Research

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Turkish Adaptation and Psychometric Properties of the State Shame and Guilt Scale

Durumluk Utanç ve Suçluluk Ölçeği'nin Türkçe Uyarlaması ve Psikometrik Özellikleri

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ABSTRACT

Objective: This study aimed to adapt the 15-item State Shame and Guilt Scale (SSGS) into Turkish and examine the structural, convergent, and discriminant validity, measurement invariance across gender, and reliability of the Turkish form.

Method: The study included 450 adults aged 18-76 years (M = 28.36, SD = 11.14). Structural validity was examined using exploratory factor analysis (EFA) with principal axis factoring and confirmatory factor analysis (CFA). Configural, metric, and scalar invariance across gender were tested using multigroup CFA. Convergent validity was evaluated through associations with state and trait anxiety and current mood, whereas discriminant validity was assessed using heterotrait-monotrait (HTMT) ratios. Reliability was examined using Cronbach's alpha, McDonald's omega, and Guttman split-half coefficients.

Results: Although parallel analysis suggested four factors in EFA, the four-factor solution did not yield a simple and theoretically interpretable structure. The three-factor solution explained 48.4% of the total variance and showed acceptable-to-good fit in the CFA ($\chi^2(87) = 223$, CFI = .949, TLI = .938, SRMR = .044, and RMSEA = .059). The three-factor model showed substantially better fit than the one-factor alternative. Alpha coefficients ranged from .795 to .831, and omega coefficients ranged from .800 to .831.

Conclusion: The findings indicate that the original shame, guilt, and pride dimensions were retained in the Turkish SSGS, that the subscale scores can be interpreted as largely comparable across women and men, and that the scale can be used as a valid and reliable measure of state self-conscious emotions.

Keywords: Shame, guilt, emotions, psychometrics, psychological tests

ÖZ

Amaç: Bu çalışmanın amacı, 15 maddelik Durumluk Utanç ve Suçluluk Ölçeği'ni (State Shame and Guilt Scale, SSGS) Türkçeye uyarlamak; Türkçe formun yapı geçerliğini, yakınsak ve ayırt edici geçerliğini, cinsiyete göre ölçme değişmezliğini ve güvenirliğini incelemektir.

Yöntem: Araştırmaya yaşları 18-76 arasında değişen 450 yetişkin dahil edilmiştir (Ort. = 28,36; SS = 11,14). Yapı geçerliği, temel eksenler faktörleştirmesine dayalı açımlayıcı faktör analizi (AFA) ve doğrulayıcı faktör analiziyle (DFA) incelenmiştir. Cinsiyete göre biçimsel, metrik ve skalar değişmezlik çok gruplu DFA ile sınanmıştır. Yakınsak geçerlik, durumluk ve sürekli kaygı ile anlık duygudurum puanlarıyla ilişkiler üzerinden; ayırt edici geçerlik ise heterotrait-monotrait (HTMT) oranlarıyla değerlendirilmiştir. Güvenirlik Cronbach alfa, McDonald omega ve Guttman iki-yarı katsayılarıyla incelenmiştir.

Bulgular: AFA'da paralel analiz dört faktör önermekle birlikte, dört faktörlü çözüm basit ve kuramsal olarak yorumlanabilir bir yapı göstermemiştir. Üç faktörlü çözüm toplam varyansın %48,4'ünü açıklamış ve DFA'da kabul edilebilir-iyi uyum göstermiştir ($\chi^2(87) = 223$, CFI = ,949, TLI = ,938, SRMR = ,044 ve RMSEA = ,059). Üç faktörlü model, tek faktörlü alternatiften belirgin biçimde daha iyi uyum göstermiştir. Alfa katsayıları ,795-,831, omega katsayıları ,800-,831 aralığındadır.

Sonuç: Bulgular, SSGS Türkçe formunda özgün utanç, suçluluk ve gurur boyutlarının korunduğunu, alt boyut puanlarının kadın ve erkeklerde büyük ölçüde karşılaştırılabilir biçimde yorumlanabileceğini ve ölçeğin durumluk öz bilinç duygularının değerlendirilmesinde geçerli ve güvenilir bir ölçme aracı olarak kullanılabileceğini göstermektedir.

Anahtar sözcükler: Utanç, suçluluk, duygular, psikometri, psikolojik testler

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Introduction

Shame and guilt are closely related self-conscious emotions that arise when individuals evaluate themselves and their behavior according to personal and social standards. Pride and embarrassment are also considered part of this group of emotions. For self-conscious emotions to arise, individuals must direct attention toward the self and evaluate the experienced event in relation to personal or social standards (Lewis 1995, Tracy and Robins 2004).

Unlike basic emotions such as fear, anger, and sadness, self-conscious emotions are thought to depend on relatively complex cognitive processes, including self-representation, self-awareness, and self-evaluation. Their later emergence in development has been linked to the gradual acquisition of these cognitive capacities (Tracy and Robins 2004). The expression of self-conscious emotions should therefore be interpreted by considering facial expression together with gaze direction, head and body posture, and the social context in which the emotion occurs (Robins and Schriber 2009).

Social evaluation plays a central role in the emergence of self-conscious emotions. Individuals may experience shame when they perceive that their value in the eyes of others has diminished, whereas guilt may arise when they believe that they have caused harm through their behavior or failed to fulfill an obligation (Tracy and Robins 2004, Sznycer 2019). Positive evaluation of an achievement or personal attribute may give rise to pride, a self-conscious emotion associated with perceptions of competence, self-worth, and achievement (Tracy and Robins 2004, Sznycer 2019). These emotions have been proposed to serve functions such as maintaining social relationships, repairing damaged relationships, and regulating behavior in accordance with the expectations of one's social group (Cavalera et al. 2017, Sznycer 2019). However, the ways in which these emotions are experienced and expressed may be influenced by cultural norms (Robins and Schriber 2009). What individuals interpret as success, failure, moral transgression, or loss of social value may vary across cultures. For example, in collectivist cultures characterized by stronger group affiliation, shame may be evaluated less negatively than in contexts in which individualism is more prominent (Robins and Schriber 2009). A substantial proportion of research on self-conscious emotions has been conducted in Western samples. A recent systematic review showed considerable variation in the emotion-induction methods and measurement instruments used across studies, while cultural context was insufficiently addressed in most studies (Singh and Bhushan 2025).

Shame is a negative emotion associated with a negative evaluation of the self and may be accompanied by experiences of helplessness and humiliation. Individuals experiencing shame may perceive themselves as inadequate, flawed, or worthless, and this experience may be accompanied by a desire to shrink, hide, or withdraw from social situations (Lewis 2003). Shield (2024) explained the global nature of shame as reflecting a perception of oneself as unworthy of love or acceptance. Guilt, by contrast, arises when individuals feel responsible for a specific behavior or omission, with the evaluation centered on what they did or failed to do. Individuals may believe that their behavior harmed another person, violated a moral rule, or failed to meet their own standards. Guilt has been associated with tendencies to apologize, repair harm, change behavior, and assume responsibility (Tangney 1998).

The most common theoretical distinction between shame and guilt concerns the target of evaluation. Teroni and Deonna (2008) proposed that shame is directed toward the self as a whole, whereas guilt is directed toward a specific behavior. Although this distinction is informative, the focus and behavioral consequences of shame and guilt may overlap under some conditions. Miceli and Castelfranchi (2018) proposed that guilt focuses on an individual's responsibility for a harmful behavior or attitude, whereas shame focuses on a discrepancy between the actual self and the desired self or social image. The authors argued that shame is not necessarily directed toward the entire self and may, under some conditions, promote prosocial behavior, whereas guilt may extend beyond a specific behavior and develop into a more general evaluation of the self. Accordingly, the behavioral consequences of these two emotions may vary depending on how individuals appraise the event, perceive their responsibility, and evaluate their ability to change the situation.

Although shame and guilt are related emotions, shame has been associated with more adverse outcomes than guilt in many studies. Shame has been associated with low self-esteem, psychological problems, and hostility (Velotti et al. 2017). It has also been associated with eating disorder symptoms (Nechita et al. 2021, O'Loghlen et al. 2022), anxiety symptoms (Muris et al. 2018), and the severity of psychotic symptoms in both clinical and nonclinical samples (Davies et al. 2025). Guilt, in contrast, has been associated with fewer psychological symptoms than shame and, in some studies, with more constructive behavioral outcomes. Ristić and Đokić (2024) suggested that guilt may promote moral behavior and reduce the likelihood of antisocial behavior, whereas shame may be associated with anger and antisocial behavior. In the meta-analysis by Cândea and Szentagotai-Tătar (2018), shame proneness showed a stronger association with anxiety symptoms than guilt proneness. Similarly, the association between shame and depressive symptoms was stronger than that between guilt and depressive symptoms, and a substantial proportion of the association between guilt and depression was reported to be attributable to the variance that guilt shares with shame (Kim et al. 2011).

Most of these findings are based on studies focusing on individuals' general tendencies to experience shame and guilt. However, the effects of shame or guilt arising in a particular situation may vary depending on contextual factors and the emotion-regulation strategies used by the individual (Miceli and Castelfranchi 2018). This distinction indicates that trait and state levels should be considered separately when interpreting the psychological consequences of self-conscious emotions.

Because scores on measures of shame and guilt are often highly correlated, the two constructs can be difficult to distinguish at the measurement level. In addition to variation in conceptual definitions and research methods, this difficulty is compounded by the fact that self-report measures rely on emotional experiences that individuals can recognize and express, and that experiences of shame and guilt may partially overlap with general negative affect and negative evaluations of the self (Tangney 1996). Self-report measures of shame and guilt can generally be classified as state measures, which assess an individual's level of shame and guilt at a given moment, and trait measures, which assess the tendency to experience these emotions (Tangney 1996). Trait measures focus on relatively stable individual differences, whereas state measures focus on the momentary intensity and short-term changes in emotions within a particular context.

Common examples of trait measures include different versions of the scenario-based Test of Self-Conscious Affect (TOSCA), such as the TOSCA-3 and TOSCA-4 (Tangney et al. 2000, Tangney et al. 2008). In the TOSCA, participants are asked to imagine situations they might encounter in everyday life and rate the emotional or behavioral responses they might have in those situations. In addition to scenario-based instruments, other measures ask participants to rate the extent to which various adjectives and statements related to shame and guilt describe them; the Brief Shame Rating Scale (Hibbard 1994) is an example of this type of measure.

State measures are used to assess changes in emotional states before and after cognitive tasks or clinical interventions. They are particularly useful as manipulation checks in studies in which emotions are experimentally induced (e.g., Cavalera et al. 2018). One of the widely used instruments for assessing momentary self-conscious emotions is the State Shame and Guilt Scale (SSGS), developed by Marschall et al. (1994) to assess current levels of shame, guilt, and pride. The scale consists of 15 items, with five items assessing shame (e.g., "I want to sink into the floor and disappear"), five assessing guilt (e.g., "I feel remorse, regret"), and five assessing pride (e.g., "I feel worthwhile, valuable"). The brevity and ease of administration of the SSGS, its focus on current emotional states, and its ability to assess positive and negative self-conscious emotions together have contributed to its widespread use in experimental research and as a manipulation check.

Adaptations of the SSGS into different languages have examined different item sets and factor structures. An eight-item SSGS-8 comprising shame and guilt dimensions was developed in an Italian sample (Cavalera et al. 2017). The Greek adaptation retained the shame, guilt, and pride dimensions of the original scale (Tzelepi et al. 2023). The Arabic adaptation examined a 10-item, two-factor form assessing shame and guilt (Chbeir et al. 2026). These studies support the applicability of the SSGS across different languages and

cultures; however, the 15-item structure comprising all three original dimensions of shame, guilt, and pride was retained only in the Greek adaptation. In Turkish, the psychometric properties of a trait version of the SSGS, created by Rohleder et al. (2008) by modifying the items to refer to experiences over the preceding several months, have previously been examined (Bugay and Demir 2011). While this version assesses relatively stable levels of shame, guilt, and pride, the original SSGS assesses these emotions at the time of administration. To the best of our knowledge, no Turkish adaptation study has previously been conducted for the original state version of the SSGS.

The aim of the present study was to adapt the 15-item State Shame and Guilt Scale developed by Marschall et al. (1994) into Turkish and to examine the psychometric properties of the Turkish form in an adult sample. Accordingly, the structural validity, convergent and discriminant validity, measurement invariance across gender, and reliability of the Turkish form were examined. It was hypothesized that the three-factor structure comprising shame, guilt, and pride would be supported; that shame and guilt would be positively associated with anxiety and negatively associated with current mood; and that pride would be negatively associated with anxiety and positively associated with current mood. In addition, exploratory group comparisons were conducted according to gender and self-reported history of psychiatric or neurological diagnosis.

Method

Sample

Before data collection, a minimum sample size of 200 participants was set based on sample size recommendations for factor analysis of a 15-item, three-factor scale (Mundfrom et al. 2005) and the sample sizes used in previous cross-cultural adaptations of the SSGS (Cavalera et al. 2017, Tzelepi et al. 2023). Participants were recruited using convenience sampling. Participation in the study was voluntary.

The inclusion criteria were being at least 18 years of age, having Turkish as a native language, and providing electronic informed consent. Participants who did not complete the data collection instruments were excluded from the analyses. Because the study aimed to examine the psychometric properties of the Turkish form in an adult community sample, a history of psychiatric or neurological diagnosis was not used as an exclusion criterion.

Table 1. Sociodemographic and clinical characteristics of the participants

Değişkenler		**Number (n)**	**Percent (%)**	**M**	**SD**
Gender	Women	288	64.0		
	Men	155	34.4		
	Prefer not to say	7	1.6		
Educational level	Primary/secondary school	12	2.7		
	High school	213	47.3		
	Undergraduate	196	43.6		
	Postgraduate	29	6.4		
History of psychiatric or neurological diagnosis	Yes	94	20.9		
	No	356	79.1		
Psychiatric or neurological medication use	Yes	50	11.1		
	No	400	88.9		
Age, years				28.36	11.14
Perceived socioeconomic status				5.04	1.87

N = 450. M = mean; SD = standard deviation. The age range was 18-76 years. Perceived socioeconomic status was rated from 1 to 10, with higher scores indicating higher perceived socioeconomic status.

A total of 485 form submissions were recorded. Initial data quality checks examined whether participants met the inclusion criteria, whether the data collection instruments had been completed, and whether any data were missing. Four individuals who did not consent to participate did not proceed to the data collection instruments. Of the 481 participants who provided consent, 18 left the survey before completing

the trait anxiety form of the State-Trait Anxiety Inventory (Öner and Le Compte 1998), which appeared in the final section, and 13 whose native language was not Turkish were excluded from the analyses. The final sample consisted of 450 participants aged 18 to 76 years (M = 28.36, SD = 11.14). There were no missing data for the SSGS items in the final sample. Participants self-reported any history of psychiatric or neurological diagnosis; this information was used to characterize the sample and to conduct exploratory group comparisons. The demographic characteristics of the participants are presented in Table 1.

Procedure

Ethical approval for the study was obtained from the Dokuz Eylül University Human Research Ethics Committee (Decision Date: November 19, 2025; Decision No: 9). Permission to use the measures and to adapt the SSGS was obtained from the respective authors or copyright holders. As the first step of the adaptation process, the 15-item English version of the State Shame and Guilt Scale was independently translated into Turkish by the researchers. The translations were then compared, and a consensus Turkish version was developed. This version was independently back-translated into English by two professional translators. The back-translations were compared with the original items, and the items were judged to be semantically appropriate. In the final stage, the Turkish version and the original English version of the scale were administered online to a bilingual sample of 18 participants to examine linguistic equivalence. Participants completed the original English version first, followed by the Turkish version, within the same session. Correlations between subscale scores obtained from the two versions were $r = .81$ ($p < .001$) for guilt, $r = .66$ ($p < .001$) for shame, and $r = .87$ ($p < .001$) for pride. The online survey used for the main data collection was created by the research team using Google Forms. Before data collection, the researchers tested the survey to ensure that the links functioned properly, section transitions worked as intended, item order and required-response settings were correct, and the survey displayed appropriately across different devices.

The study announcement, including a link to the online survey, was shared via WhatsApp through the researchers' professional and personal networks. In addition, members of the research team approached individuals in person at the Dokuz Eylül University Central Campus, and those who agreed to participate were directed to the online survey via a QR code. The study was not advertised on any other social media platforms, and no paid advertisements were used. Participants were provided with brief information about the study and informed that participation was voluntary. Detailed information about the study was presented on the first screen of the survey, where electronic informed consent was obtained. Data were collected via Google Forms between January and April 2026. Following consent, participants completed the Sociodemographic Information Form and Current Mood Item Set, the State Shame and Guilt Scale, and the State-Trait Anxiety Inventory, in that order. The online survey was completed individually. All questions were set as required responses, and participants could return to previous sections and change their responses before submitting the survey. The survey consisted of seven screens, including the informed consent and thank-you screens, and contained a total of 68 questions and items, excluding the consent question. Completion took approximately 15 minutes, and participants received no payment or other incentive. To prevent multiple submissions by the same individual, the Google Forms setting limiting users to one response was enabled. The dataset was also checked for duplicate records, and no duplicate responses were identified. Participants were not asked to provide their first or last names or any other information that could directly identify them. Survey responses were accessible only to the authors, and the data were stored in a password-protected digital environment with restricted access.

Measures

Participants completed the Sociodemographic Information Form and Current Mood Item Set, the State Shame and Guilt Scale, and the State-Trait Anxiety Inventory.

Sociodemographic Information Form and Current Mood Item Set

The sociodemographic form included questions on age, gender, education, native language, perceived socioeconomic status, history of psychiatric or neurological diagnosis, and medication use. To assess

participants' general mood at the time of assessment, the researchers developed a six-item set comprising three positive and three negative statements (e.g., "I currently feel emotionally well and calm"; "I currently feel a sense of inner unease or discomfort"). The items were developed with reference to the positive and negative affective content commonly included in measures of general mood, with the aim of providing a brief assessment while minimizing participant burden. Items were rated on a 5-point Likert-type scale (1 = Strongly disagree, 5 = Strongly agree). Negative items were reverse-scored, and the six items were summed to obtain a current mood score ranging from 6 to 30, allowing general mood at the time of assessment to be represented by a single score. Higher scores indicated a more positive current mood. The mean score in the sample was 18.85 (SD = 6.25), and Cronbach's alpha for the six items was .90.

State Shame and Guilt Scale (SSGS)

Developed by Marschall et al. (1994), the SSGS is a 15-item self-report measure assessing current levels of shame, guilt, and pride at the time of administration. Items are rated on a 5-point Likert-type scale (1 = Not feeling this way at all, 5 = Feeling this way very strongly). Each of the shame, guilt, and pride subscales consists of five items. In the original study, Cronbach's alpha coefficients were reported as .82 for guilt, .89 for shame, and .87 for pride. The scale contains no reverse-scored items. Rather than a total score, subscale scores ranging from 5 to 25 are used.

State-Trait Anxiety Inventory (STAI)

Developed by Spielberger et al. (1970), the STAI is a 40-item self-report measure of state and trait anxiety. The first 20 items assess state anxiety, whereas the remaining 20 assess trait anxiety. Items are rated using a 4-point Likert-type response format. Scores on each form range from 20 to 80, with higher scores indicating higher levels of anxiety. The Turkish adaptation was developed by Öner and Le Compte (1998). State anxiety was selected as an external criterion for convergent validity because it assesses negative emotional state at the same point in time as the SSGS and has also been used as an external criterion in previous SSGS adaptation studies (Cavalera et al. 2017). Trait anxiety was included as a complementary external criterion to examine the expected associations with a more general and relatively stable tendency to experience anxiety. In the present study, Cronbach's alpha was .94 for the state anxiety form and .90 for the trait anxiety form.

Statistical Analysis

Data were analyzed using IBM SPSS Statistics 30 and jamovi 2.6.45. After excluding participants whose native language was not Turkish and those who did not complete the trait anxiety form, the dataset was screened for outliers, missing data, and distributional properties. There were no missing data for the SSGS items. Standardized scores for all continuous variables used in the analyses fell within ±3.29, and no notable univariate outliers were detected. Distributions were examined using skewness and kurtosis values, histograms, boxplots, and Q-Q plots.

Structural validity was first examined using exploratory factor analysis (EFA). The suitability of the data for factor analysis was assessed using the Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy and Bartlett's test of sphericity. Principal axis factoring with oblimin rotation was used for the EFA. The number of factors was determined by considering parallel analysis based on 20 randomly generated datasets, the scree plot, and the theoretical structure of the scale. In the parallel analysis, the observed eigenvalues obtained using principal axis factoring were compared with the 95th percentile of eigenvalues from random datasets generated from a standard normal distribution with the same sample size and number of variables. Factor loadings with an absolute value of .30 or greater were considered when interpreting the factor solution. The three-factor structure was subsequently tested using confirmatory factor analysis (CFA) with maximum likelihood estimation and compared with a one-factor alternative model using descriptive fit indices. Model fit was evaluated using χ^2, CFI, TLI, SRMR, and RMSEA with its 90% confidence interval; standardized factor loadings and interfactor correlations were also reported.

For convergent validity, Pearson correlation analyses were used to examine the theoretically expected associations of SSGS subscale scores with state anxiety, trait anxiety, and current mood scores.

Measurement invariance of the SSGS across gender was examined using multigroup CFA. The multigroup CFA models were based on the three-factor model used in the single-group CFA and were estimated using maximum likelihood. Seven participants who did not wish to report their gender were excluded from these analyses, which were conducted using data from 288 women and 155 men. Invariance models were tested sequentially with increasingly restrictive equality constraints. In the configural invariance model, the same three-factor structure was freely estimated in both groups. In the metric invariance model, factor loadings were constrained to be equal across groups, whereas in the scalar invariance model, both factor loadings and item intercepts were constrained to be equal across groups (Putnick and Bornstein 2016). Model evaluation considered the chi-square difference test together with changes in CFI, RMSEA, and SRMR. A decrease in CFI greater than .010, an increase in RMSEA greater than .015, and an increase in SRMR greater than .030 for metric invariance or .015 for scalar invariance were considered indicative of noninvariance (Chen 2007). Because full scalar invariance was not supported, the effect of sequentially freeing equality constraints on item intercepts on model fit was examined. The intercept for SSGS14 was freed first, followed by that for SSGS3, and a partial scalar invariance model was then tested.

The distinctiveness of the subscales was evaluated using heterotrait-monotrait (HTMT) ratios based on item correlations; point estimates below .85 were considered consistent with discriminant validity (Henseler et al. 2015). Exploratory group comparisons were conducted using independent-samples t tests to examine whether subscale scores differed by gender and self-reported history of psychiatric or neurological diagnosis. Homogeneity of variance was assessed using Levene's test, and Welch's t test was used when this assumption was not met. Group means, standard deviations, 95% confidence intervals for the mean difference, and Hedges' g effect sizes were reported. Internal consistency was evaluated using Cronbach's alpha with 95% bootstrap confidence intervals and McDonald's omega coefficients (Hayes and Coutts 2020). For split-half reliability, items within each subscale were divided according to their order on the scale, with the first three items comprising one half and the final two the other; Guttman's split-half coefficient was then calculated. Test-retest reliability was not assessed because of the state nature of the scale. The significance level was set at .05.

Results

Structural Validity

The data were suitable for factor analysis (KMO = .922; Bartlett's $\chi^2(105) = 2702$, $p < .001$). In the EFA conducted using principal axis factoring with oblimin rotation, parallel analysis suggested four factors, and the four-factor solution explained 51.5% of the total variance. The fourth factor accounted for 7.44% of the variance. However, the solution did not exhibit a simple structure. SSGS2 (F3 = .349; F4 = .412), SSGS1 (F3 = .337; F4 = -.404), SSGS7 (F3 = .523; F4 = -.351), and SSGS12 (F1 = .408; F3 = .361) showed substantial loadings on more than one factor, and the fourth factor could not be interpreted as a theoretically distinct dimension. Correlations between the fourth factor and the remaining factors were also moderate (r = .342 with F1, r = -.420 with F2, and r = .398 with F3). Item loadings for the four-factor solution are presented in Supplementary Table 1. Given the break in the scree plot and the original theoretical structure of the scale, the three-factor solution was also examined. In this solution, the items clustered within the expected subscales and 48.4% of the total variance was explained. However, the factor loading (.326) and communality (.239) of SSGS8 on the shame subscale were relatively low. The three-factor EFA results are presented in Table 2.

The theoretical three-factor structure was then tested using CFA. The model showed acceptable-to-good fit ($\chi^2(87) = 223$, $p < .001$; CFI = .949; TLI = .938; SRMR = .0439; RMSEA = .0589, 90% CI [.0494, .0685]). Standardized factor loadings ranged from .478 to .803 and were all statistically significant ($p < .001$). Factor correlations were .775 between guilt and shame, -.547 between guilt and pride, and -.793 between shame and pride. The one-factor alternative model showed substantially poorer fit ($\chi^2(90) = 586.50$, CFI = .812, TLI = .780, RMSEA = .111, and SRMR = .078). These findings support a structure comprising three correlated but distinct dimensions. The CFA model is presented in Figure 1, and factor loading estimates are presented in Table 3.

Measurement Invariance across Gender

Measurement invariance of the three-factor structure of the SSGS across gender was examined using data from 288 women and 155 men. The configural invariance model showed acceptable fit ($\chi^2(174) = 369.78$, CFI = .928, TLI = .913, RMSEA = .050, and SRMR = .057). In the metric invariance model, in which factor loadings were constrained to be equal across groups, no meaningful deterioration in model fit was observed ($\Delta\chi^2(12) = 16.50$, p = .169; ΔCFI = -.002, ΔRMSEA = -.001, and ΔSRMR = .007). These findings supported metric invariance.

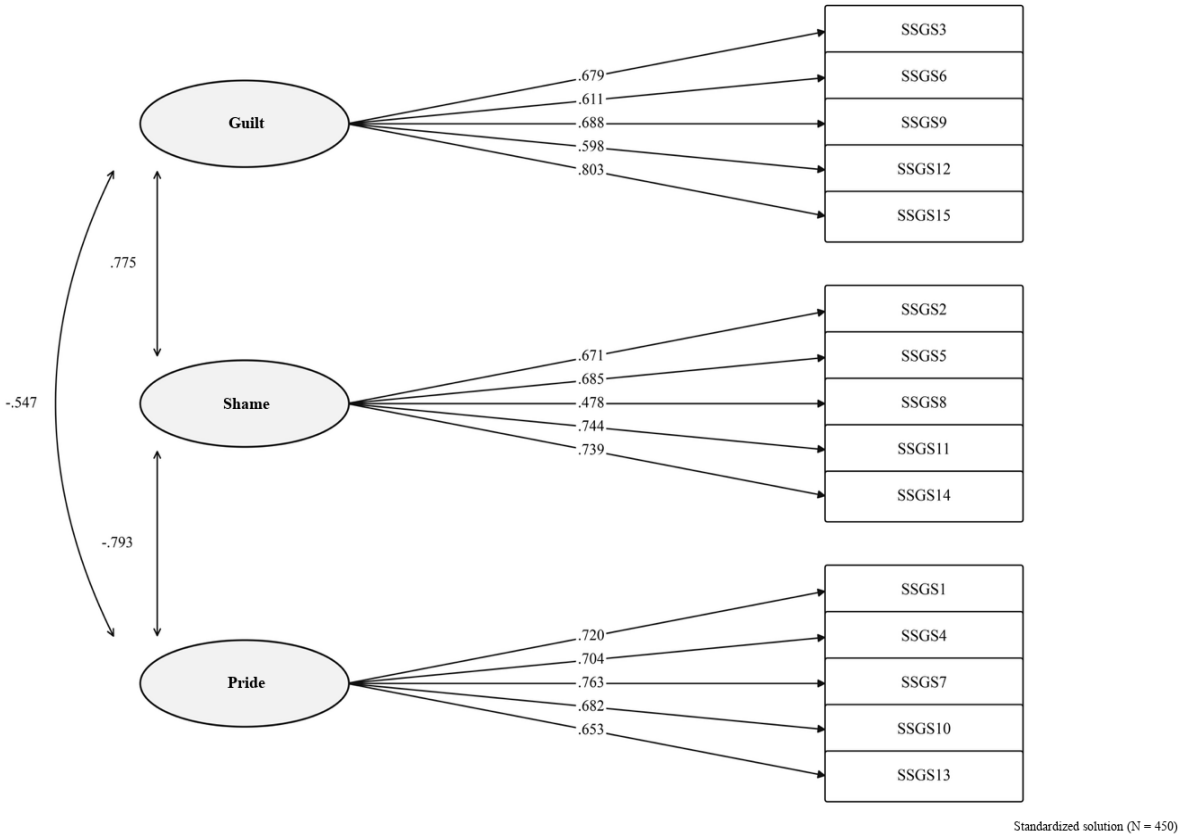


Figure 1. Standardized solution for the three-factor confirmatory factor analysis model of the Turkish State Shame and Guilt Scale (N = 450).

Single-headed arrows indicate standardized factor loadings, and double-headed arrows indicate correlations between factors. Item residual variances are omitted to improve readability. SSGS = State Shame and Guilt Scale. All factor loadings are significant at p < .001..

In the full scalar invariance model, in which item intercepts were constrained to be equal across groups in addition to factor loadings, the decrease in CFI exceeded the adopted criterion of .010 ($\Delta\chi^2(12) = 44.17$, p < .001; ΔCFI = -.012, ΔRMSEA = .002, and ΔSRMR = .004). Full scalar invariance was therefore not supported according to the adopted ΔCFI criterion. In the partial scalar invariance model, in which the intercept for SSGS14 was freed first, followed by the intercept for SSGS3, no significant or meaningful loss of fit was observed relative to the metric model ($\Delta\chi^2(10) = 14.59$, p = .148; ΔCFI = -.002, ΔRMSEA = -.001, and ΔSRMR = .001). These results support metric and partial scalar invariance of the Turkish SSGS across gender. Results for the measurement invariance models are presented in Table 4.

Convergent and Discriminant Validity

The mean SSGS subscale scores were 10.74 (SD = 4.59) for guilt, 9.25 (SD = 4.23) for shame, and 17.25 (SD = 4.46) for pride. Shame (r = -.576, p < .001) and guilt (r = -.424, p < .001) were negatively associated with current mood, whereas pride was positively associated with current mood (r = .658, p < .001).

Table 2. Three-factor exploratory factor analysis loadings and ıtem statistics for the State Shame and Guilt Scale items

Item	Factor loading	Communality (h^2)	Corrected item-total	M	SD
Factor 1: Guilt (Cronbach's α = .801)					
SSGS3	.621	.463	.590	2.02	1.20
SSGS6	.445	.377	.516	2.76	1.33
SSGS9	.749	.528	.624	2.41	1.37
SSGS12	.401	.352	.506	1.52	1.00
SSGS15	.815	.666	.707	2.04	1.22
Factor 2: Shame (Cronbach's α = .795)					
SSGS2	.553	.457	.590	1.97	1.25
SSGS5	.452	.448	.605	1.94	1.14
SSGS8	.326	.239	.428	1.67	1.06
SSGS11	.795	.620	.658	1.68	1.05
SSGS14	.560	.544	.606	1.99	1.20
Factor 3: Pride (Cronbach's α = .831)					
SSGS1	.484	.495	.616	3.38	1.05
SSGS4	.552	.476	.616	3.76	1.15
SSGS7	.684	.576	.677	3.24	1.18
SSGS10	.802	.562	.645	3.40	1.21
SSGS13	.638	.451	.596	3.47	1.17

N = 450. M = mean; SD = standard deviation; α = Cronbach's alpha internal consistency coefficient. Principal axis factoring with oblimin rotation was used in the exploratory factor analysis. Factor loadings below .30 are not shown. The communality column presents h^2 values; the corrected item-total column presents corrected item-total correlations.

Table 3. Confirmatory factor analysis factor loading estimates for the State Shame and Guilt Scale

Item	Estimate	SE	z	p	λ
Factor 1: Guilt					
SSGS3	.812	.0533	15.2	<.001	.679
SSGS6	.814	.0613	13.3	<.001	.611
SSGS9	.939	.0607	15.5	<.001	.688
SSGS12	.598	.0462	13.0	<.001	.598
SSGS15	.975	.0511	19.1	<.001	.803
Factor 2: Shame					
SSGS2	.836	.0550	15.2	<.001	.671
SSGS5	.781	.0500	15.6	<.001	.685
SSGS8	.505	.0501	10.1	<.001	.478
SSGS11	.780	.0450	17.4	<.001	.744
SSGS14	.884	.0512	17.3	<.001	.739
Factor 3: Pride					
SSGS1	.756	.0457	16.5	<.001	.720
SSGS4	.807	.0502	16.1	<.001	.704
SSGS7	.901	.0502	17.9	<.001	.763
SSGS10	.826	.0539	15.3	<.001	.682
SSGS13	.766	.0527	14.5	<.001	.653

N = 450. Estimate = unstandardized factor loading; SE = standard error; λ = standardized factor loading. All loadings are significant at $p < .001$

State anxiety was positively associated with shame ($r = .649$, $p < .001$) and guilt ($r = .539$, $p < .001$), and negatively associated with pride ($r = -.669$, $p < .001$). Trait anxiety showed the same pattern, with positive associations with shame ($r = .657$, $p < .001$) and guilt ($r = .590$, $p < .001$), and a negative association with pride ($r = -.674$, $p < .001$). All correlations are presented in Table 5. HTMT point estimates were .814 for guilt-shame, .556 for guilt-pride, and .787 for shame-pride. All values were below the .85 threshold, supporting the discriminant validity of the subscales.

Table 4. Measurement invariance results for the Turkish Form of the State Shame and Guilt Scale across gender									
Model	**χ^2 (df)**	**CFI**	**TLI**	**RMSEA (90% CI)**	**SRMR**	**$\Delta\chi^2$ (Δdf); p**	**ΔCFI**	**ΔRMSEA**	**ΔSRMR**
M1 Configural	369.78 (174)	.928	.913	.050 [.043 - .058]	.057	—	—	—	—
M2 Metric	386.28 (186)	.927	.917	.049 [.042 - .056]	.064	16.50 (12); .169	-.002	-.001	.007
M3 Scalar	430.45 (198)	.915	.910	.052 [.045 - .058]	.068	44.17 (12); <.001	-.012	.002	.004
M3a Partial scalar	400.87 (196)	.925	.919	.049 [.042 - .055]	.066	14.59 (10); .148	-.002	-.001	.001

N = 443 (women n = 288; men n = 155). CFI = comparative fit index; CI = confidence interval; RMSEA = root mean square error of approximation; Δ = change; df = degrees of freedom; SRMR = standardized root mean square residual; TLI = Tucker-Lewis index. Change values were calculated relative to M1 for M2, relative to M2 for M3, and relative to M2 for M3a. In model M3a, the intercepts of SSGS14 and SSGS3 were freely estimated across groups.

Table 5. Pearson Correlations between the State Shame and Guilt Scale subscales and other variables						
Variable	**1**	**2**	**3**	**4**	**5**	**6**
1. Shame	1					
2. Guilt	.647	1				
3. Pride	-.641	-.452	1			
4. State Anxiety	.649	.539	-.669	1		
5. Trait Anxiety	.657	.590	-.674	.703	1	
6. Current Mood	-.576	-.424	.658	-.825	-.607	1

N = 450. All correlations are significant at p < .001

Exploratory Group Comparisons

Comparisons by gender showed no significant differences in guilt, shame, or pride scores, and effect sizes were small (|g| = .085-.121). Ninety-four participants reported a history of psychiatric or neurological diagnosis; of these, 43 reported current use of psychiatric or neurological medication, whereas 51 reported no such medication use. Participants with a reported history of diagnosis had higher shame scores (M = 10.90, SD = 5.17) than those without such a history (M = 8.81, SD = 3.83; p < .001). Participants with a reported history of diagnosis also had lower pride scores (M = 16.18, SD = 5.10) than those without such a history (M = 17.53, SD = 4.24; p = .020). The difference in guilt scores was not significant (p = .136). Detailed results of the group comparisons are presented in Table 6.

Table 6. Comparison of State Shame and Guilt Scale subscales by gender and history of diagnosis							
Grouping	**Subscale**	**Group 1 M (SD)**	**Group 2 M (SD)**	**t (df)**	**p**	**Hedges' g**	**95% CI for Mean Difference**
Gender	Guilt	Women 10.91 (4.50)	Men 10.48 (4.80)	0.93 (441)	.354	.092	[-.48, 1.33]
	Shame	Women 9.38 (4.25)	Men 9.02 (4.21)	0.86 (441)	.391	.085	[-.47, 1.19]
	Pride	Women 17.08 (4.41)	Men 17.63 (4.56)	-1.22 (441)	.223	-.121	[-1.42, .33]
History of diagnosis	Guilt	Yes 11.37 (4.75)	No 10.58 (4.54)	1.49 (448)	.136	.173	[-.25, 1.84]
	Shame	Yes 10.90 (5.17)	No 8.81 (3.83)	3.67 (121)	<.001	.504	[.97, 3.23]
	Pride	Yes 16.18 (5.10)	No 17.53 (4.24)	-2.36 (129)	.020	-.304	[-2.48, -.22]

Welch's t-test was used for the shame and pride comparisons by history of diagnosis, for which Levene's test was significant; independent-samples t-tests were used for the remaining comparisons. Mean differences and Hedges' g values were calculated as Group 1 - Group 2. For gender comparisons, Group 1 represents women (n = 288) and Group 2 represents men (n = 155). For history-of-diagnosis comparisons, Group 1 represents participants reporting a history of diagnosis (n = 94) and Group 2 represents participants reporting no history of diagnosis (n = 356). CI = confidence interval; M = mean; SD = standard deviation; df = degrees of freedom.

Reliability

Cronbach's alpha coefficients were .801 for guilt (95% CI [.763, .833]), .795 for shame (95% CI [.753, .831]), and .831 for pride (95% CI [.798, .857]). McDonald's omega coefficients were .809, .800, and .831, respectively. Guttman split-half reliability coefficients were .754 for guilt, .744 for shame, and .758 for pride. The close correspondence between the alpha and omega coefficients indicated similar estimates of internal consistency across the three subscales, ranging from acceptable to good.

Discussion

In the present study, the original 15-item State Shame and Guilt Scale was adapted into Turkish, and the psychometric properties of the Turkish form were examined in a large adult sample spanning a wide age range. Structural validity was evaluated using EFA, CFA, and comparison with an alternative model; measurement invariance across gender was examined using multigroup CFA; the distinctiveness of the subscales was assessed using HTMT ratios; and convergent validity was evaluated through associations with state anxiety, trait anxiety, and current mood. Reliability was examined using Cronbach's alpha, McDonald's omega, and split-half reliability coefficients. Taken together, the findings supported the three-factor structure of the Turkish SSGS, metric and partial scalar invariance across gender, and adequate reliability of the subscales.

In the EFA, parallel analysis suggested four factors, and the four-factor solution explained 51.5% of the total variance. However, the variance explained by the fourth factor was limited, several items showed cross-loadings, and the factor could not be interpreted as a theoretically coherent and distinct dimension. By contrast, in the three-factor solution examined in light of the break in the scree plot and the original theoretical structure of the scale, the items largely clustered within the expected subscales and 48.4% of the total variance was explained. Given that decisions regarding the number of factors should consider the results of parallel analysis together with the simplicity, interpretability, and theoretical meaningfulness of the solution, retaining the three-factor solution appears methodologically and theoretically appropriate.

The three-factor structure was also supported by the CFA findings. The model showed acceptable-to-good fit, all standardized factor loadings were significant, and the one-factor alternative model showed substantially poorer fit. The inadequate fit of the one-factor model indicates that the scale items cannot be accounted for by a single general self-conscious emotion or general affective valence dimension, and that shame, guilt, and pride should instead be considered related but distinct constructs. This finding is consistent with the Greek adaptation, which retained the three-dimensional structure of the original scale. In the Greek adaptation, the 15-item scale also yielded a three-factor structure that explained 49.39% of the total variance, a value very similar to the 48.4% observed in the present study (Tzelepi et al. 2023). In the Italian and Arabic adaptations, by contrast, the pride dimension was not included, and eight- and ten-item forms assessing only shame and guilt were examined (Cavalera et al. 2017, Chbeir et al. 2026). In this respect, the present study demonstrates that the original 15-item structure, including pride as the positive self-conscious emotion dimension, can be retained in a different cultural context.

The EFA factor loading and communality of SSGS8 on the shame subscale were relatively low compared with those of the other items. Although the item had an EFA loading of .326 and a communality of .239, its standardized loading in the CFA was .478 and statistically significant. The relatively weak performance of this item does not appear to be unique to the present sample. In the Italian adaptation, Item 8 of the original scale was excluded from the short form because it showed cross-loading (Cavalera et al. 2017), whereas in the Greek adaptation, the same item had a loading of .452 on the shame factor (Tzelepi et al. 2023). These findings therefore suggest that Item 8 may show more variable psychometric performance across languages and cultures than the other items. Nevertheless, given that the item was a significant indicator in the CFA, had an acceptable corrected item-total correlation, and contributes to comparability with the original scale, its removal does not appear warranted on the basis of the present sample. The relatively low factor loading of SSGS8 may reflect the fact that the item expresses a broad moral evaluation of the self rather than the immediate experience of shame. The global self-evaluation implied by the statement "I feel

like I'm a bad person" may also overlap with guilt or more enduring negative self-evaluations, which could limit the variance it shares with the other state shame items. The relatively weak performance of this item across different language adaptations further suggests that this pattern may be related to the content of the original item.

The HTMT findings supported the discriminant validity of the shame, guilt, and pride subscales. HTMT ratios were .814 for guilt-shame, .556 for guilt-pride, and .787 for shame-pride, with all values remaining below the .85 threshold. The relatively high ratio between guilt and shame is consistent with the fact that these emotions may co-occur in everyday experience. Nevertheless, the value remained below the accepted threshold, indicating that the two subscales do not represent the same construct at the measurement level. The strong negative association between shame and pride, in turn, reflects opposing directions of negative and positive state evaluations of the self. These findings indicate that the relationships among the three subscales are theoretically meaningful but not strong enough to compromise their distinctiveness.

The convergent validity findings were consistent with theoretical expectations and with results reported in SSGS adaptations in other languages (Cavalera et al. 2017, Tzelepi et al. 2023, Chbeir et al. 2026). In the present study, shame and guilt scores were positively associated with both state and trait anxiety and negatively associated with current mood, whereas the opposite pattern was observed for pride. The negative associations of current mood with shame and guilt and its positive association with pride indicate that the SSGS subscales were related to general positive and negative emotional states at the time of assessment in the theoretically expected directions, complementing the validity evidence based on anxiety scores.

Although previous adaptation studies used different external criteria, they showed a similar pattern of associations. In the Italian adaptation of the SSGS-8 by Cavalera et al. (2017), state anxiety was positively associated with shame ($r = .49$) and guilt ($r = .38$). In the Greek adaptation by Tzelepi et al. (2023), shame and guilt were positively associated with DASS anxiety, depression, and stress, as well as perceived stress, whereas pride was negatively associated with these variables. In the Arabic adaptation by Chbeir et al. (2026), psychological distress was also positively associated with shame ($\rho = .45$) and guilt ($\rho = .38$), although pride was not assessed. Because the external criteria, sample characteristics, and correlation methods differed across studies, the magnitudes of the coefficients cannot be directly compared. Nevertheless, the consistency in the direction of associations across studies supports the theoretically expected pattern of relationships among the SSGS subscales and external criteria.

In the present study, the correlations of shame with state and trait anxiety were numerically higher than those of guilt. Similar patterns were observed in the Italian adaptation (Cavalera et al. 2017) and in the associations of the Arabic form with psychological distress (Chbeir et al. 2026), whereas in the Greek adaptation, DASS anxiety scores showed associations of similar magnitude with shame and guilt (Tzelepi et al. 2023). Thus, although the present findings support a relatively stronger association between shame and anxiety, the adaptation studies indicate that this difference is not consistent across all external criteria and samples. The present findings are also consistent with a meta-analysis showing that shame proneness is more strongly associated with anxiety symptoms than guilt proneness (Cândea and Szentagotai-Tătar 2018). A similar distinction has been reported for depressive symptoms, with the association between shame and depression being stronger than that between guilt and depression (Kim et al. 2011). Although state and trait measures assess different levels of emotional experience, shame and guilt should be regarded as related but distinct constructs that may show different patterns of association with psychological symptoms.

The exploratory group comparisons provided preliminary evidence supporting the potential use of the scale in clinical research. Participants who reported a history of psychiatric or neurological diagnosis had higher shame scores and lower pride scores than those without such a history. The difference in shame corresponded to a medium effect, whereas the difference in pride was small. The absence of a significant difference in guilt scores is broadly consistent with meta-analytic evidence indicating that shame may show stronger associations with psychological symptoms than guilt (Kim et al. 2011, Cândea and

Szentagotai-Tătar 2018). Because diagnostic information was self-reported and diagnostic categories were not differentiated, these comparisons were exploratory in nature. Nevertheless, the higher shame and lower pride scores observed among participants reporting a history of diagnosis suggest that the Turkish form may serve as a sensitive measure in studies involving samples with clinically verified diagnoses.

No significant gender differences were found for any of the three subscales, and effect sizes were small. The multigroup CFA findings provided further psychometric support for these comparisons. The three-factor structure and factor loadings were equivalent across women and men, and partial scalar invariance was also supported after freeing the intercepts of SSGS14 and SSGS3. These findings indicate that the items contributed to the subscales in a similar manner across women and men and that the large majority of item intercepts were equivalent across gender groups. Accordingly, the comparability of subscale scores across gender was largely supported. Similarly, the Greek adaptation found no significant differences between women and men in shame, guilt, or pride scores (Tzelepi et al. 2023), whereas the Arabic adaptation supported measurement invariance of the shame and guilt dimensions across gender (Chbeir et al. 2026). Nevertheless, the limited intercept differences observed for two items warrant further examination in independent samples.

In addition to the validity findings, the reliability analyses supported the consistency of the three subscales of the Turkish SSGS. Cronbach's alpha coefficients ranged from .795 to .831 and McDonald's omega coefficients from .800 to .831, with the two types of coefficients yielding very similar results. This indicates that estimates of internal consistency did not vary substantially depending on the reliability coefficient used. Guttman split-half coefficients ranging from .744 to .758 further supported the consistency of scores derived from different subsets of items. Given that each subscale consists of only five items, these values indicate a strong and consistent pattern of reliability for research use. The findings are generally consistent with the alpha coefficients reported in the Greek adaptation (.717-.874) (Tzelepi et al. 2023) and with those obtained for the shame and guilt subscales of the Italian short form (.82-.87) (Cavalera et al. 2017). High alpha and omega coefficients were also reported for the shame and guilt subscales of the 10-item Arabic form (Chbeir et al. 2026). Although the number of items and subscale structures differ across adaptations, the available literature indicates that the SSGS can yield reliable scores across different languages and cultures.

Taken together, the findings on structural validity, convergent and discriminant validity, measurement invariance across gender, and reliability indicate that the Turkish SSGS has strong and consistent psychometric properties. Its brevity, focus on emotions at the time of assessment, and ability to assess both positive and negative self-conscious emotions within a single measure offer important practical advantages. These features make the scale suitable for evaluating experimental emotion inductions and manipulations, monitoring emotional changes before and after cognitive tasks, and examining associations between state self-conscious emotions and clinical symptoms. Retaining the pride dimension also allows positive self-evaluations to be examined together with shame and guilt.

The present study has some limitations. First, because all measures relied on self-report, the findings may have been affected by common method bias and response tendencies. The self-reported nature of psychiatric or neurological diagnosis history and the inclusion of different diagnoses within the same group limit the interpretation of comparisons based on diagnosis history. The six-item current mood measure used in the convergent validity analyses was developed by the researchers for the present study and was not independently validated in a separate sample. Although the high internal consistency of the item set does not, by itself, provide evidence of validity, its theoretically expected associations with the SSGS subscales support its use in the present study. Another limitation concerning convergent validity is that no other validated measure directly assessing shame and guilt was used as an external criterion.

Because the EFA and CFA were conducted in the same sample, cross-validation of the three-factor structure in an independent sample is recommended. The use of convenience sampling, the fact that a substantial proportion of participants were recruited from the university community, the relatively young mean age of the sample, and the greater representation of women (64%) may limit the generalizability of

the findings to older, less educated, or otherwise sociodemographically different groups. Another limitation is that the sample size was not determined on the basis of an a priori power analysis. In addition, the four-factor solution suggested by parallel analysis and the relatively low factor loading of SSGS8 should be re-examined in future studies. Nevertheless, the interpretability of the three-factor solution, the CFA findings, the comparison with the alternative model, and the consistency of the other validity findings provide strong, complementary evidence for the three-dimensional structure in the present sample.

Future studies could examine the factor structure of the scale across groups differing in age, education, and clinical status. It would also be useful to assess the comprehensibility of the adapted items in the target population through cognitive interviewing or similar methods. The present study did not assess the scale's sensitivity to change or measurement error across repeated administrations. Because the SSGS was developed to assess state emotions, evaluating its sensitivity to experimental emotion inductions, clinical interventions, and naturally occurring emotional changes is more relevant than establishing conventional test-retest stability. Designs incorporating assessments before and after emotion induction or clinical intervention, as well as short-interval repeated assessments under stable conditions, could clarify the extent to which the scale captures genuine emotional change and how it may be used in research or clinical monitoring.

Conclusion

The present findings support the use of the Turkish SSGS as a valid, reliable, and easily administered measure of state levels of shame, guilt, and pride. The use of a large adult sample of 450 participants, retention of the original 15-item three-factor structure, comparison of this structure with a one-factor alternative model, support for metric and partial scalar invariance across gender, and evaluation of validity and reliability using multiple indicators strengthen the psychometric foundation of the Turkish form.

The Turkish SSGS provides a practical measure for investigating the relationships of shame, guilt, and pride with clinical symptoms and cognitive processes, evaluating experimental emotion inductions and manipulations, and conducting basic and applied psychological research on self-conscious emotions. Future research should confirm the three-factor structure of the Turkish SSGS in independent and clinical samples and to examine its sensitivity to changes in state emotions in the context of experimental emotion inductions or clinical interventions.

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Addendum 1. Turkish Form of the State Shame and Guilt Scale

Instructions

The following are some statements which may or may not describe how you are feeling right now. Please rate each statement using the 5-point scale below. Remember to rate each statement based on how you are feeling right at this moment.

1 = Not feeling this way at all

3 = Feeling this way somewhat

5 = Feeling this way very strongly

Options 2 and 4 represent intermediate ratings and may also be selected.

	Madde	**1**	**2**	**3**	**4**	**5**
1	Kendim hakkında iyi hissediyorum.					
2	Yerin dibine girmek ve kaybolmak istiyorum.					
3	Pişmanlık, vicdan azabı hissediyorum.					
4	Kendimi kıymetli, değerli buluyorum.					
5	Kendimi küçük hissediyorum.					
6	Yaptığım bir şey hakkında gergin hissediyorum.					
7	Kendimi yeterli, faydalı hissediyorum.					
8	Kendimi kötü bir insan gibi hissediyorum.					
9	Yaptığım kötü bir şeyi düşünmeden duramıyorum.					
10	Gururlu hissediyorum.					
11	Kendimi aşağılanmış, gözden düşmüş hissediyorum.					
12	Özür dileyecekmiş, itiraf edecekmiş gibi hissediyorum.					
13	Yaptığım bir şeyden dolayı memnun hissediyorum.					
14	Kendimi değersiz, güçsüz hissediyorum.					
15	Yaptığım bir şeyden dolayı kötü hissediyorum.					

Scoring

The guilt subscale score is calculated by summing items 3, 6, 9, 12, and 15;

The shame subscale score by summing items 2, 5, 8, 11, and 14;

and The pride subscale score by summing items 1, 4, 7, 10, and 13.

Each subscale score ranges from 5 to 25.

No items are reverse-scored.

A total scale score is not calculated; subscale scores are interpreted separately.

Higher scores indicate higher levels of the corresponding state emotion.

Addendum 2. Supplementary Table

Supplementary Table 1. Item loadings for the four-factor exploratory factor analysis solution suggested by parallel analysis

Item	Original subscale	Factor 1	Factor 2	Factor 3	Factor 4	Communality (h^2)
SSGS1	Pride	-.037	.337	-.147	-.404	.536
SSGS2	Shame	.132	.013	.349	.412	.509
SSGS3	Guilt	.625	-.031	.043	.032	.459
SSGS4	Pride	-.040	.473	-.157	-.173	.469
SSGS5	Shame	.207	-.108	.295	.252	.447
SSGS6	Guilt	.495	-.061	-.008	.231	.406
SSGS7	Pride	-.085	.523	.013	-.351	.598
SSGS8	Shame	.248	.064	.163	.278	.268
SSGS9	Guilt	.752	.114	-.009	.029	.523
SSGS10	Pride	.005	.858	-.010	.096	.681
SSGS11	Shame	.002	.009	.864	-.008	.736
SSGS12	Guilt	.408	.013	.361	-.170	.410
SSGS13	Pride	-.069	.573	-.057	-.071	.448
SSGS14	Shame	.032	-.261	.527	.068	.560
SSGS15	Guilt	.815	-.092	-.015	-.066	.673

N = 450. Principal axis factoring with oblimin rotation was used in the exploratory factor analysis. The original subscale column indicates the subscale to which each item belongs in the original SSGS. The communality column presents h^2 values.