not find any effect.

4.5 Sensory Details of Past and Future Events Across the Groups

There were no main effects of group and event type on the visual, auditory and spatial ratings and the none of the covariates were significantly related. However, there was

an interaction. For visual details, inmates scored significantly lower for past memories and higher for future events than for community members. Similarly, for auditory details, inmates scored lower for past events higher for future events than community members. There were no main effects and interaction effect on spatial detail of memory.

It can be explained by study of D'Argembeau and Van der Linden (2008) where pride memories were rated with more details than shame ones to preserve a positive self-image and shame memories helping them to avoid the repeating of past failures. Another study looking at phenomenological characteristics of negative memories (Tromp, Koss, Figueredo, & Tharan, 1995) concluded that these events, were less vivid, more thought and talked about and had less visual detail. Byrne, Hyman, and Scott (2001) found that negative memories tend to have less sensory information.

Considering our study where inmates generated mostly less positive past LST events, it is reasonable to see such results. We can conclude that greater sensory details of future events that are were rated more positive served as defensive strategy to maintain positive self-representation.

4.6 Influence of Past and Future Events Across the Groups

Inmates rated their LST events as more influencing than community members. However, there was no significant main effect of event type on how much the LST events influenced participant. Only covariate DASS-21 scale was significantly related to the influence of LST events. Psychopathic tendencies, and being affected by pandemic, were not significantly related to the influence of LST events. The present self on the reconstruction of ABM might demonstrate a systematic bias in magnifying

the past events when they see present self in decline (e.g., McFarland et al., 1992). Considering that inmates view their current self in decline, it is reasonable to observe memories that influenced inmates, since prison settings, exclusion from society remind them compromised social status and stigmatized social role of them (Haney, 2012). Inmates could never escape their past and criminal status (Cullen et al., 2020).

4.7 Centrality of Past and Future Events Across the Groups

There was no main effect of being inmate and event type on centrality of LST events. Interestingly, covariate psychopathic tendencies were significantly related to the centrality of generated memories to participants identity and life story. When the analysis is run again without psychopathic tendencies as a covariate, an effect of group is found, suggesting that the difference between groups is caused by the differences in the psychopathic tendency scores.

Moreover, there was an interaction effect, showing that inmates scored significantly higher than community members regarding the centrality to their identity of past events, and inmates scored higher than community members regarding centrality of future events. Past and future events are indeed significant components of LST, so they relating to each other and shape coherent causally and thematically related events and sequences (event clusters) (Brown & Schopflocher, 1998). Prior studies indeed demonstrated that when individual is requested to generate a number of relevant remembered or imagined events, the produced events do not only share properties such as people or the places involved, but ministories that are permeated with personal meaning (D'Argembeau & Demblon, 2012; see also Thomsen et al., 2014) and such remembered and imagined events which are part of cluster reported as more central to identity and life story and give an overarching importance to life experiences.

Probably, inmates' generated past and future LST events are part of this cluster, since they were asked to generate important LST events during the examination. Also, it can be explained by "redemption script" embrace inmates who believe that contrary bad things in the past, criminal -self is not their real self and core of their personality (Maruna, 2001). Thereby, they become more resilient and it enhance a sense of self-efficacy in order to fight back challenges.

Psychopathic tendencies are associated with a fragile self (Schriber et al., 2017). When participant faces high rates of traumatic experiences in the environment, they adopt risk-taking strategy that are more aggressive (Ribeiro da Silva et al., 2019). For example, externalizing shame can be used as a shield from the unbearable emotions and acquiring psychopathic traits helps to fight back and rapidly recover sense of power (Kivisto et al., 2011). Since traumatic events represent core place for personal identity and those memories can become an anchoring event (Berntsen & Rubin, 2006, 2007), increased psychopathic traits play adaptive strategy to cope with unbearable experiences.

4.8 Control and Rehearsal of Past and Future Events Across the Groups

According to our study, for the control over event and rehearsal ratings, there were no main effects of group and event type, no interactions and the none of the covariates were significantly related. Some research found out only emotionally arousing positive and negative events can be rehearsed more frequently (see Christianson, 1992). Both negative and positive events can be rehearsed the same quantity of times because of the sense of personal significance, personal involvement in event accomplishment (Spreng & Levine, 2013). We asked our participants to report most important positive

and negative events that are high in personal importance from both past and future. This similarity in personal importance may have diminish the differences between events are groups in terms of control and rehearsal. In addition, it might be that during remembering of important positive and negative events apparently evoked arousal. It is very likely that positive and negative events with personal meaning rehearsed similarly far more often (see Berntsen & Bohn, 2010; Grieves, 2001; Vagos et al., 2016) and important memories might be emotionally arousing. In contrast, Porter and Birt (2001) suggested that negative memories are remembered more frequently than other ones. Some demonstrated opposite effect due to a deliberate attempt not to recall the memory rather than having forgotten the event (Manzaneroa et al., 2015). These phenomenological characteristics of memory require further investigation.

Taken together listed results, as proposed Maruna (2001) crucial distinguishing point might be their identity who believe they are, or life stories telling who they were and how their future might be (McAdams, 2001). Challenging experiences change individuals' sense of personal identity (e.g., Kleinman, 1988) and identity struggles over the meaning of experiences.

Chapter 5

CONCLUSION

The majority of existing studies put forward hypotheses concerning autobiographical memory, but not the Life Story, compared past and future among community sample, at best among clinical population and concentrated exclusively on specifity/overgenerality of past LST events, specifically among inmates. We go beyond prior studies and examining not only past and future LST events between inmates and community sample, but episodic details, the distance of memory from current time, specifity and other phenomenological characteristics of past LST events and future LST events of inmates in comparison with a community group. Furthermore, we consider increased psychopathic traits and took into account negative emotional states and current pandemic situation as covariates.

Data gathered across two samples (forensic and community members) are reasonably support the claims that the being inmate is associated with the impoverishment of recalled and imagined LST in several dimensions of phenomenological characteristics. Specifically, inmates reported more distant, less specific with lower sensory details, less positive LST events than community members. However, they reported their memories more vivid and more influencing and more central to their identity. Future LST events were rated more positive with enhanced sensory details, however, less specific and close to current self. Valence of LST events was significantly affected by event type without entering covariates. Also, centrality of event also was associated

with psychopathic tendencies that is showing the importance of using covariates when examining inmates based on these results.

Taken together, our study revealed that imprisonment is an anchoring event influencing how individuals remembers and imagine LST events.

5.1 Limitations and Future Directions

The study has several limitations. In our study, community group typed, the inmates wrote using a pencil. Due to the pandemic and pandemic related restrictions, we used an online survey tool for data collection from the community sample. For the inmates, we were only allowed to use paper and pencil due to restrictions within prison settings. This difference between data collection means may serve as a confounding variable. There are studies relevant to episodic memory tasks showing differences between typing versus handwriting. For example, Mangen et al. (2015) found out that free recall was better in the handwriting condition rather than typing condition. In this sense, we could expect only faster remembering in time of past memories in inmates(handwriting) compared to community members (typing condition). However, more pertinent to our study is the investigation of Grysman and Denney (2017) demonstrated that there are differences between verbal reporting and typed narratives, and, so far there are no results related to comparison of typed and written down retrieved autobiographical memories so that we added it as our limitation. For the future research should collect data using the means may be beneficial.

Second, we did not find expected differences in psychopathic tendencies across groups. The reason of this might be small sample size that might lead to lack of variance in terms of psychopathic tendencies. Besides, it can be explained by response

bias, since they might be insecure about confidentiality. To be able to control response bias we can use malingering scale for future implications. Moreover, we could encounter volunteering bias. Although we asked who voluntarily participate and mentioned that study carring out on voluntary basis, inmates could feel pressure from authority. Lastly, it can be explained by crime history, i.e., recidivism. It is known that individuals with psychopathic traits are more likely to recidivate than non-psychopathic individuals (Hemphill, Hare &Wong, 1998). In our study, only nine inmates had previous detention history. As a limitation, we can mention that due to the significant interaction effect of negative emotional states on memory and the data collection time being the the peak of pandemic we excluded 44 participants. Also, we could not look at gender differences due to limited number of participants. Therefore, it would be beneficial to look at the gender differences among inmates in terms of past and future LST events, effect of crime types and the duration of detention in prison. To be able to control response bias we can use malingering scale for future implications.

Despite the considered limitations, this research shows connections between LST, imprisonment, that can be a guide for future research and further cognitive evaluation of inmates. There are benefits that can be used in forensic area requiring recollection of information that correlate with memory, details surrounding criminal or traumatic actions. Furthermore, it will be interesting to take into account the content of past and future life stories. It would be beneficial to consider subjective accuracy, judgements perceived accuracy, and confidence upon decisions about phenomenological characteristics. Lastly, as a practical advantage we can use it in therapeutic intervention. Since, narrative therapy techniques facilitate the narrator to have a safe

outlet for excruciating memories, and extract positive meaning from past mistakes and adjust to new contexts (Morgan, 2000). Also, setting goals by narrating will help them to gain self-advocacy and a sense of self (Moore, 2017).

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APPENDICES

Appendix 1: Approval Letter

«27» 11 _____ 2020-ci il

№17/3-15074
Ə-430

Bakı şəhəri, Xətai rayonu,
İlqar Həbibov küçəsi, ev 48
ünvanında yaşayan
Çillər Vaqif qızı Əsədliyə

Hörmətli Çillər Vaqif qızı,

"Məhkumlarda avtobioqrafik yaddaş və epizodik təfəkkür proseslərinin tədqiqi" mövzusunda magistr işinin hazırlanması ilə əlaqədar xidmət rəhbərliyinə ünvanladığınız müraciətə baxılmışdır.

Həmin işin eksperimental hissəsinin araşdırılması üçün sizə lazımı şəraitin yaradılması məqsədəuyğun hesab edilmişdir. Bununla bağlı xidmətin 4 və 6 saylı cəzaçəkmə müəssisələrinə şəxsiyyət vəsiqəsi ilə birlikdə müraciət edə bilərsiniz.

Hörmətlə,

Kadrlar idarəsinin rəisi
ədliyyə polkovniki

Əflatun Məmmədov

Appendix 2: Informed Consent Form for Inmates

Psikoloji bölümü
Doğu Akdeniz Universitesi
Gazimağusa, Kuzey Kıbrıs Türk Cumhuriyeti
Tel: +(90) 392 630 1389   Fax: +(90) 392 630 2475
Web: http://brahms.emu.edu.tr/psychology

<u>**Hayatlarımızı nasıl hatırlarız?**</u>

Değerli Katılımcı,

Araştırmaya katılmayı kabul etmeden önce, lütfen araştırma ile ilgili aşağıda bulunan bilgileri dikkatlice okumak için birkaç dakikanızı ayırınız. **Araştırma ile ilgili herhangi bir sorunuz varsa, aşağıda iletişim bilgileri olan araştırmacıyla iletişim kurabilirsiniz.** Bu araştırma Chillar Asadli tarafından, Yrd. Doç. Dr. Burcu Kaya Kızılöz ve Yrd. Doç. Dr. Dilek Çelik denetiminde yürütülmektedir. Araştırmanın amacı insanların hayat hikayelerini nasıl ifade ettikleri araştırmaktır. Çalışma yaklaşık 40 dakikanızı alacaktır.

Çalışmaya katılımınız zorunlu değildir ve katılmayı reddetme hakkına sahipsiniz. Çalışmadan, istediğiniz bir anda, açıklama yapmaksızın çekilme hakkına sahipsiniz. Araştırmadan çekilmeniz durumunda, yanıtlarınız yok edilecektir ve araştırmada kullanılmayacaktır. Kurumsal otorite sahibi kişilerle de paylaşılmayacaktır. Eğer araştırmaya katılmayı ve tamamlamayı kabul ederseniz, cevaplar ve anketler **gizlilikle** korunacaktır. İsminiz ve tanımlayıcı bilgileriniz, anketin geri kalan kısımlarından ayrı olarak muhafaza edilecektir. Veriler, araştırma tamamlandıktan sonra en çok 6 yıl boyunca muhafaza edilecektir. Verilerin analizinden sonra, araştırma ile ilgili bir rapor yayınlanabilir.

Gönüllü katılımınızı belirtmek için, lütfen aşağıda bulunan bilgilendirilmiş onam formunu imzalayınız.

BİLGİLENDİRİLMİŞ ONAY FORMU
Araştırmanın Başlığı: Hayat Hikayesi ve mahkumlarda Episodik Gelecek Düşünme
Araştırmacıların Adları: Chiller Asadli
İsim, Email adres & Adres
asadli_4iller-160@mail.ru
Baku, Habibov, 48

Her ifadeye katıldığınızı belirtmek için lütfen yanda bulunan kutuları işaretleriniz.

Bilgileri okuyup anladığımı ve soru sorma fırsatımın olduğunu onaylıyorum.
.   ☐

Katılımımın gönüllü olduğunu ve açıklama yapmaksızın, istediğim bir anda
araştırmadan çekilebileceğimi anlıyorum.   ☐

Bu araştırmaya katılmayı kabul ediyorum.   ☐

_____   _____
Tarih   İmza

Araştırmanın etiği ile ilgili bir endişeniz var ise, endişenizi detaylı bir şekilde açıklayan yazılı bir metin ile Doğu Akdeniz Üniversitesi, Araştırma ve Etik Komitesi Başkanı, Dr. Şenel Hüsnü Raman ile iletişime geçebilirsiniz (shenelhusnu.raman@emu.edu.tr).

Appendix 3: Life Story Events Task for Past Events (Modified Version Rasmussen et al. (2017) Instructions)

"Yeni tanıştığınız ve bu nedenle geçmişiniz hakkında hiçbir şey bilmeyen bir arkadaşınıza hayat hikayenizi anlatacaksınız. Bu kişi kendisine kesinlikle güvendiğiniz ve tamamen dürüst olabileceğiniz (hayali) bir kişidir. Sizden istenen, geçmişte başınıza gelen, yaşamınızda merkezi öneme sahip olduğunu düşündüğünüz 5 olayı anlatmanızdır. "

İlk Geçmiş olay

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İkinci Geçmiş Olay

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Üçücü Geçmiş Olay

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Dördüncü Geçmiş Olay

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Beşinci Geçmiş Olay

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Lütfen anlatmış olduğunuz ……. numaralı olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın

1.Bu   olay   ne   zaman

gerçekleşti_____

2. Olayi hatırdalıdığım zaman yaşadığım hissler
Son derece olumsuz -3   -2   -1   0   +1   +2   +3   Son derece
                                                                                    olumlu

3. Bu hakkında daha önce düşündüm/ konuşdum
    Hiç   1   2   3   4   5   6   7   Çok sık

4. Bu olay hayatda kim olduğunuz yada olacağınız kişi olmanızı ne kadar etkiledi?
    Hiç etkilemedi   1   2   3   4   5   6   7   Çok etkiledi

5. Olayı tekrar düşündüğümde, onu canlı bir şekilde hatırlıyorum.
    Hiç   1   2   3   4   5   6   7   Çok yüksek
derece

6. Olayı hayal etdiğim gibi aklımda göre biliyorum.
    Hiç   1   2   3   4   5   6   7   Sanki şimdi

oluyormuş gibi net

7. Olayı hayal ederken aklımda duya biliyorum.
    Hiç   1   2   3   4   5   6   7   Şu anda
oluyormuş

gibi net

8. Olayı hayal etdiğim gibi, insanların/nesnelerin olabileceği yerdeki konumunu biliyorum
    Hiç   1   2   3   4   5   6   7   Sanki şimdi

oluyormuş gibi net

9. Bu olay üzerinde ne kadar kontrole sahib olduğunuzu hiss ediyorsunuz?
    Hiç yok   1   2   3   4   5   6   7   Toplam

10. Zihnimde canlandirdiğim bu olay, belli bir yer ve zamanda gerçekleşebilecek ve süresi bir tam günü(24 saat) aşmayacak bir olay olması sebebiyle belirgin(spesifik) bir olaydır
Hiç   1   2   3   4   5   6   7   Son derece
                                                                                    belirgin

Appendix 4: Centrality of Event Scale for Past Events (Berntsen & Rubin, 2006)

Lütfen yaşamınızdaki ……. numaralı geçmiş olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın.

1. Bu olayın kimliğimin bir parçası haline geldiğini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
2. Bu olay, kendimi ve dünyayı anlamamda bir referans noktası haline geldi.	1 Hiç	2	3	4	6	7 Tamamen
3. Bu olayın hayat hikayemin merkezi bir parçası haline geldiğini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
4. Bu olay, diğer deneyimlerimle ilgili duygu ve düşüncelerimi etkiledi.	1 Hiç	2	3	4	6	7 Tamamen
5. Bu olay, hayatımı kalıcı bir biçimde değiştirdi.	1 Hiç	2	3	4	6	7 Tamamen
6. Sık sık bu olayın geleceğim üzerindeki etkileri hakkında düşünürüm.	1 Hiç	2	3	4	6	7 Tamamen
7. Bu olay, hayatımda bir dönüm noktası oldu.	1 Hiç	2	3	4	6	7 Tamamen

Appendix 5: The Life Story Task for Future Events (Modified Version Rasmussen et al. (2017) Instructions)

"Yeni tanıştığınız ve bu nedenle potansiyel geleceğiniz hakkında hiçbir şey bilmeyen bir arkadaşınıza hayat hikayesini anlatacaksınız. Bu kişi kendisine kesinlikle güvendiğiniz ve tamamen dürüst olabileceğiniz (hayali) bir kişidir. Sizden istenen, gelecekte başınıza gelebilecek ve geleceğinizde merkezi öneme sahip olacağını düşündüğünüz 5 olayı anlatmanızdır."

İlk Gelecek Olay

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İkinci Gelecek Olay

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Üçüncü Gelecek Olay

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Dördüncü Gelecek Olay

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Beşinci Gelecek Olay

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Lütfen anlatmış olduğunuz ……. numaralı olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın

1.Bu   olay   ne   zaman

gerçekleşecek_____

2.Olayi canlandırdıgım zaman yaşadığım hissler
Son derece olumsuz -3   -2   -1   0   +1   +2   +3   Son derece
                                                                                olumlu

3.Bu olay hakkında daha önce düşündüm/ konuşdum
   Hiç   1   2   3   4   5   6   7   Çok sık

4.Bu olay hayatda kim olduğunuz yada olacağınız kişi olmanızı ne kadar etkileyecek?
   Hiç etkilemez   1   2   3   4   5   6   7   Çok etkiler

5.Olayı düşündüğümde, onu canlı bir şekilde hatırlıyorum.
   Hiç   1   2   3   4   5   6   7   Çok yüksek
                                                                                derece

6. Olayı hayal etdiğim gibi aklımda göre biliyorum.
   Hiç   1   2   3   4   5   6   7   Sanki şimdi
                                                                                oluyormuş

gibi net

7. Olayı hayal ederken aklımda duya biliyorum.
      Hiç   1   2   3   4   5   6   7 Şu anda
                                                                                oluyormuş
                                                                                gibi net

8. Olayı hayal etdiğim gibi, insanların/nesnelerin olabileceği yerdeki konumunu biliyorum
   Hiç   1   2   3   4   5   6   7 Sanki şimdi
                                                                                oluyormuş
                                                                                gibi net

9. Bu olay üzerinde ne kadar kontrole sahib olduğunuzu hiss ediyorsunuz?
   Hiç yok   1   2   3   4   5   6   7   Toplam

10. Zihnimde canlandırdiğım bu olay, belli bir yer ve zamanda gerçekleşebilecek ve süresi bir tam günü(24 saat) aşmayacak bir olay olması sebebiyle belirgin(spesifik) bir olaydır
Hiç   1   2   3   4   5   6   7   Son derece
                                                                                belirgin

Appendix 6: Centrality of Event Scale for Future Events (Berntsen & Rubin, 2006)

Lütfen yaşamınızdaki anlatmış olduğunuz ……. numaralı gelecek olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın

1. Bu olayın kimliğimin bir parçası haline gelecegini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
2. Bu olay, kendimi ve dünyayı anlamamda bir referans noktası haline gelecek.	1 Hiç	2	3	4	6	7 Tamamen
3. Bu olayın hayat hikayemin merkezi bir parçası haline gelecegini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
4. Bu olay, diğer deneyimlerimle ilgili duygu ve düşüncelerimi etkileyeck.	1 Hiç	2	3	4	6	7 Tamamen
5. Bu olay, hayatımı kalıcı bir biçimde değiştirecek.	1 Hiç	2	3	4	6	7 Tamamen
6. Sık sık bu olayın hayatım üzerindeki etkileri hakkında düşünürüm.	1 Hiç	2	3	4	6	7 Tamamen
7. Bu olay, hayatımda bir dönüm noktası olacak.	1 Hiç	2	3	4	6	7 Tamamen

Appendix 7: Levenson Self-Report Scale (LSRP; Levenson et al., 1995)

Aşağıda bir dizi ifade listelenmiştir. Her biri genel olarak bulunan görüşleri ifade etmektedir ve dogru veya yanlış cevab yoktur. Muhtemelen siz bazilariyla ayni fikirde olacak ve bazılarıyla da aynı fikirde olmayacaksınız. Lütfen her bir ifadeyi dikkatlice okuyunuz ve her bir ifadeyle aynı fikirde olduğunuzun veya olmadığınızın derecesini en iyi tanımlayan ya da her bir ifadenin size ne kadar uyduğunun derecesini belirten rakamı daire içine alınız

| | Kesinlikle katılmıyorum | Genellikle katılmıyorum | Neutral | Genellikle katılıyorum | Kesinlikle katılıyorum |
	1	2		3	4
1. Sık Sık canım sıkıllr					
2.Günümüzde yakamı sıyırabildikten sonra başarı için herhangi bir şeyi yapmanın doğru olduğunu.					
3. Bir şeyi yapmadan önce ortaya çikabilecek sonuçları ayrıntılı bir şekilde gözden geçiririm					
4.Heyattaki başlıca amac im elde edebildigim					

kadar çok sayida lüks ve pahalı şeyler elde etmektir.		99			
5. Başladığim işlere olan ilgimi çabucak kaybederim					
6. Başka kimselere bir çok ağız kavgası yapmışımdır					
7. Bir şeyi beğendirmek için çok ugraşsam bile onun hakkinda yalan söylemezdim					
8. Zaman Zaman kendimi ayni tür dertletin içinde bulurum					
9. Başka kimselerin duygulariyla oynamaktan					
10. Tek bir amacın peşine uzun bir süre için düşebileceğimi fark ediyorum.					

11.Kendimi düşünmek benim başlıca önceliğimidir		100			
12. İstediğim şeylere yapmaları için, başkalarına duymak istediklere şeyleri söylerim.					
13. Başkalarına haksızlık olacağı için bile yapmak doğru değildir					
14. Aşk ğereğinden fazla önemsenmektedir					
15. Benim başarım başka bırının zararı pahasına elde edilecek olursa rahatsız olurdum.					
16. Hayal kırıklığına uğradiğimda kendimi kaybedercesine öfkeyle patlarım.					
17. Benim için yakamı sıyırabildikden sonra herhangi bir şeyin yapılması uygundur.					

18. Problemlerinin birçoğu, insanların beni tam olarak anlamamasindan kaynaklanır					
19.Başarı en güclü olanların hayatta kalması esasına dayanır; mağluplara aldırış etmem.					
20.Başlanğiçta herhangi bir şeyin çok ilerisini planlamam.					
21. Sözlerim veya davranışlarım başkasının duygusal olarak acı hissetmesine yol açarsa, kendimi kötü hissederim					
22. Çok para kazanmak benim en önemli amacımdır					
23. Bırakın başkaları yüksek değerler üzerinde tasalansın; ben günlük çıkarıma bakarım.					
24. Gerçekten akıllıca bir uçkağıda çoğu kez hayranlıl duyarım					

25. Aldatılacak kadar aptal insanlar genellikle bunu hak ederler.		102			
26. Amaçlarımı gerçekleştirirken başkalarına zarar vermemeye gayret edirim					

Appendix 8: Depression Anxiety and Stress Scale (DASS-21 Lovibond & Lovibond, 1995a,b)

Aşağıda kişilerin kendilerine ait duygularını anlatmada kullandıkları bir takım ifadeler verilmiştir. Her ifadeyi okuyun, sonra da o anda nasıl hissettiğinizi ifadelerin şağ tarafındaki parantezlerden uygun olanını işaretlemek suretiyle belirtin. Doğru ya da yanlış cevap yoktur. Herhangi bir ifadenin üzerinde fazla zaman sarfetmeksizin geçen hafta nasıl hissettiğinizi gösteren cevabı işaretleyin

	Hiç/0	Bazen /1	Önemli ölçüde veya Zamanin onemli kismi /2	Çok vey a çogu zaman /3
1.(s) Olaylara aşırı tepki vermeye meyilliyim	0	1	2	3
2.(a) Ağzımda kuruluk olduğunu fark ettim	0	1	2	3
3.(d) Hiç olumlu duygu yaşayamadığımı fark ettim	0	1	2	3
4.(a) Soluk almada zorluk çektim (örneğin fizik egzersiz yapmadığım halde aşırı hızlı nefes alma, nefessiz kalma gibi)	0	1	2	3
5. (d) Hiçbir beklentimin olmadığı hissine kapıldım	0	1	2	3

6. (s) Sinirsel enerjimi çok fazla kullandığımı hissettim	0	1	2	3
7. (a) Vücudumda (örneğin ellerimde) titremeler oldu.	0	1	2	3
8. (s) Gevşeyip rahatlamakta zorluk çektim	0	1	2	3
9. (a) Panikleyip kendimi aptal durumuna düşüreceğim durumlar nedeniyle endişelendim	0	1	2	3
10. (d) Birey olarak değersiz olduğumu hissettim	0	1	2	3
11. (s) Alıngan olduğumu hissettim	0	1	2	3
12. (s) Kendimi gevşetip salıvermek zor geldi	0	1	2	3
13. (d) Hayatın değersiz olduğunu hissettim	0	1	2	3
14.(s) Beni yaptığım işten alıkoyan şeylere dayanamıyordum	0	1	2	3
15. (a) Panik haline yakın olduğumu hissettim	0	1	2	3

16.(d) Kendimi perişan ve hüzünlü hissettim	0	1	2	3
17. (d) Hiçbir şey bende heyecan uyandırmıyordu	0	1	2	3
18. (s) Kışkırtılmakta olduğumu hissettim	0	1	2	3
19.(a) Fiziksel egzersiz söz konusu olmadığı halde kalbimin hareketlerini hissettim (kalp atışlarımın hızlandığını veya düzensizleştiğini hissettim	0	1	2	3
20. (a) Geçerli bir neden olmadığı halde korktuğumu hissettim	0	1	2	3
21. (d) Bir iş yapmak için gerekli olan ilk adımı atmada zorlandım	0	1	2	3

Appendix 9: Demographic Information Form for Inmates

DEMOGRAFİK SORULAR *mahkumlar için*	
Cinsiyetiniz	1) Erkek / (2) Kadın / (3) Belirtmek istemiyorum / (4) Diğer
Doğum yılınız	
Eğitim seviyeniz nedir?	ortaokul / lise / üniversite derecesi (Lisans) / Yüksek Lisans / Doktora derecesi
Medeni durumunuz	Bekar / Nişanlı / Evli / Boşanmış
Cezaevine giriş tarihiniz	
Cezaevine girmenize neden olan olayda hangi suçtan yargılandınız?	
Yasal statünüz?	Tutuklu / Hükümlü
Kaç yıllık bır ceza istemi ile yargılanıyorsunuz,	
Yasal olarak cezanız kesınleştimi?	Evet(1) / Hayir(2)
Kesinleşti ise kaç yıl hüküm giydiniz?	
Cezaevinden ne zaman çıkacagınızı düşünüyorsunuz?	
Burada olmanıza neden olan olay dışında, öncesinde de herhangi bir suçtan dolayı yargılandınız mı?	Evet(1) / Hayir(2)
Burada olmanıza neden olan olay dışında, öncesinde de	Evet(1) / Hayir(2)

herhangi bir suçtan dolayı cezaevine girdiniz mi?	
Yaş ilerledikçe ve geriye dönüp baktığınızda mahkum olmanın hayat hikayenizin bir parçası olacağını düşünüyor musunuz?	1 (Kesinlikle hayır) / 2/3/4/5/6/7 (Tamamen)
Tanı almış herhangi bir psikolojik/nörolojik rahatsızlığınız var mı?	Evet(1) Hayir(1)
Varsa lütfen belirtiniz:	

COVID-19 pandemi ile alakalı sorular	
COVID19 nedeniyle mevcut durumdan (finansal, duygusal, sosyal vb.) Olumsuz etkilendiğinizi düşünüyor musunuz?	Evet (1), Hayir (2).
COVID19 salgınının mevcut anketteki cevablarınızı olumsuz etkilediğini düşünüyor musunuz?	Evet (1), Hayir (2).

Appendix 10: Debrief Form (Here We Discuss the Details of the Study)

Psikoloji bölümü
Doğu Akdeniz Universitesi
Gazimağusa, Kuzey Kıbrıs Türk Cumhuriyeti
Tel: +(90) 392 630 1389   Fax: +(90) 392 630 2475
Web: http://brahms.emu.edu.tr/psychology

Katılımcı Bilgi Formu Mahkumlar için

Mahkumlarda Hayat Hikayesi ve Episodik Gelecek Düşünme başlığı altında yürütülen bu çalışmaya katıldığınız için teşekkür ederim. Araştırmanın amaçlarını ve hedeflerini açıklamayı amaçlayan aşağıdaki bilgileri okumak için birkaç dakikanızı ayırınız. Araştırma ile ilgili sorularınız varsa, aşağıda iletişim bilgileri olan araştırmacıyla iletişim kurabilirsiniz.

Bu çalışmada mahkumlar arasındaki geçmiş ve hayali yaşam hikaye farklılıkları, psikopatik özelliklerin bu belleği etkileyip etkilemediği araştırılacaktır. Bu konuda daha önce yapılan çalışmalar, kişilerin geçmişi hatırlamaları ve geleceği düşünmeleri arasında fenomenolojik farklar olduğunu göstermiştir (e.g., D'Argembeau & Van der Linden, 2004; Newby-Clark & Ross, 2003; Rasmussen & Berntsen, 2013; Rasmussen at al., 2017). Mahkumların psikopatik eğilimlerinin epizodik gelecek düşüncesini etkileyip etkilemediğini sorusunu inceleyebilmek amacıyla genişletiyoruz.

Araştırmada kullanılan anket doldurulduktan sonra herhangi bir rahatsızlık veya sıkıntı duyuyorsanız ve bir uzman ile konuşmak istiyorsanız, ceza infaz kurumu tarafından sağlanan mahkumlara psikososyal destek hizmeti sunan uzman ile (Ibrahimova Zulfiyye Allahverdi veya Qocayeva Yegana) iletişime geçmenizi rica ederiz.

Araştırmaya yaptığınız değerli katkıdan ve katılımınızdan dolayı teşekkür ediyorum.

Saygılarımla,
Chiller Asadli

Gazimağusa, North Cyprus, via Mersin 10 TURKEY
http://brahms.emu.edu.tr/psychology
psychology@emu.edu.tr
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Tel: +90 392 630 1389 / 1079 - Fax +90 392 630 2475

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Appendix 11: Informed Consent Form for Community Members

Psikoloji bölümü
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Web: http://brahms.emu.edu.tr/psychology

<u>Hayatlarımızı nasıl hatırlarız?</u>

Değerli Katılımcı,

Araştırmaya katılmayı kabul etmeden önce, lütfen araştırma ile ilgili aşağıda bulunan bilgileri dikkatlice okumak için birkaç dakikanızı ayırınız. **Araştırma ile ilgili herhangi bir sorunuz varsa, aşağıda iletişim bilgileri olan araştırmacıyla iletişim kurabilirsiniz.** Bu araştırma Chillar Asadli tarafından, Yrd. Doç. Dr. Burcu Kaya Kızılöz ve Yrd. Doç. Dr. Dilek Çelik denetiminde yürütülmektedir. Araştırmanın amacı insanların hayat hikayelerini nasıl ifade ettikleri araştırmaktır. Çalışma yaklaşık 40 dakikanızı alacaktır.

Çalışmaya katılımınız zorunlu değildir ve katılmayı reddetme hakkına sahipsiniz. Çalışmadan, istediğiniz bir anda, açıklama yapmaksızın çekilme hakkına sahipsiniz. Araştırmadan çekilmeniz durumunda, yanıtlarınız yok edilecektir ve araştırmada kullanılmayacaktır. Kurumsal otorite sahibi kişilerle de paylaşılmayacaktır. Eğer araştırmaya katılmayı ve tamamlamayı kabul ederseniz, cevaplar ve anketler **gizlilikle** korunacaktır. İsminiz ve tanımlayıcı bilgileriniz, anketin geri kalan kısımlarından ayrı olarak muhafaza edilecektir. Veriler, araştırma tamamlandıktan sonra en çok 6 yıl boyunca muhafaza edilecektir. Verilerin analizinden sonra, araştırma ile ilgili bir rapor yayınlanabilir.

Gönüllü katılımınızı belirtmek için, lütfen aşağıda bulunan bilgilendirilmiş onam formunu imzalayınız..

BİLGİLENDİRİLMİŞ ONAY FORMU
Araştırmanın Başlığı: Hayat Hikayesi ve mahkumlarda Episodik Gelecek Düşünme
Araştırmacıların Adları: Chiller Asadli
Isim, Email adres & Adres
<u>asadli_4iller-160@mail.ru</u>
Baku, Habibov, 48

Her ifadeye katıldığınızı belirtmek için lütfen yanda bulunan kutuları işaretleriniz.

1. Bilgileri okuyup anladığımı ve soru sorma fırsatımın olduğunu onaylıyorum.   ☐

2. Katılımımın gönüllü olduğunu ve açıklama yapmaksızın, istediğim bir anda araştırmadan çekilebileceğimi anlıyorum   ☐
.

3. Bu araştırmaya katılmayı kabul ediyorum.   ☐

———————————————   ———————————————
Tarih   İmza

Araştırmanın etiği ile ilgili bir endişeniz var ise, endişenizi detaylı bir şekilde açıklayan yazılı bir metin ile Doğu Akdeniz Üniversitesi, Araştırma ve Etik Komitesi Başkanı, Dr. Şenel Hüsnü Raman ile iletişime geçebilirsiniz (shenelhusnu.raman@emu.edu.tr).

Appendix 12: Life Story Events Task for Past Events (Modified Version Rasmussen et al. (2017) Instructions)

"Yeni tanıştığınız ve bu nedenle geçmişiniz hakkında hiçbir şey bilmeyen bir arkadaşınıza hayat hikayenizi anlatacaksınız. Bu kişi kendisine kesinlikle güvendiğiniz ve tamamen dürüst olabileceğiniz (hayali) bir kişidir. Sizden istenen, geçmişte başınıza gelen, yaşamınızda merkezi öneme sahip olduğunu düşündüğünüz 5 olayı anlatmanızdır. "

İlk Geçmiş olay

_____

_____

_____

_____

_____

_____

İkinci Geçmiş Olay

_____

_____

_____

_____

_____

_____

Üçücü Geçmiş Olay

_____

_____

_____

_____

_____

_____

Dördüncü Geçmiş Olay

_____

_____

_____

_____

_____

_____

Beşinci Geçmiş Olay

_____

_____

_____

_____

_____

_____

Lütfen anlatmış olduğunuz ……. numaralı olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın

1.Bu olay ne zaman gerçekleşti_____

2. Olayi hatırdalıdığım zaman yaşadığım hissler
Son derece olumsuz -3   -2   -1   0   +1   +2   +3   Son derece olumlu

3. Bu hakkında daha önce düşündüm/ konuşdum
    Hiç   1   2   3   4   5   6   7   Çok sık

4. Bu olay hayatda kim olduğunuz yada olacağınız kişi olmanızı ne kadar etkiledi?
    Hiç etkilemedi   1   2   3   4   5   6   7   Çok etkiledi

5. Olayı tekrar düşündüğümde, onu canlı bir şekilde hatırlıyorum.
    Hiç   1   2   3   4   5   6   7   Çok yüksek derece

6. Olayı hayal etdiğim gibi aklımda göre biliyorum.
    Hiç   1   2   3   4   5   6   7   Sanki şimdi

oluyormuş gibi net

7. Olayı hayal ederken aklımda duya biliyorum.
    Hiç   1   2   3   4   5   6   7   Şu anda oluyormuş

gibi net

8. Olayı hayal etdiğim gibi, insanların/nesnelerin olabileceği yerdeki konumunu biliyorum
    Hiç   1   2   3   4   5   6   7   Sanki şimdi

oluyormuş gibi net

9. Bu olay üzerinde ne kadar kontrole sahib olduğunuzu hiss ediyorsunuz?
    Hiç yok   1   2   3   4   5   6   7   Toplam

10. Zihnimde canlandirdığım bu olay, belli bir yer ve zamanda gerçekleşebilecek ve süresi bir tam günü(24 saat) aşmayacak bir olay olması sebebiyle belirgin(spesifik) bir olaydır
Hiç   1   2   3   4   5   6   7   Son derece belirgin

Appendix 13: Centrality of Event Scale for Past Events (Berntsen & Rubin, 2006)

Lütfen yaşamınızdaki ……. numaralı geçmiş olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın.

1. Bu olayın kimliğimin bir parçası haline geldiğini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
2. Bu olay, kendimi ve dünyayı anlamamda bir referans noktası haline geldi.	1 Hiç	2	3	4	6	7 Tamamen
3. Bu olayın hayat hikayemin merkezi bir parçası haline geldiğini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
4. Bu olay, diğer deneyimlerimle ilgili duygu ve düşüncelerimi etkiledi.	1 Hiç	2	3	4	6	7 Tamamen
5. Bu olay, hayatımı kalıcı bir biçimde değiştirdi.	1 Hiç	2	3	4	6	7 Tamamen
6. Sık sık bu olayın geleceğim üzerindeki etkileri hakkında düşünürüm.	1 Hiç	2	3	4	6	7 Tamamen
7. Bu olay, hayatımda bir dönüm noktası oldu.	1 Hiç	2	3	4	6	7 Tamamen

Appendix 14: The Life Story Task for Future Events (Modified Version Rasmussen et al. (2017) Instructions)

"Yeni tanıştığınız ve bu nedenle potansiyel geleceğiniz hakkında hiçbir şey bilmeyen bir arkadaşınıza hayat hikayesini anlatacaksınız. Bu kişi kendisine kesinlikle güvendiğiniz ve tamamen dürüst olabileceğiniz (hayali) bir kişidir. Sizden istenen, gelecekte başınıza gelebilecek ve geleceğinizde merkezi öneme sahip olacağını düşündüğünüz 5 olayı anlatmanızdır."

İlk Gelecek Olay

_____

_____

_____

_____

_____

_____

İkinci Gelecek Olay

_____

_____

_____

_____

_____

_____

Üçüncü Gelecek Olay

_____

_____

_____

_____

_____

_____

Dördüncü Gelecek Olay

_____

_____

_____

_____

_____

Beşinci Gelecek Olay

_____

_____

_____

_____

_____

Lütfen anlatmış olduğunuz ……. numaralı olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın

1.Bu   olay   ne   zaman gerçekleşecek_____

2.Olayi canlandırdıgım zaman yaşadığım hissler
Son derece olumsuz   -3   -2   -1   0   +1   +2   +3   Son derece olumlu

3.Bu olay hakkında daha önce düşündüm/ konuşdum
   Hiç   1   2   3   4   5   6   7   Çok sık

4.Bu olay hayatda kim olduğunuz yada olacağınız kişi olmanızı ne kadar etkileyecek?
   Hiç etkilemez   1   2   3   4   5   6   7   Çok etkiler

5.Olayı düşündüğümde, onu canlı bir şekilde hatırlıyorum.
   Hiç   1   2   3   4   5   6   7   Çok yüksek derece

6. Olayı hayal etdiğim gibi aklımda göre biliyorum.
   Hiç   1   2   3   4   5   6   7   Sanki şimdi oluyormuş gibi net

7. Olayı hayal ederken aklımda duya biliyorum.
   Hiç   1   2   3   4   5   6   7   Şu anda oluyormuş gibi net

8. Olayı hayal etdiğim gibi, insanların/nesnelerin olabileceği yerdeki konumunu biliyorum
   Hiç   1   2   3   4   5   6   7   Sanki şimdi oluyormuş gibi net

9. Bu olay üzerinde ne kadar kontrole sahib olduğunuzu hiss ediyorsunuz?
   Hiç yok   1   2   3   4   5   6   7   Toplam

10. Zihnimde canlandırdiğım bu olay, belli bir yer ve zamanda gerçekleşebilecek ve süresi bir tam günü(24 saat) aşmayacak bir olay olması sebebiyle belirgin(spesifik) bir olaydır
Hiç   1   2   3   4   5   6   7   Son derece belirgin

Appendix 15: Centrality of Event Scale for Future Events (Berntsen & Rubin, 2006)

Lütfen yaşamınızdaki anlatmış olduğunuz ……. numaralı gelecek olayı düşünün ve 1'den 7'e kadar bir sayı seçerek aşağıdaki soruları dürüst ve samimi bir şekilde cevaplayın

1. Bu olayın kimliğimin bir parçası haline gelecegini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
2. Bu olay, kendimi ve dünyayı anlamamda bir referans noktası haline gelecek.	1 Hiç	2	3	4	6	7 Tamamen
3. Bu olayın hayat hikayemin merkezi bir parçası haline gelecegini hissediyorum.	1 Hiç	2	3	4	6	7 Tamamen
4. Bu olay, diğer deneyimlerimle ilgili duygu ve düşüncelerimi etkileyeck.	1 Hiç	2	3	4	6	7 Tamamen
5. Bu olay, hayatımı kalıcı bir biçimde değiştirecek.	1 Hiç	2	3	4	6	7 Tamamen
6. Sık sık bu olayın hayatım üzerindeki etkileri hakkında düşünürüm.	1 Hiç	2	3	4	6	7 Tamamen
7. Bu olay, hayatımda bir dönüm noktası olacak.	1 Hiç	2	3	4	6	7 Tamamen

Appendix 16: Levenson Self-Report Scale (LSRP; Levenson et al., 1995)

Aşağıda bir dizi ifade listelenmiştir. Her biri genel olarak bulunan görüşleri ifade etmektedir ve dogru veya yanlış cevab yoktur. Muhtemelen siz bazilariyla ayni fikirde olacak ve bazılarıyla da aynı fikirde olmayacaksınız. Lütfen her bir ifadeyi dikkatlice okuyunuz ve her bir ifadeyle aynı fikirde olduğunuzun veya olmadığınızın derecesini en iyi tanımlayan ya da her bir ifadenin size ne kadar uyduğunun derecesini belirten rakamı daire içine alınız

	Kesinlikle katılmıyorum 1	Genellikle katılmıyorum 2	Neutral	Genellikle katılıyorum 3	Kesinlikle katılıyorum 4
1. Sık Sık canım sıkıllr					
2.Günümüzde yakamı sıyırabildikten sonra başarı için herhangi bir şeyi yapmanın doğru olduğunu.					
3. Bir şeyi yapmadan önce ortaya çikabilecek sonuçları ayrıntılı bir şekilde gözden geçiririm					
4.Heyattaki başlıca amac im elde edebildigim kadar çok sayida lüks					

ve pahalı şeyler elde etmektir.				
5. Başladığim işlere olan ilgimi çabucak kaybederim				
6. Başka kimselere bir çok ağız kavgası yapmışımdır				
7. Bir şeyi beğendirmek için çok ugraşsam bile onun hakkinda yalan söylemezdim				
8. Zaman Zaman kendimi ayni tür dertletin içinde bulurum				
9. Başka kimselerin duygulariyla oynamaktan				
10. Tek bir amacın peşine uzun bir süre için düşebileceğimi fark ediyorum.				
11.Kendimi düşünmek benim başlıca önceliğimidir				

12. İstediğim şeylere yapmaları için, başkalarına duymak istediklere şeyleri söylerim.		120			
13. Başkalarına haksızlık olacağı için bile yapmak doğru değildir					
14. Aşk ğereğinden fazla önemsenmektedir					
15. Benim başarım başka bırının zararı pahasına elde edilecek olursa rahatsız olurdum.					
16. Hayal kırıklığına uğradığımda kendimi kaybedercesine öfkeyle patlarım.					
17. Benim için yakamı sıyırabildikden sonra herhangi bir şeyin yapilması uygundur.					
18. Problemlerinin birçoğu, insanların beni tam olarak anlamamasından kaynaklanır					

19.Başarı en güçlü olanların hayatta kalması esasına dayanır; mağluplara aldırış etmem.					
20.Başlanğiçta herhangi bir şeyin çok ilerisini planlamam.					
21. Sözlerim veya davranışlarım başkasının duygusal olarak acı hissetmesine yol açarsa, kendimi kötü hissederim					
22. Çok para kazanmak benim en önemli amacımdır					
23. Bırakın başkaları yüksek değerler üzerinde tasalansın; ben günlük çıkarıma bakarım.					
24. Gerçekten akıllıca bir uçkağıda çoğu kez hayranlıl duyarım					
25. Aldatılacak kadar aptal insanlar genellikle bunu hak ederler.					

26. Amaçlarımı gerçekleştirirken başkalarına zarar vermemeye gayret edirim					

Appendix 17: Depression Anxiety and Stress Scale (DASS-21 Lovibond & Lovibond, 1995a,b)

Aşağıda kişilerin kendilerine ait duygularını anlatmada kullandıkları bir takım ifadeler verilmiştir. Her ifadeyi okuyun, sonra da o anda nasıl hissettiğinizi ifadelerin şağ tarafındaki parantezlerden uygun olanını işaretlemek suretiyle belirtin. Doğru ya da yanlış cevap yoktur. Herhangi bir ifadenin üzerinde fazla zaman sarfetmeksizin geçen hafta nasıl hissettiğinizi gösteren cevabı işaretleyin

	Hiç/0	Bazen /1	Önemli ölçüde veya Zamanin onemli kismi /2	Çok vey a çogu zaman /3
1.(s) Olaylara aşırı tepki vermeye meyilliyim	0	1	2	3
2.(a) Ağzımda kuruluk olduğunu fark ettim	0	1	2	3
3.(d) Hiç olumlu duygu yaşayamadığımı fark ettim	0	1	2	3
4.(a) Soluk almada zorluk çektim (örneğin fizik egzersiz yapmadığım halde aşırı hızlı nefes alma, nefessiz kalma gibi)	0	1	2	3
5. (d) Hiçbir beklentimin olmadığı hissine kapıldım	0	1	2	3

6. (s) Sinirsel enerjimi çok fazla kullandığımı hissettim	0	1	2	3
7. (a) Vücudumda (örneğin ellerimde) titremeler oldu.	0	1	2	3
8. (s) Gevşeyip rahatlamakta zorluk çektim	0	1	2	3
9. (a) Panikleyip kendimi aptal durumuna düşüreceğim durumlar nedeniyle endişelendim	0	1	2	3
10. (d) Birey olarak değersiz olduğumu hissettim	0	1	2	3
11. (s) Alıngan olduğumu hissettim	0	1	2	3
12. (s) Kendimi gevşetip salıvermek zor geldi	0	1	2	3
13. (d) Hayatın değersiz olduğunu hissettim	0	1	2	3
14.(s) Beni yaptığım işten alıkoyan şeylere dayanamıyordum	0	1	2	3
15. (a) Panik haline yakın olduğumu hissettim	0	1	2	3

16.(d) Kendimi perişan ve hüzünlü hissettim	0	1	2	3
17. (d) Hiçbir şey bende heyecan uyandırmıyordu	0	1	2	3
18. (s) Kışkırtılmakta olduğumu hissettim	0	1	2	3
19.(a) Fiziksel egzersiz söz konusu olmadığı halde kalbimin hareketlerini hissettim (kalp atışlarımın hızlandığını veya düzensizleştiğini hissettim	0	1	2	3
20. (a) Geçerli bir neden olmadığı halde korktuğumu hissettim	0	1	2	3
21. (d) Bir iş yapmak için gerekli olan ilk adımı atmada zorlandım	0	1	2	3

Appendix 18: Demographic Information Form for Community Members

DEMOGRAFİK SORULAR Üyeler için	
Cinsiyetiniz	1) Erkek / (2) Kadın / (3) Belirtmek istemiyorum / (4) Diğer
Doğum yılınız	
Şu anki mesleğiniz nedir?	
Medeni durumunuz	Bekar / Nişanlı / Evli / Boşanmış
Eğitim seviyeniz nedir?	ortaokul / lise / üniversite derecesi (Lisans) / Yüksek Lisans / Doktora derecesi
Daha önce her hangi bir suçtan dolayı ceza evine girdinizmi?	
Tanı almış herhangi bir psikolojik/nörolojik rahatsızlığınız var mı?	Evet(1) Hayir(1)
Varsa lütfen belirtiniz:	

COVID-19 pandemi ile alakalı sorular	
COVID19 nedeniyle mevcut durumdan (finansal, duygusal, sosyal vb.) Olumsuz	Evet (1), Hayir (2).

etkilendiğinizi düşünüyor musunuz?	127
COVID19 salgınının mevcut anketteki cevablarınızı olumsuz etkilediğini düşünüyor musunuz?	Evet (1), Hayir (2).

Appendix 19: Debrief Form for Community Members (Here We Discuss the Details of the Study)

Psikoloji bölümü
Doğu Akdeniz Universitesi
Gazimağusa, Kuzey Kıbrıs Türk Cumhuriyeti
Tel: +(90) 392 630 1389   Fax: +(90) 392 630 2475
Web: http://brahms.emu.edu.tr/psychology

Katılımcı Bilgi Formu Üyeler için

Mahkumlarda Hayat Hikayesi ve Episodik Gelecek Düşünme başlığı altında yürütülen bu çalışmaya katıldığınız için teşekkür ederim. Araştırmanın amaçlarını ve hedeflerini açıklamayı amaçlayan aşağıdaki bilgileri okumak için birkaç dakikanızı ayırınız. Araştırma ile ilgili sorularınız varsa, aşağıda iletişim bilgileri olan araştırmacıyla iletişim kurabilirsiniz.

Bu çalışmada mahkumlar arasındaki geçmiş ve hayali yaşam hikaye farklılıkları, psikopatik özelliklerin bu belleği etkileyip etkilemediği araştırılacaktır. Bu konuda daha önce yapılan çalışmalar, kişilerin geçmişi hatırlamaları ve geleceği düşünmeleri arasında fenomenolojik farklar olduğunu göstermiştir (e.g., D'Argembeau & Van der Linden, 2004; Newby-Clark & Ross, 2003; Rasmussen & Berntsen, 2013; Rasmussen at al., 2017). Mahkumların psikopatik eğilimlerinin epizodik gelecek düşüncesini etkileyip etkilemediği sorusunu inceleyebilmek amacıyla genişletiyoruz.

Araştırmada kullanılan anket doldurulduktan sonra herhangi bir rahatsızlık veya sıkıntı duyuyorsanız lütfen Roza Mekhraliyeva (rosie.mekhraliyeva@mail.ru) ile iletişime geçin. Ayrıca, sorularınız için araştırmacı, Chiller Asadli (asadli_4iller-160@mail.ru) ve ya çalışmanın akademik danışmanları Yrd. Doç. Dr. Burcu Kaya Kızılöz (burcu.kaya@emu.edu.tr) ve Yrd. Doç. Dr. Dilek Çelik(dilek.celik@emu.edu.tr) ile iletişim kurabilirsiniz.

Araştırmaya yaptığınız değerli katkıdan ve katılımınızdan dolayı teşekkür ediyorum.

Saygılarımla,
Chiller Asadli

Appendix 20: Azerbaijani Version of Informed Consent Form for Inmates

Psikoloji bölümü
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Tel: +(90) 392 630 1389   Fax: +(90) 392 630 2475
Web: http://brahms.emu.edu.tr/psychology

<u>**Həyatımızı necə xatırlayırıq?**</u>

Hörmətli iştirakçı,

Tədqiqatda iştirak etməyə razılıq vermzdən əvvəl, tədqiqat barədə aşağıdakı məlumatları diqqətlə oxumaq üçün bir neçə dəqiqənizi ayırın.

Bu araşdırma Çillər Əsədli tərəfindən, Yrd. Dos. Dr. Burcu Kaya Kızılöz və Yrd. Dos. Dr. Dilek Çelik nəzarəti altında həyata keçirilir. Tədqiqatın məqsədi insanların həyat hekayələrini necə ifadə etdiklərini araşdırmaqdır. Tədqiqat təxminən 40 dəqiqə davam edəcək. Təqdiqatda iştirakınız məcburi deyil və iştirakdan imtina etmək haqqınız var. İstədiyiniz zaman, izahat vermədən təqdiqatdan çəkilmək haqqınız var. Tədqiqatdan imtina etsəniz, cavablarınız məhv ediləcək və araşdırmada istifadə olunmayacaq. Müəssisədə səlahiyyəti olan şəxslər ilə paylaşılmayacaq. İştirak etməyə və araşdırmanı başa çatdırmağa razı olsanız, cavablar və sorğu anketləri **məxfiliklə** qorunacaqdır. Adınız və şəxsiyyətinizi müəyyən edən məlumatlar sorğunun qalan hissəsindən ayrı tutulacaq. Məlumat tədqiqat başa çatdıqdan sonra ən çox 6 il saxlanacaqdır. Verilənlər təhlil edildikdən sonra tədqiqatla bağlı hesabat dərc edilə bilər.

Könüllü iştirakınızı göstərmək üçün xahiş olunur aşağıda məlumatlı razılıq formasını imzalayın.

BİLGİLENDİRİLMİŞ ONAY FORMU
Araştırmanın Başlığı: Həyatımızı necə xatırlayırıq?
Araştırmacıların Adları: Chillar Asadli
İsim, Email adres & Adres
asadli_4iller-160@mail.ru
Baku, Habibov, 48

Zəhmət olmasa hər bir fikirlə razılaşdığınızı bildirmək üçün qutuları işarələyin.

1. Məlumatları oxuduğumu və anladığımı və sual vermək imkanımın olduğunu təsdiqləyirəm. ☐

2. İştirakımın könüllü olduğunu başa düşürəm və hər an izahat vermədən araşdırmadan çəkilə bilərəm. ☐

3. Bu tədqiqatda iştirak etməyi qəbul edirəm. ☐

_____   _____
Tarih   İmza

Araştırmanın etiği ile ilgili bir endişeniz var ise, endişenizi detaylı bir şekilde açıklayan yazılı bir metin ile Doğu Akdeniz Üniversitesi, Araştırma ve Etik Komitesi Başkanı, Dr. Şenel Hüsnü Raman ile iletişime geçebilirsiniz (shenelhusnu.raman@emu.edu.tr).

Appendix 21: Azerbaijani Version of Life Story Events Task for Past Events

Həyat hekayənizi yeni tanış olduğunuz və bu səbəbdən keçmişiniz barədə heç bir şey bilmədiyiniz bir dostunuza danışacaqsınız. Bu insan tamamilə etibar etdiyiniz və dürüst ola biləcəyiniz bir insandır (xəyali). Sizdən tələb olunan şey həyatınızın mərkəzində olduğunu düşündüyünüz **mühim əhəmiyyət daşıdığını** və **keçmişdə başınıza gələn 5 hadisə** haqqında yazmağınız tələb olunur.

İlk keçmiş hadisə(1)

_____

_____

_____

_____

_____

_____

İkinci keçmiş hadisə(2)

_____

_____

_____

_____

_____

_____

Üçüncü keçmiş hadisə(3)

_____

_____

Dördüncü keçmiş hadisə(4)

_____

_____

_____

_____

_____

_____

Beşinci keçmiş hadisə(5)

_____

_____

_____

_____

_____

_____

Zəhmət olmasa danışdığınız **…. nömrəli keçmiş hadisə** haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1.Bu hadisə nə vaxt baş verib?(il)_____

2. Hadisəni xatırlayanda keçirtdiyim hisslər

    Son dərəcə mənfi **-3**   **-2**   **-1**   **0**   **+1**   **+2**   **+3**   Son dərəcə müsbət

3. Bu barədə əvvəllərdə düşündüm/ danışdım

    Heç   1   2   3   4   5   6   7   Tez- tez

4. Bu hadisə sizin kim olduğunuza və yaxud həyatınızda kim olacağınıza necə təsir etdi?

    Heç   1   2   3   4   5   6   7   Çox təsir göstərdi

    bir təsiri olmadı

5. Hadisəni təkrar düşündüyümdə, onu canlı şəkildə xatırlayıram.

    Heç   1   2   3   4   5   6   7   Çox yüksək dərəcə

6. Hadisəni xatırlayan kimi ağlımda görə bilirəm.

    Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş
kimi **dəqiq**

7. Hadisəni xatırlayan kimi ağlımda eşidə bilirəm.

    Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş

kimi dəqiq

8. Hadisəni xatırlayanda insanların/ əşyaların mekanda olabiləcəği yerləri bilirəm

    Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş
kimi **dəqiq**

9. Bu hadisənin üzərində nə qədər kontrolun sizdə oldugunu hiss edirsiniz?

    Heç yox   1   2   3   4   5   6   7   Tam

10. Ağlımda canlandırdığım bu hadisə **müəyyən bir yerdə və saatda baş verən və müddəti bir gündən (24 saat) çox davam etmədiyinə görə** konkret (**spesifik**) bir hadisədir.

    Heç   1   2   3   4   5   6   7   Həddinən artıq

    konkret

Appendix 22: Centrality of Event Scale for Past Events (Berntsen & Rubin, 2006)

Hadisələrin mərkəzləşmə miqyası

Zəhmət olmasa həyatınızda **baş vermiş** ……… nömrəli hadisə haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1. Bu hadisənin şəxsiyyətimin bir parçasına çevrildiyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə	
2. Bu hadisə özümü və dünyanı başa düşməyim üçün istinad nöqtəsi oldu(numunəvi).	1 Heç	2	3	4	5	6	7 Tamamilə	
3. Bu hadisənin həyatımın mərkəzi hissəsinə çevrildiyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə	
4. Bu hadisə digər təcrübələrimlə bağlı mənim hisslərimə və düşüncələrimə təsir etdi.	1 Heç	2	3	4	5	6	7 Tamamilə	
5. Bu hadisə mənim həyatımı əbədi olaraq dəyişdirdi.	1 Heç	2	3	4	5	6	7 Tamamilə	
6. Tez- tez bu hadisənin mənim gələcəyimə necə təsir edəcəyi barəsində düşünürəm.	1 Heç	2	3	4	5	6	7 Tamamilə	
7. Bu hadisə həyatımda bir dönüş nöqtəsi oldu.	1 Heç	2	3	4	5	6	7 Tamamilə	

Appendix 23: Azerbaijani Version of Life Story Events Task for Future Events

Həyat hekayənizi yeni tanış olduğunuz və potensial gələcəyiniz barədə heç bir məlumatı olmayan bir dostunuza danışacaqsınız. Bu insan tamamilə etibar etdiyiniz və dürüst ola biləcəyiniz bir insandır (xəyali). **Gələcəkdə başınıza gələ biləcək** və gələcəyinizdə **mühim əhəmiyyət daşıdığını** düşündüyünüz **5 hadisəni** təsvir etməyiniz tələb olunur.

İlk gələcək hadisə(1)

_____

_____

_____

_____

_____

_____

İkinci gələcək hadisə (2)

_____

_____

_____

_____

_____

_____

Üçüncü gələcək hadisə(3)

_____

_____

_____
_____
_____
_____

Dördüncü gələcək hadisə (4)

_____

_____

_____

_____

_____

Beşinci gələcək hadisə (5)

_____

_____

_____

_____

_____

Zəhmət olmasa danışdığınız …**1…. nömrəli gələcək** hadisə haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1.**Bu hadisə nə vaxt baş verə bilər?(il)** _____

2. Hadisəni xəyal edəndə keçirtdiyim hisslər
    Son dərəcə mənfi **-3   -2   -1   0   +1   +2   +3**   Son dərəcə müsbət

3. Bu barədə əvvəllərdə düşündüm/ danışmışam
    Heç   1   2   3   4   5   6   7   Tez- tez

4. Bu hadisə sizin kim olduğunuza və yaxud həyatınızda kim olacağınıza necə təsir edəcək?
    Heç   1   2   3   4   5   6   7   Çox təsir göstərəcək
    bir təsiri olmayacaq

5. Hadisəni düşündüyümdə, onu canlı şəkildə xəyal edirəm.
    Heç   1   2   3   4   5   6   7   Çox yüksək dərəcə

6. Hadisəni xəyal etdiyim kimi ağlımda görə bilirəm.
    Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş kimi
                                                              dəqiq

7. Hadisəni xəyal etdiyim kimi ağlımda eşidə bilirəm.
    Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş kimi
                                                              dəqiq

8. Hadisəni xəyal etdiğimdə insanların/ əşyaların   mekanda olabiləcəği yerləri bilirəm
    Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş kimi
                                                              dəqiq

9. Bu hadisənin üzərində nə qədər kontrolun sizdə olacağını hiss edirsiniz?
    Heç yox   1   2   3   4   5   6   7   Tam

10. Ağlımda canlandırdığım bu **hadisə müəyyən bir yerdə və saatda baş verəbiləcək və müddəti bir gündən (24 saat) çox davam etmədiyinə** görə konkret (**spesifik**) bir hadisədir.

    Heç   1   2   3   4   5   6   7   Həddinən artıq konkret

Appendix 24: Centrality of Event Scale for Future Events (Berntsen & Rubin, 2006)

Hadisələrin mərkəzləşmə miqyası

Zəhmət olmasa həyatınızda baş verəbiləcək**…. nömrəli gələcək** hadisə haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1. Bu hadisənin şəxsiyyətimin bir parçasına çevriləbiləcəyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə
2. Bu hadisə özümü və dünyanı başa düşməyim üçün istinad nöqtəsi olacaq.	1 Heç	2	3	4	5	6	7 Tamamilə
3. Bu hadisənin həyatımın mərkəzi hissəsinə çevriləbiləcəyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə
4. Bu hadisə digər təcrübələrimlə bağlı mənim hisslərimə və düşüncələrimə təsir edəcək.	1 Heç	2	3	4	5	6	7 Tamamilə
5. Bu hadisə mənim həyatımı əbədi olaraq dəyişdirəcək.	1 Heç	2	3	4	5	6	7 Tamamilə
6. Tez- tez bu hadisənin mənim həyatıma necə təsir edəcəyi barəsində düşünərəm.	1 Heç	2	3	4	5	6	7 Tamamilə
7. Bu hadisə həyatımda bir dönüş nöqtəsi olacaq.	1 Heç	2	3	4	5	6	7 Tamamilə

Appendix 25: Levenson Self-Report Scale (LSRP; Levenson et al., 1995)

Aşağıda bir sıra ifadələr verilmişdir. Hər biri ümumi fikri təmsil edir və düzgün və yaxud səhv cavab yoxdur. Siz bəziləri ilə razılaşacaq, bəziləri ilə razılaşmayacaqsınız. Xahiş olunur, hər bir ifadəni diqqətlə oxuyun və hər bir ifadə ilə nə dərəcədə razılaşdığınızı və ya razılaşmadığınızı ve yaxud sizə nə dərəcədə uyğun olduğunu və ya olmadığını daha yaxşı təsvir edən rəqəmi dairəyə alın.

	Qətiyyən qəbul etmirəm.	Qismən Razı deyiləm	Qismən razıyam	Tamamilə razıyam
	1	2	3	4
1. Mən tez- tez darıxıram	1	2	3	4
2. Bu gün dünyada yaxamı qurtara bildikdən sonra uğur üçün edə biləcəyimin hər hansı bir seyin doğru olduğunu hiss edirem	1	2	3	4
3. Bir şey etməzdən əvvəl ortaya çıxa biləcək nəticələri hərtərəfli nəzərdən keçirirəm.	1	2	3	4
4. Həyatdakı əsas məqsədim bacardığım qədər lüks və bahalı şeylər əldə etməkdir.	1	2	3	4
5. Başladığım işlərə marağımı tez itirirəm.	1	2	3	4

6. Başqa insanlara çoxlu söz-söhbətim olub(agız dalaşı)	1	2	3	4
7. Bir şeyi bəyəndirmək üçün çox əlləşsəm də, onun haqqında yalan danışmazdım	1	2	3	4
8. Bəzən özümü eyni problemlərin içində tapıram.	1	2	3	4
9. Digərlərinin duyğuları ilə oynamaqdan xoşlanıram	1	2	3	4
10. Düşünürəm ki, istənilən məqsədə çatmaq üçün uzun müddət onun ardıyca gedə bilərəm.	1	2	3	4
11. Mənim əsas həyat prinsipim özümü düşünməkdən ibarətdir.	1	2	3	4
12. Arzu etdiyim şeyləri əldə etmək üçün başqalarına onların eşitmək istədikləri şeyləri deyirəm.	1	2	3	4
13. Başqalarına qarşı ədalətsizlik olacağına görə hiylə etmək düzgün deyil.	1	2	3	4
14. Eşq həddindən artıq önəmsənir.	1	2	3	4
15. Mən başqasına dəymiş ziyan hesabına uğur əldə etsəydim bundan narahat olardım.	1	2	3	4

16. Məyus olanda bütün nəzarətimi itirirəm və həddindən artıq qəzəbli oluram.	1	2	3	4
17. Mənim üçün yaxamı qurtara bildiyim təqdirdə hər hansısa bir şeyin edilməsi uyğundur.	1	2	3	4
18. Problemlərin çoxu insanların məni tam başa düşə bilmədikləri üçün baş verir.	1	2	3	4
19. Uğur/ müvəffəqiyyət ən güclülərin həyatda sağ qalmaları nəticəsində əldə olunur, məğlub olanları düşünmürəm/ onlara əhəmiyyət vermirəm.	1	2	3	4
20. Başlanğıcda, heç bir şeyin çox irəlisini planlaşdırmıram	1	2	3	4
21. Əgər dediklərim və yaxud hərəkətlərim kiminsə emosional olaraq özünü piss hiss etməsinə səbəb olarsa məndə bundan narahat olaram/ özümü yaxşı hiss etmərəm.	1	2	3	4
22. Mənim əsas məqsədim çoxlu pul qazanmaqdır.	1	2	3	4
23.Qoy başqaları daha yüksək dəyərlər barədə düşünsünlər, mən gündəlik mənfəətimi nəzərə alıram.	1	2	3	4

24. Çox vaxt həqiqətən də həddindən artıq ağıllı bir fırıldaqçıya heyran oluram.	1	2	3	4
25. Aldadılacaq qədər axmaq olan insanlar əslində buna layiqdirlər.	1	2	3	4
26. Öz məqsədlərimi həyata keçirərkən çalışıram ki, başqalarına ziyan dəyməsin.	1	2	3	4

Appendix 26: Depression Anxiety and Stress Scale (DASS-21 Lovibond & Lovibond, 1995a,b)

Aşağıda insanların öz hisslərini ifadə edə bilmələri üçün istifadə etdikləri bəzi ifadələr göstərilmişdir. Hər bir ifadəni oxuyun, sonra ifadələrin sağındakı uyğun mötərizələri işarələyərək o anda özünüzü necə hiss etdiyinizi qeyd edin. Düzgün və yaxud səhv cavab yoxdur. Heç bir ifadənini üstündə çox vaxt sərf etmədən keçən həftə özünüzü necə hiss etdiyinizi göstərən cavabı qeyd edin.

	Heç/0	Bəzən /1	Çox vaxt və yaxud vaxtın müəyyən bir hissəsi /2	Çox və yaxud vaxtın çoxu /3
1.(s) Hadisələrə həddindən artıq reaksiya verməyə meyilliyəm	0	1	2	3
2.(a) Ağzımın quruduğunu hiss etdim.	0	1	2	3
3.(d) Anladım ki, heç bir müsbət hiss yaşamıram.	0	1	2	3
4.(a) Nəfəs almaqda çətinlik çəkdim (məs. fiziki olaraq idman etmədim halda həddindən artıq tez- tez nəfəs almaq, nəfəs ala bilməmək)	0	1	2	3
5.(d) Heç bir gözləntim olmadığı hissinə qapılmışam.	0	1	2	3
6. (s) Əsəb enerjimi çox istifadə etdiyimi hiss etdim	0	1	2	3
7. (a) Bedenimdə (məsələn əllərimdə) titrəmələr oldu.	0	1	2	3

	Heç/0	Bəzən /1	Çox vaxt və yaxud **vaxtın müəyyən bir hissəsi** /2	Çox və yaxud **vaxtın çoxu** /3
8. (s) Arxaya yaslanıb rahatlanmaqda çətinlik çəkdim (gərginliyi azaltmaqda çətinlik).	0	1	2	3
9. (a) Panikaya düşdüğümdə özümü axmaq vəziyyətə salacağım səbəbiylə narahat oldum	0	1	2	3
10. (d) Hiss etdim ki, bir fərd kimi heç bir dəyərim yoxdur.	0	1	2	3
11. (s) Həssas(alınqan) olduğumu hiss etdim.	0	1	2	3
12. (s) Ozumu rahatlaşdırıb boş vermık çətin gəldi	0	1	2	3
13. (d) Hiss etdim ki, həyatın heç bir dəyəri yoxdur.	0	1	2	3
14.(s) Məni gördüyüm işdən uzaqlaşdıran şeylərə qarşı dözə bilmirəm.	0	1	2	3
15. (a) Panika halına yaxın olduğumu hissettim.	0	1	2	3
16.(d) Özümü pərişan və kədərli hiss etdim.	0	1	2	3

	Heç/0	Bəzən /1	Çox vaxt və yaxud vaxtın müəyyən bir hissəsi /2	Çox və yaxud vaxtın çoxu /3
17. (d) Heç bir şey məni həyəcanlandırmırdı.	0	1	2	3
18. (s) Təxribata məruz qaldığımı hiss etdim	0	1	2	3
19.(a) Fiziki hərəkətlər etmədiyim halda ürəyimin döyüntülərini hiss etdim (ürəyimin sürətlə döyündüyünü və yaxud pis döyündüyün hiss etdim)	0	1	2	3
20. (a) Heç bir əsaslı səbəb olmadığı halda qorxduğumu hiss etdim .	0	1	2	3
21. (d) Bir işi görmək üçün ilk addımı atmaqda çətinlik çəkdim.	0	1	2	3

Appendix 27: Demographic Information Form for Inmates

DEMOGRAFİK SUALLAR - *məhkum olunmuş şəxslər üçün*	
Cinsiniz	1) Kişi / (2) Qadın / (3) Qeyd etmək istəmirəm / (4) Digər
Doğulduğunuz il Yaşınız	
Təhsiliniz?	orta məktəb / kollec / universitet dərəcəsi (bakalavr) / magistratura / doktorantura
Ailə vəziyyətiniz	Subay / Nişanlı /Evli / Boşanmış
Həbsxanaya girdiyiniz tarix	
Hansı cinayətə görə cinayət məsuliyyətinə cəlb olunmusunuz?	
Hüquqi statusunuz?	Həbsə alınmış / məhkum olunmuş
Neçə il müddətinə cinayət məsuliyyətinə cəlb edilirsiz	
Cəzanız qanuni baxımdan qətiləşdimi?	Bəli (1) Xeyir (2)
Qətiləşibsə neçə il müddətinə məsuliyyətə cəlb olunmusunuz?	
Sizcə həbsxanadan nə vaxt çıxacaqsınız?	
Burada olmağınıza səbəb olan hadisədən başqa daha əvvəllər də hər hansı bir cinayətə görə cinayət	Bəli (1) / Xeyir (2)

məsuliyyətinə cəlb olunmusunuzmu?	
Burada olmağınıza səbəb olan hadisədən başqa daha əvvəllər də hər hansı bir cinayətə görə həbsxanaya girmisinizmi?	Bəli (1) / Xeyir (2)
Yaşlandıqca və geriyə boylandıqda məhbusluq həyatı yaşamağınızın sizin həyat hekayənizin bir hissəsinə çevriləcəyini düşünürsünüz?	1 (Qətiyyən yox) / 2/3/4/5/6/7 (Tamamilə)
Kliniki müəyyən edilmiş hər hansı bir psixoloji və ya nevroloji pozuntunuz varmı?	Beli(1) Xeyr(2)
Varsa ne oldugunu bildirin:	

COVID-19 pandemiyası ilə bağlı suallar	
COVID 19 pandemiyası səbəbiylə mövcud vəziyyətin (maddi, emosional, sosial və s.) sizə mənfi təsir etdiyinizi düşünürsünüzmü?	Bəli (1), Xeyir (2).
COVID 19 pandemiyasının indiki anketdəki cavablarınıza mənfi təsir etdiyini düşünürsünüzmü?	Bəli (1), Xeyir (2).

Appendix 28: Debrief Form for Inmates (Here We Discuss the Details of the Study)

Psikoloji bölümü
Doğu Akdeniz Universitesi
Gazimağusa, Kuzey Kıbrıs Türk Cumhuriyeti
Tel: +(90) 392 630 1389   Fax: +(90) 392 630 2475
Web: http://brahms.emu.edu.tr/psychology

İştirakçı Bilgi Formu

Məhkumların Həyat Hekayəsi və Epizodik Gələcək Düşüncəsi adı altında aparılan bu araşdırmada iştirak etdiyiniz üçün təşəkkür edirik. Tədqiqatın məqsəd və vəzifələrini izah etmək məqsədi daşıyan aşağıdakı məlumatları oxumaq üçün bir neçə dəqiqənizi ayırın. Tədqiqatla bağlı suallarınız varsa, aşağıdakı əlaqə məlumatları ilə tədqiqatçı ilə əlaqə saxlaya bilərsiniz.

Bu araşdırmada məhkumlar arasında keçmiş və gələcək həyat hekayəsi fərqləri və psixopatik xüsusiyyətlərin yaddaşa təsir edib-etməməsi araşdırılacaq. Bu mövzuda əvvəlki araşdırmalar göstərdi ki, insanların keçmişi xatırlaması ilə gələcək haqqında düşünmələri arasında fenomenoloji fərqlər var (məsələn, D'Argembeau & Van der Linden, 2004; Newby-Clark & Ross, 2003; Rasmussen & Berntsen, 2013 ; Rasmussen və digərləri, 2017). Biz məhbusların psixopatik meyllərinin epizodik gələcək təfəkkürə təsir edib-etməməsi sualını genişləndiririk ki, onu araşdıra bilək.

Tədqiqatda istifadə olunan sorğu vərəqəsini doldurduqdan sonra hər hansı narahatlıq və ya narahatlıq hiss edirsinizsə, Roza Mehrəliyeva ilə əlaqə saxlayın (rosie.mekhraliyeva@mail.ru). Bundan əlavə, tədqiqatçı Çillər Əsədli (asadli_4iller-160@mail.ru) və ya tədqiqatın akademik məsləhətçiləri Yrd. Dos. Dr. Burcu Kaya Kızılöz (burcu.kaya@emu.edu.tr) və Yrd. Dos. Dr. Dilek Çelik(dilek.celik@emu.edu.tr) ilə əlaqə saxlaya bilərsiniz.

Dəyərli töhfənizə və tədqiqatda iştirakınıza görə təşəkkür edirik.

Hörmətlə,
Çiller Əsədli

Appendix 29: Azerbaijani Version of Informed Consent Form for Community members

Psikoloji bölümü
Doğu Akdeniz Universitesi
Gazimağusa, Kuzey Kıbrıs Türk Cumhuriyeti
Tel: +(90) 392 630 1389   Fax: +(90) 392 630 2475
Web: http://brahms.emu.edu.tr/psychology

<div align="center">

Həyatımızı necə xatırlayırıq?

</div>

Hörmətli iştirakçı,

Tədqiqatda iştirak etməyə razılıq verməzdən əvvəl, tədqiqat barədə aşağıdakı məlumatları diqqətlə oxumaq üçün bir neçə dəqiqənizi ayırın.

Bu araşdırma Çillər Əsədli tərəfindən, Yrd. Dos. Dr. Burcu Kaya Kızılöz və Yrd. Dos. Dr. Dilek Çelik nəzarəti altında həyata keçirilir. Tədqiqatın məqsədi insanların həyat hekayələrini necə ifadə etdiklərini araşdırmaqdır. Tədqiqat təxminən 40 dəqiqə davam edəcək. Tədqiqatda iştirakınız məcburi deyil və iştirakdan imtina etmək haqqınız var. İstədiyiniz zaman, izahat vermədən tədqiqatdan çəkilmək haqqınız var. Tədqiqatdan imtina etsəniz, cavablarınız məhv ediləcək və araşdırmada istifadə olunmayacaq. İştirak etməyə və araşdırmanı başa çatdırmağa razı olsanız, cavablar və sorğu anketləri **məxfiliklə** qorunacaqdır. Adınız və şəxsiyyətinizi müəyyən edən məlumatlar sorğunun qalan hissəsindən ayrı tutulacaq. Məlumat tədqiqat başa çatdıqdan sonra ən çox 6 il saxlanacaqdır. Verilənlər təhlil edildikdən sonra tədqiqatla bağlı hesabat dərc edilə bilər.

Könüllü iştirakınızı göstərmək üçün xahiş olunur aşağıda məlumatlı razılıq formasını imzalayın.

BİLGİLENDİRİLMİŞ ONAY FORMU
Araştırmanın Başlığı: Həyatımızı necə xatırlayiriq?
Araştırmacıların Adları: Chillar Asadli
İsim, Email adres & Adres
asadli_4iller-160@mail.ru
Baku, Habibov, 48

Zəhmət olmasa hər bir fikirlə razılaşdığınızı bildirmək üçün qutuları işarələyin.

1. Məlumatları oxuduğumu və anladığımı və sual vermək imkanımın olduğunu təsdiqləyirəm. □
.
2. İştirakımın könüllü olduğunu başa düşürəm və hər an izahat vermədən araşdırmadan çəkilə bilərəm. □

3. Bu tədqiqatda iştirak etməyi qəbul edirəm. □

_____   _____
Tarix   İmza

Araştırmanın etiği ile ilgili bir endişeniz var ise, endişenizi detaylı bir şekilde açıklayan yazılı bir metin ile Doğu Akdeniz Üniversitesi, Araştırma ve Etik Komitesi Başkanı, Dr. Şenel Hüsnü Raman ile iletişime geçebilirsiniz (shenelhusnu.raman@emu.edu.tr).

Appendix 30: Azerbaijani Version of Life Story Events Task for Past Events

Həyat hekayənizi yeni tanış olduğunuz və bu səbəbdən keçmişiniz barədə heç bir şey bilmədiyiniz bir dostunuza danışacaqsınız. Bu insan tamamilə etibar etdiyiniz və dürüst ola biləcəyiniz bir insandır (xəyali). Sizdən tələb olunan şey həyatınızın mərkəzində olduğunu düşündüyünüz **mühim əhəmiyyət daşıdığını** və **keçmişdə başınıza gələn 5 hadisə** haqqında yazmağınız tələb olunur.

İlk keçmiş hadisə(1)

_____

_____

_____

_____

_____

_____

İkinci keçmiş hadisə(2)

_____

_____

_____

_____

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_____

Üçüncü keçmiş hadisə(3)

_____

_____

_____

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_____

_____

Dördüncü keçmiş hadisə(4)

_____

_____

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_____

_____

Beşinci keçmiş hadisə(5)

_____

_____

_____

_____

_____

Zəhmət olmasa danışdığınız **.... nömrəli keçmiş hadisə** haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1.Bu hadisə nə vaxt baş verib?(il)_____

2. Hadisəni xatırlayanda keçirtdiyim hisslər

Son dərəcə mənfi **-3   -2   -1   0   +1   +2   +3** Son dərəcə müsbət

3. Bu barədə əvvəllərdə düşündüm/ danışdım

Heç   1   2   3   4   5   6   7   Tez- tez

4. Bu hadisə sizin kim olduğunuza və yaxud həyatınızda kim olacağınıza necə təsir etdi?

Heç   1   2   3   4   5   6   7   Çox təsir göstərdi

bir təsiri olmadı

5. Hadisəni təkrar düşündüyümdə, onu canlı şəkildə xatırlayıram.

Heç   1   2   3   4   5   6   7   Çox yüksək dərəcə

6. Hadisəni xatırlayan kimi ağlımda görə bilirəm.

Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş
kimi **dəqiq**

7. Hadisəni xatırlayan kimi ağlımda eşidə bilirəm.

Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş
kimi dəqiq

8. Hadisəni xatırlayanda insanların/ əşyaların mekanda olabiləcəği yerləri bilirəm

Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş
kimi **dəqiq**

9. Bu hadisənin üzərində nə qədər kontrolun sizdə oldugunu hiss edirsiniz?

Heç yox   1   2   3   4   5   6   7   Tam

10. Ağlımda canlandırdığım bu hadisə **müəyyən bir yerdə və saatda baş verən və müddəti bir gündən (24 saat) çox davam etmədiyinə görə** konkret (**spesifik**) bir hadisədir.

Heç   1   2   3   4   5   6   7   Həddinən artıq

konkret

151

Appendix 31: Centrality of Event Scale for Past Events (Berntsen & Rubin, 2006)

Hadisələrin mərkəzləşmə miqyası

Zəhmət olmasa həyatınızda **baş vermiş …**…… nömrəli hadisə haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

3. Bu hadisənin şəxsiyyətimin bir parçasına çevrildiyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə
4. Bu hadisə özümü və dünyanı başa düşməyim üçün istinad nöqtəsi oldu(numunəvi).	1 Heç	2	3	4	5	6	7 Tamamilə
3. Bu hadisənin həyatımın mərkəzi hissəsinə çevrildiyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə
4. Bu hadisə digər təcrübələrimlə bağlı mənim hisslərimə və düşüncələrimə təsir etdi.	1 Heç	2	3	4	5	6	7 Tamamilə
5. Bu hadisə mənim həyatımı əbədi olaraq dəyişdirdi.	1 Heç	2	3	4	5	6	7 Tamamilə
6. Tez- tez bu hadisənin mənim gələcəyimə necə təsir edəcəyi barəsində düşünürəm.	1 Heç	2	3	4	5	6	7 Tamamilə
7. Bu hadisə həyatımda bir dönüş nöqtəsi oldu.	1 Heç	2	3	4	5	6	7 Tamamilə

Appendix 32: Azerbaijani Version of Life Story Events Task for Future Events

Həyat hekayənizi yeni tanış olduğunuz və potensial gələcəyiniz barədə heç bir məlumatı olmayan bir dostunuza danışacaqsınız. Bu insan tamamilə etibar etdiyiniz və dürüst ola biləcəyiniz bir insandır (xəyali). **Gələcəkdə başınıza gələ biləcək** və gələcəyinizdə **mühim əhəmiyyət daşıdığını** düşündüyünüz **5 hadisəni** təsvir etməyiniz tələb olunur.

İlk gələcək hadisə(1)

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_____

_____

_____

_____

_____

İkinci gələcək hadisə (2)

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_____

_____

_____

_____

Üçüncü gələcək hadisə(3)

_____

_____

_____

_____

_____

_____

Dördüncü gələcək hadisə (4)

_____

_____

_____

_____

_____

Beşinci gələcək hadisə (5)

_____

_____

_____

_____

_____

Zəhmət olmasa danışdığınız …**1…. nömrəli gələcək** hadisə haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1.**Bu hadisə nə vaxt baş verə bilər?(il)**

2. Hadisəni xəyal edəndə keçirtdiyim hisslər

Son dərəcə mənfi **-3   -2   -1   0   +1   +2   +3**   Son dərəcə müsbət

3. Bu barədə əvvəllərdə düşündüm/ danışmışam

Heç   1   2   3   4   5   6   7   Tez- tez

4. Bu hadisə sizin kim olduğunuza və yaxud həyatınızda kim olacağınıza necə təsir edəcək?

Heç   1   2   3   4   5   6   7   Çox təsir göstərəcək

bir təsiri olmayacaq

5. Hadisəni düşündüyümdə, onu canlı şəkildə xəyal edirəm.

Heç   1   2   3   4   5   6   7   Çox yüksək dərəcə

6. Hadisəni xəyal etdiyim kimi ağlımda görə bilirəm.

Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş kimi
dəqiq

7. Hadisəni xəyal etdiyim kimi ağlımda eşidə bilirəm.

Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş kimi
dəqiq

8. Hadisəni xəyal etdiğimdə insanların/ əşyaların   mekanda olabiləcəği yerləri bilirəm

Heç   1   2   3   4   5   6   7   Sanki indi baş verirmiş kimi
dəqiq

9. Bu hadisənin üzərində nə qədər kontrolun sizdə olacağını hiss edirsiniz?

Heç yox   1   2   3   4   5   6   7   Tam

10. Ağlımda canlandırdığım bu **hadisə müəyyən bir yerdə və saatda baş verəbiləcək və müddəti bir gündən (24 saat) çox davam etmədiyinə** görə konkret (**spesifik**) bir hadisədir.

Heç   1   2   3   4   5   6   7   Həddinən artıq konkret

Appendix 33: Centrality of Event Scale for Future Events (Berntsen & Rubin, 2006)

Hadisələrin mərkəzləşmə miqyası

Zəhmət olmasa həyatınızda baş verəbiləcək**…. nömrəli gələcək** hadisə haqqında düşünün və 1-dən 7-ə qədər bir rəqəm seçərək aşağıdakı suallara dürüst və səmimi cavab verin.

1. Bu hadisənin şəxsiyyətimin bir parçasına çevriləbiləcəyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə
2. Bu hadisə özümü və dünyanı başa düşməyim üçün istinad nöqtəsi olacaq.	1 Heç	2	3	4	5	6	7 Tamamilə
3. Bu hadisənin həyatımın mərkəzi hissəsinə çevriləbiləcəyini hiss edirəm.	1 Heç	2	3	4	5	6	7 Tamamilə
4. Bu hadisə digər təcrübələrimlə bağlı mənim hisslərimə və düşüncələrimə təsir edəcək.	1 Heç	2	3	4	5	6	7 Tamamilə
5. Bu hadisə mənim həyatımı əbədi olaraq dəyişdirəcək.	1 Heç	2	3	4	5	6	7 Tamamilə
6. Tez- tez bu hadisənin mənim həyatıma necə təsir edəcəyi barəsində düşünərəm.	1 Heç	2	3	4	5	6	7 Tamamilə
7. Bu hadisə həyatımda bir dönüş nöqtəsi olacaq.	1 Heç	2	3	4	5	6	7 Tamamilə

Appendix 34: Levenson Self-Report Scale (LSRP; Levenson et al., 1995)

Aşağıda bir sıra ifadələr verilmişdir. Hər biri ümumi fikri təmsil edir və düzgün və yaxud səhv cavab yoxdur. Siz bəziləri ilə razılaşacaq, bəziləri ilə razılaşmayacaqsınız. Xahiş olunur, hər bir ifadəni diqqətlə oxuyun və hər bir ifadə ilə nə dərəcədə razılaşdığınızı və ya razılaşmadığınızı ve yaxud sizə nə dərəcədə uyğun olduğunu və ya olmadığını daha yaxşı təsvir edən rəqəmi dairəyə alın.

	Qətiyyən qəbul etmirəm.	Qismən Razı deyiləm	Qismən razıyam	Tamamilə razıyam
	1	2	3	4
1. Mən tez- tez darıxıram	1	2	3	4
2. Bu gün dünyada yaxamı qurtara bildikdən sonra uğur üçün edə biləcəyimin hər hansı bir seyin doğru olduğunu hiss edirem	1	2	3	4
3. Bir şey etməzdən əvvəl ortaya çıxa biləcək nəticələri hərtərəfli nəzərdən keçirirəm.	1	2	3	4
4. Həyatdakı əsas məqsədim bacardığım qədər lüks və bahalı şeylər əldə etməkdir.	1	2	3	4
5. Başladığım işlərə marağımı tez itirirəm.	1	2	3	4

6. Başqa insanlara çoxlu söz-söhbətim olub(ağız dalaşı)	1	2	3	4
7. Bir şeyi bəyəndirmək üçün çox əlləşsəm də, onun haqqında yalan danışmazdım	1	2	3	4
8. Bəzən özümü eyni problemlərin içində tapıram.	1	2	3	4
9. Digərlərinin duyğuları ilə oynamaqdan xoşlanıram	1	2	3	4
10. Düşünürəm ki, istənilən məqsədə çatmaq üçün uzun müddət onun ardıyca gedə bilərəm.	1	2	3	4
11. Mənim əsas həyat prinsipim özümü düşünməkdən ibarətdir.	1	2	3	4
12. Arzu etdiyim şeyləri əldə etmək üçün başqalarına onların eşitmək istədikləri şeyləri deyirəm.	1	2	3	4
13. Başqalarına qarşı ədalətsizlik olacağına görə hiylə etmək düzgün deyil.	1	2	3	4
14. Eşq həddindən artıq önəmsənir.	1	2	3	4
15. Mən başqasına dəymiş ziyan hesabına uğur əldə etsəydim bundan narahat olardım.	1	2	3	4

16. Məyus olanda bütün nəzarətimi itirirəm və həddindən artıq qəzəbli oluram.	1	2	3	4
17. Mənim üçün yaxamı qurtara bildiyim təqdirdə hər hansısa bir şeyin edilməsi uyğundur.	1	2	3	4
18. Problemlərin çoxu insanların məni tam başa düşə bilmədikləri üçün baş verir.	1	2	3	4
19. Uğur/ müvəffəqiyyət ən güclülərin həyatda sağ qalmaları nəticəsində əldə olunur, məğlub olanları düşünmürəm/ onlara əhəmiyyət vermirəm.	1	2	3	4
20. Başlanğıcda, heç bir şeyin çox irəlisini planlaşdırmıram	1	2	3	4
21. Əgər dediklərim və yaxud hərəkətlərim kiminsə emosional olaraq özünü piss hiss etməsinə səbəb olarsa məndə bundan narahat olaram/ özümü yaxşı hiss etmərəm.	1	2	3	4
22. Mənim əsas məqsədim çoxlu pul qazanmaqdır.	1	2	3	4
23.Qoy başqaları daha yüksək dəyərlər barədə düşünsünlər, mən gündəlik mənfəətimi nəzərə alıram.	1	2	3	4

24. Çox vaxt həqiqətən də həddindən artıq ağıllı bir fırıldaqçıya heyran oluram.	1	2	3	4
25. Aldadılacaq qədər axmaq olan insanlar əslində buna layiqdirlər.	1	2	3	4
26. Öz məqsədlərimi həyata keçirərkən çalışıram ki, başqalarına ziyan dəyməsin.	1	2	3	4

Appendix 35: Depression Anxiety and Stress Scale (DASS-21 Lovibond & Lovibond, 1995a,b)

Aşağıda insanların öz hisslərini ifadə edə bilmələri üçün istifadə etdikləri bəzi ifadələr göstərilmişdir. Hər bir ifadəni oxuyun, sonra ifadələrin sağındakı uyğun mötərizələri işarələyərək o anda özünüzü necə hiss etdiyinizi qeyd edin. Düzgün və yaxud səhv cavab yoxdur. Heç bir ifadənini üstündə çox vaxt sərf etmədən keçən həftə özünüzü necə hiss etdiyinizi göstərən cavabı qeyd edin.

	Heç/0	Bəzən /1	Çox vaxt və yaxud vaxtın müəyyən bir hissəsi /2	Çox və yaxud vaxtın çoxu /3
1.(s) Hadisələrə həddindən artıq reaksiya verməyə meyilliyəm	0	1	2	3
2.(a) Ağzımın quruduğunu hiss etdim.	0	1	2	3
3.(d) Anladım ki, heç bir müsbət hiss yaşamıram.	0	1	2	3
4.(a) Nəfəs almaqda çətinlik çəkdim (məs. fiziki olaraq idman etmədim halda həddindən artıq tez- tez nəfəs almaq, nəfəs ala bilməmək)	0	1	2	3
5.(d) Heç bir gözləntim olmadığı hissinə qapılmışam.	0	1	2	3
6. (s) Əsəb enerjimi çox istifadə etdiyimi hiss etdim	0	1	2	3
7. (a) Bedenimdə (məsələn əllərimdə) titrəmələr oldu.	0	1	2	3

	Heç/0	**Bəzən** /1	Çox vaxt və yaxud **vaxtın müəyyən bir hissəsi** /2	Çox və yaxud **vaxtın çoxu** /3
8. (s) Arxaya yaslanıb rahatlanmaqda çətinlik çəkdim (gərginliyi azaltmaqda çətinlik).	0	1	2	3
9. (a) Panikaya düşdüğümdə özümü axmaq vəziyyətə salacağım səbəbiylə narahat oldum	0	1	2	3
10. (d) Hiss etdim ki, bir fərd kimi heç bir dəyərim yoxdur.	0	1	2	3
11. (s) Həssas(alınqan) olduğumu hiss etdim.	0	1	2	3
12. (s) Ozumu rahatlaşdırıb boş vermık çətin gəldi	0	1	2	3
13. (d) Hiss etdim ki, həyatın heç bir dəyəri yoxdur.	0	1	2	3
14.(s) Məni gördüyüm işdən uzaqlaşdıran şeylərə qarşı dözə bilmirəm.	0	1	2	3
15. (a) Panika halına yaxın olduğumu hissettim.	0	1	2	3
16.(d) Özümü pərişan və kədərli hiss etdim.	0	1	2	3

	Heç/0	Bəzən /1	Çox vaxt və yaxud vaxtın müəyyən bir hissəsi /2	Çox və yaxud vaxtın çoxu /3
17. (d) Heç bir şey məni həyəcanlandırmırdı.	0	1	2	3
18. (s) Təxribata məruz qaldığımı hiss etdim	0	1	2	3
19.(a) Fiziki hərəkətlər etmədiyim halda ürəyimin döyüntülərini hiss etdim (ürəyimin sürətlə döyündüyünü və yaxud pis döyündüyün hiss etdim)	0	1	2	3
20. (a) Heç bir əsaslı səbəb olmadığı halda qorxduğumu hiss etdim .	0	1	2	3
21. (d) Bir işi görmək üçün ilk addımı atmaqda çətinlik çəkdim.	0	1	2	3

Appendix 36: Demographic Information Form for Community Members

Cinsiniz	1) Kişi / (2) Qadın / (3) Qeyd etmək istəmirəm / (4) Digər
Doğulduğunuz il	
İndiki işiniz nədir?	
Ailə vəziyyətiniz	Subay / Nişanlı /Evli/ Boşanmış
Təhsiliniz?	orta məktəb / kollec / universitet dərəcəsi (bakalavr) / magistratura / doktorantura
Daha əvvəl hər hansı bir cinayətə görə həbsxanada girmisiniz?	
Kiniki müəyyən edilmiş hər hansı bir psixoloji və ya nevroloji pozuntunuz varmı?	Bəli(1) Xeyr(2)
Varsa ne olduğunu bildirin:	

COVID-19 pandemiyası ilə bağlı suallar	
COVID 19 pandemiyası səbəbiylə mövcud vəziyyətin (maddi, emosional, sosial və s.) sizə mənfi təsir etdiyinizi düşünürsünüzmü?	Bəli (1), Xeyir (2).
COVID 19 pandemiyasının indiki anketdəki cavablarınıza mənfi təsir etdiyini düşünürsünüzmü?	Bəli (1), Xeyir (2).

Appendix 37: Debrief Form for Inmates (Here We Discuss the Details of the Study)

Psikoloji bölümü
Doğu Akdeniz Universitesi
Gazimağusa, Kuzey Kıbrıs Türk Cumhuriyeti
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Web: http://brahms.emu.edu.tr/psychology

İştirakçı Bilgi Formu

Məhkumların Həyat Hekayəsi və Epizodik Gələcək Düşüncəsi adı altında aparılan bu araşdırmada iştirak etdiyiniz üçün təşəkkür edirik. Tədqiqatın məqsəd və vəzifələrini izah etmək məqsədi daşıyan aşağıdakı məlumatları oxumaq üçün bir neçə dəqiqənizi ayırın. Tədqiqatla bağlı suallarınız varsa, aşağıdakı əlaqə məlumatları ilə tədqiqatçı ilə əlaqə saxlaya bilərsiniz.

Bu araşdırmada məhkumlar arasında keçmiş və gələcək həyat hekayəsi fərqləri və psixopatik xüsusiyyətlərin yaddaşa təsir edib-etməməsi araşdırılacaq. Bu mövzuda əvvəlki araşdırmalar göstərdi ki, insanların keçmişi xatırlaması ilə gələcək haqqında düşünmələri arasında fenomenoloji fərqlər var (məsələn, D'Argembeau & Van der Linden, 2004; Newby-Clark & Ross, 2003; Rasmussen & Berntsen, 2013 ; Rasmussen və digərləri, 2017). Biz məhbusların psixopatik meyllərinin epizodik gələcək təfəkkürə təsir edib-etməməsi sualını genişləndiririk ki, onu araşdıra bilək.

Tədqiqatda istifadə olunan sorğu vərəqəsini doldurduqdan sonra hər hansı narahatlıq və ya narahatlıq hiss edirsinizsə, Roza Mehrəliyeva ilə əlaqə saxlayın (rosie.mekhraliyeva@mail.ru). Bundan əlavə, tədqiqatçı Çillər Əsədli (asadli_4iller-160@mail.ru) və ya tədqiqatın akademik məsləhətçiləri Yrd. Dos. Dr. Burcu Kaya Kızılöz (burcu.kaya@emu.edu.tr) və Yrd. Dos. Dr. Dilek Çelik(dilek.celik@emu.edu.tr) ilə əlaqə saxlaya bilərsiniz.

Dəyərli töhfənizə və tədqiqatda iştirakınıza görə təşəkkür edirik.

Hörmətlə,
Çiller Əsədli