Research

Psikiyatride Güncel Yaklaşımlar-Current Approaches in Psychiatry 2026; 18(Suppl 1):625-639

doi: 10.18863/pgy.2013669

Digital and Relational Correlates of Self-Hate in Romantic Relationships: The Roles of Fear of Missing Out, Social Media Addiction, and Relationship Quality

Romantik İlişkilerde Öz Nefretin Dijital ve İlişkisel Bağlantıları: Gelişmeleri Kaçırma Korkusu, Sosyal Medya Bağımlılığı ve İlişki Kalitesinin Rolü

Burcu Büge[1], Ravza Gündoğdu[1], Livanur Yılmaz[1], Rabia Duran[1]

[1]Istanbul Sabahattin Zaim University, Istanbul

ABSTRACT

Objective: This study examined the associations of fear of missing out (FoMO), social media addiction, and romantic relationship quality dimensions with self-hate among adults involved in romantic relationships.

Method: The sample consisted of 300 adults aged 18-65 years who resided in Turkey and were currently involved in a romantic relationship. Participants completed measures of FoMO, social media addiction, perceived partner support, relationship conflict, relationship depth, and self-hate.

Results: FoMO, social media addiction, and relationship conflict were positively associated with self-hate, whereas perceived partner support was negatively associated with self-hate. Relationship depth was not significantly associated with self-hate at the bivariate level. In the final regression model, FoMO and relationship conflict showed significant positive unique associations with self-hate, whereas perceived partner support showed a significant negative unique association. Social media addiction did not explain significant additional variance beyond FoMO. Relationship depth showed a positive conditional coefficient, which was interpreted cautiously because of its substantial overlap with perceived partner support. The final model explained 10.5% of the variance in self-hate.

Conclusion: Self-hate was associated with both digital and relational factors, highlighting the importance of considering these domains together when examining negative self-evaluation..

Keywords: HIV, acceptance, social stigma, HIV disclosure, young adult

ÖZ

Amaç: Bu çalışma, romantik ilişkisi olan yetişkinlerde gelişmeleri kaçırma korkusu, sosyal medya bağımlılığı ve romantik ilişki kalitesinin farklı boyutları ile öz nefret arasındaki ilişkileri incelemiştir.

Yöntem: Örneklem, Türkiye'de yaşayan ve halihazırda romantik bir ilişki içerisinde bulunan, 18-65 yaş aralığındaki 300 yetişkinden oluşmuştur. Katılımcılar, gelişmeleri kaçırma korkusu, sosyal medya bağımlılığı, algılanan partner desteği, ilişki çatışması, ilişki derinliği ve öz nefret değişkenlerini ölçen ölçekleri doldurmuştur.

Bulgular: Gelişmeleri kaçırma korkusu, sosyal medya bağımlılığı ve ilişki çatışması öz nefret ile pozitif yönde ilişkiliyken, algılanan partner desteği öz nefret ile negatif yönde ilişkili bulunmuştur. İlişki derinliği, iki değişkenli analizlerde öz nefret ile anlamlı bir ilişki göstermemiştir. Nihai regresyon modelinde, gelişmeleri kaçırma korkusu ve ilişki çatışması öz nefret ile anlamlı ve pozitif yönde özgün ilişkiler gösterirken, algılanan partner desteği anlamlı ve negatif yönde özgün bir ilişki göstermiştir. Sosyal medya bağımlılığı, gelişmeleri kaçırma korkusunun ötesinde anlamlı bir ek varyans açıklamamıştır. İlişki derinliği pozitif bir koşullu katsayı göstermiştir; ancak algılanan partner desteğiyle önemli ölçüde örtüşmesi nedeniyle bu bulgu ihtiyatlı bir şekilde yorumlanmıştır. Nihai model, öz nefrete ilişkin varyansın %10,5'ini açıklamıştır.

Sonuç: Öz nefretin hem dijital hem de ilişkisel faktörlerle ilişkili olduğu bulunmuştur. Bu bulgu, olumsuz benlik değerlendirmesi incelenirken bu iki alanın birlikte ele alınmasının önemini vurgulamaktadır.

Anahtar sözcükler: Gelişmeleri kaçırma korkusu, sosyal medya bağımlılığı, romantik ilişki kalitesi, öz nefret

Address for Correspondence: Burcu Büge, Istanbul Sabahattin Zaim University, Faculty of Humanities and Social Sciences, Department of Psychology, Istanbul, Türkiye **e-mail:** burcu.buge@izu.edu.tr

Received: 08.08.2026 | **Accepted:** 14.10.2026

Introduction

Social media has become deeply integrated into everyday social interaction, shaping how individuals maintain relationships, compare themselves with others, and monitor social information. Although social media platforms may facilitate communication and connection, they may also be associated with cognitive-emotional experiences such as fear of missing out and with problematic patterns of use. Fear of missing out has become increasingly relevant in digital environments, where individuals are repeatedly exposed to information about others' activities and rewarding experiences (Elsayed 2025, Tanhan et al. 2022).

Fear of missing out (FoMO) refers to a persistent and emotionally consuming concern that others may be having rewarding social experiences in one's absence, together with a powerful desire to remain continuously informed about their activities (Przybylski et al. 2013, Alabri 2022). This distressing experience is particularly salient in digital environments, where social networking sites provide constant access to social information, ongoing opportunities for comparison, and repeated exposure to events from which individuals may feel excluded (Alabri 2022). These digital experiences may also have implications for how individuals perceive themselves and their close relationships.

Romantic relationships encompass long-term forms of partnership such as marriage, cohabitation, or dating (Şensoy et al. 2019). Romantic relationship quality has been conceptualized in terms of dimensions such as intimacy, compatibility, autonomy, and sexuality, with intimacy showing a particularly strong association with relationship satisfaction (Hassebrauck and Fehr 2002). Mutual attitudes and feelings, the degree of sharing, and each partner's personal contributions have also been identified as important determinants of relationship quality (Kallová and Hargašová 2024). Related negative self-evaluative tendencies, such as self-criticism, have been associated with romantic relationship functioning (Lassri and Shahar 2012), suggesting that the way individuals relate to themselves may also be relevant to experiences within close relationships. Romantic partners often serve as important sources of support during periods of stress or crisis (Beach et al. 1993). Accordingly, the quality of romantic relationships may constitute an important interpersonal context for understanding variations in self-evaluative experiences.

Romantic relationship quality can be conceptualized through several dimensions, including intimacy, compatibility, autonomy, and sexuality. In the present study, however, relationship quality was operationalized using the Quality of Relationship Inventory, which assesses perceived partner support, relationship conflict, and relationship depth. These dimensions were selected because they capture complementary aspects of romantic relationship functioning that are theoretically relevant to self-evaluation: perceived partner support reflects the availability of emotional and interpersonal resources within the relationship, relationship conflict reflects negative and stressful relational exchanges, and relationship depth reflects the perceived closeness, importance, and involvement characterizing the relationship. Thus, the present operationalization focuses on supportive, conflictual, and closeness-related aspects of romantic relationship quality that may be particularly relevant to self-hate (Pierce et al. 1991, Özabacı 2011).

Romantic relationship quality is multidimensional. Perceived partner support may be associated with lower self-hate by providing validation, emotional security, and a sense of worth (Beach et al. 1993). Relationship conflict may be associated with greater self-hate through repeated experiences of rejection, criticism, or interpersonal threat (Roberts and David 2016). Relationship depth reflects the degree of emotional closeness, importance, and involvement experienced within the romantic relationship (Pierce et al. 1991, Özabacı 2011). Greater relationship depth was expected to be associated with lower self-hate because deeper and more emotionally meaningful relationships may provide a stronger sense of connection, relational security, and personal significance (Hassebrauck and Fehr 2002, Kallová and Hargašová 2024). Based on this broader relational perspective, relationship depth was hypothesized to show a negative association with self-hate. However, because evidence specifically linking relationship depth to self-hate is limited, this directional expectation was derived primarily from the broader literature on positive relationship functioning rather than from prior self-hate research.

Self-hate is a persistent and maladaptive form of self-evaluation characterized by the attribution of deeply negative qualities to oneself following perceived failures to meet personal standards. Within this maladaptive pattern, individuals may perceive themselves as fundamentally inadequate or flawed and experience considerable emotional distress, including feelings of shame, guilt, and diminished self-worth (Turnell et al. 2019). Clarifying how self-hate differs from related negative self-evaluative constructs is therefore important for establishing its distinct role in the present study.

Although self-hate overlaps with other negative self-evaluative constructs, it is conceptually distinct from them. Self-esteem refers to a broad and relatively global evaluation of one's overall worth (Rosenberg 1965), whereas self-criticism reflects a tendency to evaluate oneself harshly, particularly in response to perceived shortcomings or failure (Lassri and Shahar 2012). Shame, in contrast, is primarily a self-conscious emotional experience centered on perceived defectiveness or inadequacy (Tangney et al. 2007). Self-hate involves a more intense and affectively charged negative relationship with the self, characterized by persistent hostility, rejection, and aversion directed toward oneself (Turnell et al. 2019). Thus, low self-esteem concerns diminished self-worth, self-criticism concerns harsh evaluative processing, and shame concerns a painful self-conscious emotional state, whereas self-hate reflects a more global and hostile stance toward the self. Although these constructs may overlap, self-hate is not reducible to any one of them. Examining self-hate as a distinct outcome may therefore provide information beyond that captured by broader measures of self-esteem, self-criticism, or shame.

As a particularly severe form of negative self-relation, self-hate may be associated with how individuals interpret both digital and interpersonal experiences. The structure of social media platforms, which allows individuals to compare their own lives with idealized presentations of others, has been linked to unfavorable self-evaluative outcomes such as lower self-esteem through social comparison (Vogel et al. 2014). Although this evidence concerns an adjacent construct rather than self-hate specifically, it provides a conceptual basis for examining whether similar digital experiences are also associated with a more severe form of negative self-relation. Repeated social comparison, perceived exclusion, and negative self-evaluation provide plausible conceptual pathways linking FoMO and self-hate.

These variables may be considered within the same conceptual framework because they represent interconnected digital and interpersonal experiences that may be associated with negative self-evaluation. FoMO reflects a cognitive-emotional sensitivity to exclusion and missed social experiences, whereas social media addiction reflects a more behavioral pattern of persistent engagement with digital platforms. The desire to remain continuously connected may be associated with greater exposure to social comparison and perceived exclusion, both of which may be relevant to negative evaluations of the self. At the same time, romantic relationships constitute an important interpersonal context in which individuals experience support, conflict, intimacy, and validation. Perceived partner support may be associated with a more positive sense of self, whereas recurrent conflict and perceived rejection may be associated with more negative self-evaluations. Thus, FoMO, social media addiction, and romantic relationship quality represent distinct but related cognitive-emotional, behavioral, and interpersonal correlates of self-hate. Examining these domains within the same hierarchical model allows their shared and incremental associations with self-hate to be distinguished and enables an assessment of whether digital, cognitive-emotional, behavioral, and interpersonal factors contribute unique information about negative self-evaluation.

Social media addiction is characterized by persistent, poorly controlled use that may interfere with daily functioning and well-being (Montag and Markett 2023, Amirthalingam and Khera 2024). FoMO may be particularly relevant to such problematic engagement because the desire to remain continuously informed and connected can encourage repeated monitoring of social platforms (Biber 2020, Koç et al. 2023). Mobile social media use and FoMO-related behavioral patterns have also been associated with poorer romantic relationship outcomes (Wang et al. 2022). Thus, FoMO and social media addiction may represent related but conceptually distinct aspects of digital experience that are relevant to both self-evaluation and romantic relationships.

Previous studies have examined FoMO, problematic social media use, romantic relationship functioning, and self-evaluation in separate research contexts. Focusing specifically on self-hate may extend previous research on broader negative self-evaluative outcomes by examining a more severe form of self-directed hostility that has received comparatively less attention in relation to digital and romantic relationship experiences. Less is known about the extent to which FoMO, social media addiction, and distinct dimensions of romantic relationship quality explain unique variance in self-hate when considered within the same model. The present study therefore examined bivariate associations among FoMO, social media addiction, perceived partner support, relationship conflict, relationship depth, and self-hate. A hierarchical regression model was used to examine the incremental contribution of conceptually distinct domains. FoMO was entered in the first step because it was conceptualized as a proximal cognitive-emotional factor associated with concerns about social disconnection and the need to remain informed about others' activities. Previous theoretical and empirical work has linked FoMO with repeated social media monitoring and problematic patterns of social media engagement (Przybylski et al. 2013, Biber 2020, Koç et al. 2023). Social media addiction was therefore entered in the second step as a behavioral pattern of problematic digital engagement, allowing the analysis to examine whether such behavioral involvement accounted for additional variance in self-hate beyond the cognitive-emotional features captured by FoMO. The romantic relationship quality dimensions were entered in the third step because they represented a conceptually distinct interpersonal domain. Placing these variables in the final block allowed the analysis to test whether perceived partner support, relationship conflict, and relationship depth explained additional variance in self-hate beyond variance already accounted for by the two digital-domain variables. Thus, the hierarchical order progressed from a cognitive-emotional digital factor (FoMO) to problematic digital behavior (social media addiction) and finally to interpersonal relationship functioning. This ordering was theoretically specified to evaluate incremental contributions across these domains and was not intended to imply temporal or causal precedence. Exploratory gender differences in the study variables were also examined. Accordingly, three hypotheses were formulated. First, FoMO and social media addiction were expected to be positively associated with self-hate (H1). Second, relationship conflict was expected to be positively associated with self-hate, whereas perceived partner support and relationship depth were expected to be negatively associated with self-hate (H2). Third, FoMO, social media addiction, and romantic relationship quality dimensions were expected to explain incremental variance in self-hate within the theoretically specified hierarchical regression model (H3).

Method

This study employed a quantitative, cross-sectional, correlational design to examine the associations among fear of missing out, social media addiction, romantic relationship quality, and self-hate. The study focused on whether FoMO, social media addiction, and the dimensions of romantic relationship quality explained unique variance in self-hate.

Sample

The study included 300 adults (179 women, 59.7%; 121 men, 40.3%) residing in Turkey who were currently involved in a romantic relationship. Participants' mean age was 33.29 years (SD = 12.34, range = 18-65). Participants were recruited using convenience and snowball sampling. Because these non-probability sampling methods rely on voluntary participation and participant networks, they may introduce self-selection bias and limit the representativeness of the sample. Eligibility criteria included being at least 18 years old, residing in Turkey, using at least one social media platform, and currently being involved in a romantic relationship. Only responses from participants who met all eligibility criteria and completed the required study measures were included in the analytic sample. The survey did not include a couple-level identifier, and participation was not restricted to one member of each romantic couple. An a priori power analysis was conducted using G*Power 3.1 for hierarchical multiple regression with the fixed model, R^2 increase option. The analysis was based on the incremental contribution of the three romantic relationship quality dimensions entered in the final block after FoMO and social media addiction, resulting in three tested predictors and five predictors in total. This block was selected because one of the primary aims of

the study was to determine whether perceived partner support, relationship conflict, and relationship depth explained additional variance in self-hate beyond the two digital variables. In the absence of sufficiently specific prior evidence from closely comparable models to derive an empirical incremental effect-size estimate, a conventional medium effect size ($f^2 = .15$) was used for the a priori calculation. With $\alpha = .05$ and power = .80, the minimum required sample size was 77. The final sample of 300 participants exceeded this requirement.

Procedure

Ethical approval was obtained from the Istanbul Sabahattin Zaim University Research Ethics Committee on November 27, 2025, under approval number 2025/11. Data were collected between December 2025 and February 2026. Permission to use each scale was obtained from the respective authors via e-mail. Participants completed the Demographic Information Form, the Quality of Relationship Inventory, the Social Media Addiction Scale, the Fear of Missing Out Scale, and the Self-Hate Scale. Completion of the questionnaire took approximately 10 minutes. An informed consent statement was presented at the beginning of the questionnaire, and participants were informed of their right to withdraw from the study at any time.

Data were collected through an online self-report survey. Participants were recruited through digital platforms and participant referrals using convenience and snowball sampling. Because participation was based on an open survey link, the total number of individuals who received or viewed the invitation could not be determined. The analytic dataset consisted of 300 eligible and complete responses. The exact number of incomplete or otherwise excluded submissions could not be reconstructed from the survey platform because these responses were not retained in a form that allowed reliable retrospective counting. Responses were screened for eligibility and completeness before analysis. Incomplete submissions were not retained in the analytic dataset, and the final dataset contained no missing values on the variables included in the analyses; therefore, no missing-data imputation was performed. No unique personal identifier or IP-based identifier was retained in the research dataset; therefore, duplicate participation by the same individual could not be definitively verified. This limitation was considered when interpreting the findings.

Measures

Demographic Information Form

It included questions about participants' age, gender, education level, relationship status, average monthly income, social media platforms used, and average daily time spent on social media.

The Quality of Relationship Inventory

The Quality of Relationship Inventory (QRI) was developed by Pierce et al. (1991) to assess perceived support, conflict, and depth in close relationships. The original instrument consists of 25 items distributed across three dimensions: support, conflict, and depth. Items are rated on a 4-point Likert-type response format. The original development study provided support for the multidimensional structure of the scale and reported adequate internal consistency for its subscales. The QRI was adapted into Turkish by Özabacı (2011). The Turkish adaptation retained three dimensions assessing perceived partner support, relationship conflict, and relationship depth. The perceived partner support and relationship depth subscales each contain four items, whereas the relationship conflict subscale contains eight items. Items are rated on a 4-point Likert-type scale ranging from 1 (none) to 4 (very much), with higher scores indicating higher levels of the corresponding relationship dimension. Confirmatory factor analysis supported the factor structure of the Turkish form, and the adaptation study reported a Cronbach's alpha coefficient of .85 and a test-retest reliability coefficient of .72. Participants in the present study were instructed to complete the inventory with reference to their current romantic partner. In the present study, Cronbach's alpha coefficients for perceived partner support, relationship conflict, and relationship depth were .85, .75, and .86, respectively, and McDonald's omega coefficients were .85, .75, and .87, respectively.

The Social Media Addiction Scale

The Social Media Addiction Scale was developed by Hazar and Avcı (2024) to assess cognitive, behavioral, and emotional dimensions of problematic social media use. The scale consists of 23 items and three subdimensions: cognitive, behavioral, and emotional. Items are rated on a 5-point Likert-type scale ranging from 1 (strongly disagree) to 5 (strongly agree), with higher scores indicating higher levels of problematic/addictive social media use. The original development study provided evidence for the validity of the scale and reported high internal consistency for the total score (Cronbach's α = .886) and test-retest reliability (r = .866). Because the scale was originally developed in Turkish, no separate adaptation study was required. The original study also supported the interpretation of the total score; therefore, the total scale score was used in the present analyses as a continuous self-report indicator of problematic/addictive social media use rather than as an indicator of a clinical diagnosis. In the present study, the total Social Media Addiction Scale demonstrated good internal consistency (α = .85, ω = .86). Cronbach's alpha coefficients for the cognitive, behavioral, and emotional subscales were .74, .76, and .75, respectively, and McDonald's omega coefficients were .75, .76, and .76, respectively.

Fear of Missing Out Scale

The Fear of Missing Out Scale was originally developed by Przybylski et al. (2013) as a unidimensional measure of individual differences in FoMO. The original scale consists of 10 items rated on a 5-point Likert-type scale. The development study supported a unidimensional structure and good internal consistency. The scale was adapted to the Turkish social media context by Çelik and Özkara (2022). The Turkish version used in the present study consists of nine items rated on a 7-point Likert-type scale ranging from 1 (strongly disagree) to 7 (strongly agree), yielding total scores between 9 and 63, with higher scores indicating higher levels of FoMO. The Turkish adaptation study provided evidence for the validity of the scale and reported a Cronbach's alpha coefficient of .89 and a test-retest reliability coefficient of .85. In the present study, the Fear of Missing Out Scale demonstrated good internal consistency (α = .89, ω = .89).

The Self-Hate Scale

The Self-Hate Scale (SHS) was developed by Turnell et al. (2019) as a brief self-report measure of self-hate. The original scale consists of seven items and was developed as a unidimensional measure. The original validation study provided evidence for its factor structure, construct validity, and internal consistency. The SHS was adapted into Turkish by Büge and Bilge (2022). The Turkish form retained the original seven-item, single-factor structure. Items are rated on a 7-point Likert-type scale ranging from 1 (not at all true for me) to 7 (absolutely true for me), with higher total scores indicating greater self-hate and possible scores ranging from 7 to 49. The Turkish adaptation study supported the single-factor structure of the scale and reported good internal consistency (Cronbach's α = .88) and test-retest reliability (r = .86). There are no reverse-scored items. In the present study, the Self-Hate Scale demonstrated good internal consistency (α = .84, ω = .87).

Statistical Analysis

Statistical analyses of the data collected in this study were performed using IBM SPSS Statistics v25.0 software. Prior to the main analysis, the normality of the study variables was examined using skewness and kurtosis values. Skewness values ranged from -1.99 to 1.98, whereas kurtosis values ranged from -0.41 to 4.94. The highest positive skewness value was observed for self-hate (skewness = 1.98), whereas the highest kurtosis value was observed for relationship depth (kurtosis = 4.94). Although these values were within commonly used thresholds for identifying severe univariate non-normality in large samples (West et al. 1995), they were not treated as evidence that the regression residuals were normally distributed. The normality of regression residuals was evaluated separately using the histogram and normal P-P plot of standardized residuals. Mean, standard deviation, frequency, and percentage values were calculated to describe the participants' demographic characteristics and scale scores. Internal consistency in the present sample was evaluated using both Cronbach's alpha (α) and McDonald's omega (ω) coefficients. Pearson product-moment correlations were calculated to examine the bivariate associations among

perceived partner support, relationship conflict, relationship depth, social media addiction, FoMO, and self-hate. Independent-samples t tests were conducted as exploratory analyses to examine gender differences in the study variables. Welch's tests were used when the homogeneity of variance assumption was violated. Because all focal variables were assessed using self-report measures within the same survey, potential common method variance was examined using Harman's single-factor test. All individual items from the study measures were entered into an unrotated exploratory factor analysis. The proportion of variance accounted for by the first unrotated factor was then examined.

For the hierarchical regression analysis, linearity, homoscedasticity, normality of residuals, multicollinearity, independence of errors, and influential cases were examined. Linearity and homoscedasticity were evaluated by inspecting scatterplots of standardized predicted values against standardized residuals. The normality of residuals was assessed using the histogram and normal P-P plot of standardized residuals. Multicollinearity was assessed using tolerance and variance inflation factor values. Potentially influential observations were evaluated using standardized and studentized residuals, Cook's distance, and leverage values. These diagnostics were interpreted jointly rather than on the basis of a single fixed cutoff.

A three-step hierarchical multiple regression analysis was conducted to examine the incremental associations of FoMO, social media addiction, and romantic relationship quality dimensions with self-hate. FoMO was entered in Step 1 because it represented the primary cognitive-emotional construct of interest and has been theoretically associated with both problematic social media engagement and negative self-evaluation. Social media addiction was added in Step 2 to determine whether behavioral patterns of problematic digital engagement explained additional variance in self-hate beyond the variance associated with FoMO. In Step 3, perceived partner support, relationship conflict, and relationship depth were entered to examine whether interpersonal relationship factors contributed additional variance after the cognitive-emotional and behavioral digital factors had been considered. Age, marital status, and relationship duration were not included as covariates in the primary regression model because the analysis was designed to examine the incremental contributions of the focal psychological and relational constructs rather than to estimate a demographically adjusted model.

To evaluate the robustness of the primary findings to demographic and relationship-related characteristics, an additional sensitivity analysis was conducted. Age, gender, marital status, and relationship duration were entered in the first block, followed by FoMO, social media addiction, and the three romantic relationship quality dimensions in subsequent blocks. Relationship duration was treated as a categorical variable and dummy-coded for this analysis. Because FoMO and social media addiction were moderately correlated, a sensitivity analysis was also conducted using the reverse order of entry for these two variables. In this supplementary model, social media addiction was entered in Step 1, FoMO in Step 2, and the three romantic relationship quality dimensions in Step 3. This analysis was used to examine the extent to which conclusions regarding incremental variance depended on the ordering of the two digital variables.

Statistical significance for the primary analyses and hypothesis testing was assessed using the conventional $\alpha = .05$ threshold. Because multiple bivariate correlations and exploratory gender comparisons were conducted, Bonferroni-adjusted significance thresholds were additionally applied as a conservative sensitivity check rather than as a replacement for the prespecified conventional significance level. For the 15 pairwise correlations among the six study variables, the adjusted threshold was $p < .0033$ (.05/15), whereas for the six exploratory gender comparisons, the adjusted threshold was $p < .0083$ (.05/6). The unadjusted p values were reported in the main tables, and the adjusted thresholds were used as a sensitivity check when interpreting the findings. Additional robustness analyses were conducted to clarify the unexpected positive coefficient for relationship depth in the full regression model. Two reduced regression models were estimated: one excluding perceived partner support and one excluding relationship depth. These models were used to examine whether the coefficient for relationship depth was contingent on statistical adjustment for its substantial shared variance with perceived partner support. Partial and semi-partial correlations from the full model were also examined to characterize the unique associations of these two relationship quality dimensions with self-hate. Because several observations

showed relatively large residuals, an additional sensitivity analysis was conducted using HC3 heteroskedasticity-consistent standard errors for the final regression model. This analysis was used to examine whether the statistical significance pattern of the regression coefficients was robust to potential deviations from conventional ordinary least squares standard-error assumptions. As an additional robustness check, an alternative hierarchical model was estimated in which the three romantic relationship quality dimensions were entered in the first step, followed by FoMO in the second step and social media addiction in the third step. This analysis was conducted to examine whether conclusions regarding incremental variance were dependent on the theoretically specified ordering of the digital and relational predictor blocks.

Results

The characteristics of the sample and social media patterns are presented in Table 1. Pearson product-moment correlations were conducted to examine the associations among perceived partner support, relationship conflict, relationship depth, social media addiction, fear of missing out, and self-hate. As shown in Table 2, perceived partner support was negatively associated with relationship conflict, $r = -.16$, $p = .007$, and self-hate, $r = -.16$, $p = .005$. Perceived partner support was strongly and positively associated with relationship depth, $r = .73$, $p < .001$. The high correlation between perceived partner support and relationship depth was considered in the interpretation of the regression coefficients. Relationship conflict was positively associated with self-hate, $r = .21$, $p < .001$, but was not significantly associated with relationship depth, social media addiction, or FoMO. Relationship depth was not significantly associated with social media addiction, FoMO, or self-hate. Social media addiction was positively associated with FoMO, $r = .53$, $p < .001$, and showed a small positive association with self-hate, $r = .13$, $p = .025$. FoMO was also positively associated with self-hate, $r = .18$, $p = .002$, and negatively associated with perceived partner support, $r = -.12$, $p = .040$. Overall, FoMO, social media addiction, relationship conflict, and perceived partner support showed small bivariate associations with self-hate, whereas relationship depth was not significantly correlated with self-hate.

When the Bonferroni-adjusted threshold of $p < .0033$ was applied to the 15 pairwise correlations, the associations between perceived partner support and relationship depth, relationship conflict and self-hate, social media addiction and FoMO, and FoMO and self-hate remained statistically significant. At the prespecified conventional significance level of $\alpha = .05$, the associations of perceived partner support with relationship conflict and self-hate, social media addiction with self-hate, and FoMO with perceived partner support were also statistically significant. However, these latter associations did not remain significant under the more conservative Bonferroni-adjusted threshold and therefore were not robust to this multiple-comparison sensitivity check. Accordingly, hypothesis evaluation was based on the conventional $\alpha = .05$ criterion, while the Bonferroni-adjusted results were used to qualify the robustness of the bivariate findings.

As exploratory analyses, independent-samples t tests were conducted to examine gender differences across the six study variables. Women reported significantly higher social media addiction scores ($M = 66.45$, $SD = 12.03$) than men ($M = 62.39$, $SD = 11.76$), $t(298) = 2.89$, $p = .004$, Cohen's $d = .34$. The effect size was small. No statistically significant gender differences were observed for perceived partner support, Welch's $t(228.44) = 1.69$, $p = .092$; relationship conflict, Welch's $t(287.38) = -0.08$, $p = .937$; relationship depth, Welch's $t(228.16) = 1.36$, $p = .176$; FoMO, $t(298) = 0.84$, $p = .399$; or self-hate, $t(298) = -0.08$, $p = .936$. The gender difference in social media addiction remained statistically significant under the Bonferroni-adjusted threshold of $p < .0083$.

Visual inspection of the standardized residuals plotted against standardized predicted values indicated no clear systematic pattern, providing no strong indication of heteroscedasticity or nonlinearity. The residual histogram and normal P-P plot were also examined; however, several relatively large residuals were observed and residual normality was therefore interpreted cautiously. Standardized residuals ranged from -1.405 to 6.265, whereas studentized residuals ranged from -1.407 to 6.719. Five observations had absolute

standardized residuals greater than 3. The maximum Cook's distance was .091 and the maximum leverage value was .092.

Table 1. Sample characteristics and social media use patterns (N = 300)	
Variable	**N (%)**
Gender	
Men	121 (40.3)
Women	179 (59.7)
Age	
18-25	132 (44.0)
26-54	157 (52.3)
55-65	11 (3.7)
Marital Status	
Unmarried and in a relationship	128 (42.7)
Married	172 (57.3)
Duration of relationship	
0-3 months	15 (5.0)
4-6 months	18 (6.0)
7-12 months	19 (6.3)
1-2 years	64 (21.3)
3 years+	184 (61.4)
Education	
Primary or secondary school	31 (10.3)
High school	131 (43.7)
Bachelor's degree	131 (43.7)
Master's degree	7 (2.3)
Monthly household income (TRY)	
≤ 30.000	134 (44.7)
30.001-60.000	64 (21.3)
60.001-90.000	55 (18.3)
90.001-120.000	28 (9.3)
≥ 120.001	19 (6.4)
Social media platforms used	
Instagram	24 (8.0)
Twitter (X)	0
Facebook	3 (1.0)
TikTok	1 (0.3)
YouTube	14 (4.7)
Snapchat	0
LinkedIn	0
More than one	258 (86.0)
Social media platforms used to follow news	
Instagram	72 (24.0)
Twitter (X)	31 (10.3)
Facebook	3 (1.0)
TikTok	3 (1.0)
YouTube	18 (6.0)
Snapchat	0

Table 1. Sample characteristics and social media use patterns (N = 300)	
Variable	**N (%)**
LinkedIn	1 (0.3)
Others	9 (3.0)
More than one	163 (54.4)
Duration of daily social media use	
Less than 1 hour	47 (15.7)
1-3 hours	178 (59.3)
4-6 hours	51 (17.0)
≥ 6 hours	24 (8.0)
Duration of social media use	
1-5 years	39 (13.0)
5-10 years	131 (43.7)
≥ 10 years	130 (43.3)

N = sample size; % = percentage; TRY = Turkish Lira. For social media platform use, participants reporting a single platform were classified under that specific platform, whereas those reporting more than one platform were classified in the "More than one" category.

Table 2. Means, standard deviations, and correlations among study variables (N = 300)								
Variable	**M**	**SD**	**1**	**2**	**3**	**4**	**5**	**6**
1. Perceived Partner Support	13.91	2.63	-					
2. Relationship Conflict	21.32	4.43	-.16**	-				
3. Relationship Depth	14.47	2.31	.73***	-.09	-			
4. Social Media Addiction	64.84	12.07	.05	.08	.09	-		
5. Fear of Missing Out	17.29	7.97	-.12*	-.06	-.09	.53***	-	
6. Self-Hate	11.99	6.69	-.16**	.21***	-.03	.13*	.18**	-

N = sample size; M = mean; SD = standard deviation; p = probability value. *p < .05, **p < .01, ***p < .001

Table 3. Gender differences in study variables								
Variable	**Women M (N = 179)**	**SD**	**Men M (N = 121)**	**SD**	**t**	**df**	**p**	**Cohen's d**
Perceived Partner Support	14.13	2.44	13.59	2.88	1.69	228.44	.092	.21
Relationship Conflict	21.30	4.76	21.34	3.89	-0.08	287.38	.937	-.01
Relationship Depth	14.62	2.14	14.24	2.53	1.36	228.16	.176	.17
Social Media Addiction	66.45	12.03	62.39	11.76	2.89	298	.004	.34
Fear of Missing Out	17.60	8.42	16.81	7.26	0.84	298	.399	.10
Self-Hate	11.96	7.19	12.03	5.88	-0.08	298	.936	-.01

N = sample size; M = mean; SD = standard deviation; t = t statistic; df = degrees of freedom; p = probability value; Cohen's d = standardized mean difference. Welch's t test was used for perceived partner support, relationship conflict, and relationship depth because the homogeneity of variance assumption was not met. Positive Cohen's d values indicate higher scores among women

Taken together, these diagnostics identified several observations warranting attention, but no single observation appeared to exert a determinative influence on the regression results. Tolerance values ranged from .457 to .944, and VIF values ranged from 1.059 to 2.187, indicating that multicollinearity did not exceed conventional thresholds. The Durbin-Watson statistic was 1.88, indicating no substantial evidence of serial correlation among the regression residuals. This statistic does not, however, address potential dependence arising from participants belonging to the same romantic couple.

A three-step hierarchical multiple regression analysis was conducted to examine whether FoMO, social media addiction, and romantic relationship quality dimensions explained unique and incremental variance in self-hate. In Step 1, FoMO was entered into the model. The model was statistically significant, $F(1, 298) = 9.70$, $p = .002$, and accounted for 3.2% of the variance in self-hate, $R^2 = .032$, adjusted $R^2 = .028$. FoMO showed a small positive association with self-hate, $B = .149$, $SE = .048$, $\beta = .178$, $t = 3.12$, $p = .002$, 95% CI

[.055, .243]. In Step 2, social media addiction was added to the model. The two-predictor model was statistically significant, F (2, 297) = 5.10, p = .007, but the addition of social media addiction did not significantly increase the explained variance, ΔR^2 = .002, ΔF (1, 297) = 0.52, p = .473. FoMO remained positively associated with self-hate, B = .127, SE = .057, β = .152, p = .025, whereas social media addiction did not show a significant unique association with self-hate, B = .027, SE = .037, β = .048, t = 0.72, p = .473. In Step 3, relationship conflict, perceived partner support, and relationship depth were entered. This step explained an additional 7.1% of the variance, ΔR^2 = .071, ΔF (3, 294) = 7.82, p < .001. The final model was statistically significant, F (5, 294) = 6.87, p < .001, accounting for 10.5% of the variance in self-hate, R^2 = .105, adjusted R^2 = .089. In the final model, FoMO showed a small positive unique association with self-hate, B = .137, SE = .056, β = .163, t = 2.43, p = .016.

Relationship conflict was positively associated with self-hate, B = .290, SE = .086, β = .192, t = 3.38, p = .001, whereas perceived partner support was negatively associated with self-hate, B = -.603, SE = .207, β = -.237, t = -2.91, p = .004. Relationship depth also showed a positive regression coefficient, B = .492, SE = .234, β = .170, t = 2.10, p = .036. Social media addiction remained nonsignificant, B = .013, SE = .037, β = .024, t = .35, p = .724. As an additional sensitivity analysis, the final regression model was re-estimated using HC3 heteroskedasticity-consistent standard errors. The overall pattern of statistical significance was unchanged. FoMO remained significantly associated with self-hate, B = .137, HC3 SE = .060, t = 2.29, p = .022; relationship conflict remained positively associated with self-hate, B = .290, HC3 SE = .104, t = 2.78, p = .006; and perceived partner support remained negatively associated with self-hate, B = -.603, HC3 SE = .195, t = -3.10, p = .002. Relationship depth also retained a significant positive conditional coefficient, B = .492, HC3 SE = .217, t = 2.27, p = .024, whereas social media addiction remained nonsignificant, B = .013, HC3 SE = .037, t = .36, p = .723. Thus, the substantive significance pattern of the final model was robust to the use of HC3 standard errors.

As a sensitivity analysis, the order of entry of FoMO and social media addiction was reversed. When social media addiction was entered alone in Step 1, it accounted for approximately 1.7% of the variance in self-hate, R^2 = .017, F(1, 298) = 5.12, p = .024, and showed a small positive association with self-hate (B = .072, β = .130). Adding FoMO in Step 2 increased the explained variance to 3.4%, R^2 = .034, representing an additional 1.7% of variance, ΔR^2 = .017, ΔF(1, 297) = 5.28, p = .022. In the two-predictor model, FoMO showed a significant positive unique association with self-hate (B = .130, β = .154, t = 2.30, p = .022), whereas the coefficient for social media addiction was no longer statistically significant (B = .027, β = .048, t = 0.72, p = .473). Adding perceived partner support, relationship conflict, and relationship depth in Step 3 increased the explained variance to 10.5%, R^2 = .105, with the relationship-quality block accounting for approximately 7.1% additional variance, ΔR^2 = .071, ΔF(3, 294) = 7.82, p < .001. Thus, when social media addiction was entered before FoMO, it showed an initial association with self-hate, whereas FoMO subsequently accounted for significant additional variance and social media addiction no longer showed a significant unique association.

A further sensitivity analysis examined whether the primary findings remained robust after adjustment for demographic and relationship-related characteristics. Age, gender, marital status, and relationship duration were entered in the first block. This block accounted for 1.8% of the variance in self-hate and was not statistically significant, R^2 = .018, adjusted R^2 = -.005, F(7, 292) = 0.77, p = .615. Adding FoMO explained a significant additional 2.4% of variance, ΔR^2 = .024, ΔF(1, 291) = 7.43, p = .007, whereas the subsequent addition of social media addiction did not significantly increase explained variance, ΔR^2 = .002, ΔF(1, 290) = 0.51, p = .477. The addition of perceived partner support, relationship conflict, and relationship depth explained a further 9.3% of variance, ΔR^2 = .093, ΔF(3, 287) = 10.36, p < .001. The final adjusted model explained 13.8% of the variance in self-hate, R^2 = .138, adjusted R^2 = .102, F(12, 287) = 3.82, p < .001. In this model, FoMO (B = .126, β = .150, p = .028), relationship conflict (B = .369, β = .244, p < .001), perceived partner support (B = -.708, β = -.279, p = .001), and relationship depth (B = .568, β = .196, p = .019) remained statistically significant, whereas social media addiction remained nonsignificant (B = -.010, β = -.018, p = .798). Thus, adjustment for these demographic and relationship-related characteristics did not alter the substantive pattern of the primary findings.

As an additional robustness check, an alternative hierarchical regression model was estimated with perceived partner support, relationship conflict, and relationship depth entered in the first step, followed by FoMO in the second step and social media addiction in the third step. The relationship quality dimensions entered in Step 1 accounted for approximately 7.4% of the variance in self-hate, $R^2 = .074$, adjusted $R^2 = .064$, $F(3, 296) = 7.84$, $p < .001$. Adding FoMO in Step 2 explained an additional 3.0% of the variance, $\Delta R^2 = .030$, $\Delta F(1, 295) = 10.04$, $p = .002$. The subsequent addition of social media addiction in Step 3 did not significantly increase the explained variance, $\Delta R^2 < .001$, $\Delta F(1, 294) = 0.13$, $p = .717$. The final model explained approximately 10.5% of the variance in self-hate, $R^2 = .105$, adjusted $R^2 = .089$, $F(5, 294) = 6.86$, $p < .001$. Thus, the substantive conclusions were retained when the romantic relationship quality dimensions were entered before the digital variables: FoMO explained significant additional variance beyond relationship quality, whereas social media addiction did not explain additional variance beyond the other predictors.

Additional robustness analyses were conducted to clarify the unexpected positive coefficient for relationship depth. When perceived partner support was excluded from the model, the positive coefficient for relationship depth essentially disappeared ($\beta \approx .002$, $p \approx .97$), and the reduced model explained approximately 7.9% of the variance in self-hate ($R^2 \approx .079$, adjusted $R^2 \approx .067$). In contrast, when relationship depth was excluded, perceived partner support retained a negative coefficient ($\beta \approx -.114$, $p \approx .049$), with the reduced model explaining approximately 9.2% of the variance ($R^2 \approx .092$, adjusted $R^2 \approx .079$). In the full model, the partial and semi-partial correlations were .122 and .116, respectively, for relationship depth, and -.167 and -.161, respectively, for perceived partner support. Taken together, these analyses indicate that the positive coefficient for relationship depth was contingent on statistical adjustment for its substantial shared variance with perceived partner support rather than reflecting a positive bivariate association between relationship depth and self-hate. The increase from a near-zero bivariate association to a positive semi-partial association, together with the disappearance of the relationship depth coefficient when perceived partner support was removed, is consistent with a suppression-like pattern.

Table 4. Hierarchical regression analysis examining associations with self-hate (N = 300)

Step	Predictor	B	SE	β	t	p	95% CI for B
1	Constant	9.411	.911	-	10.33	< .001	[7.619, 11.203]
	Fear of Missing Out	.149	.048	.178	3.12	.002	[.055, .243]
2	Constant	8.043	2.110	-	3.81	< .001	[3.890, 12.197]
	Fear of Missing Out	.127	.057	.152	2.25	.025	[.016, .239]
	Social Media Addiction	.027	.037	.048	0.72	.473	[-.047, .101]
3	Constant	3.852	3.559	-	1.08	.280	[-3.153, 10.857]
	Fear of Missing Out	.137	.056	.163	2.43	.016	[.026, .248]
	Social Media Addiction	.013	.037	.024	0.35	.724	[-.060, .086]
	Relationship Conflict	.290	.086	.192	3.38	.001	[.121, .459]
	Perceived Partner Support	-.603	.207	-.237	-2.91	.004	[-1.011, -.195]
	Relationship Depth	.492	.234	.170	2.10	.036	[.031, .954]

N = sample size; B = unstandardized regression coefficient; SE = standard error; β = standardized regression coefficient; CI = confidence interval; R^2 = coefficient of determination; ΔR^2 = change in R^2; F = F statistic; ΔF = change in F statistic; p = probability value. Step 1: $R^2 = .032$, adjusted $R^2 = .028$, $F(1, 298) = 9.70$, $p = .002$. Step 2: $R^2 = .033$, adjusted $R^2 = .027$, $F(2, 297) = 5.10$, $p = .007$, $\Delta R^2 = .002$, $\Delta F(1, 297) = 0.52$, $p = .473$. Step 3: $R^2 = .105$, adjusted $R^2 = .089$, $F(5, 294) = 6.87$, $p < .001$, $\Delta R^2 = .071$, $\Delta F(3, 294) = 7.82$, $p < .001$. *p < .05, **p < .01, ***p < .001

Discussion

The present findings suggest that self-hate should be considered within a broader framework that includes both digital experiences and interpersonal relationship processes. Self-hate represents a severe form of negative self-evaluation characterized by hostility and rejection directed toward the self (Turnell et al. 2019). Previous research has linked negative self-evaluative processes to social comparison and has also demonstrated associations between self-critical tendencies and difficulties in close relationships (Vogel et al. 2014, Lassri and Shahar 2012). Romantic relationships may also provide an important interpersonal

context for self-evaluation because experiences of support, criticism, closeness, and conflict can shape emotional well-being and perceptions of the self (Beach et al. 1993, Lassri and Shahar 2012). The present findings therefore extend previous work by indicating that digital and relational correlates may contribute simultaneously to individual differences in self-hate.

FoMO showed a more consistent unique association with self-hate than social media addiction when the two digital variables were considered together. This pattern may reflect the cognitive-emotional nature of FoMO, which involves concerns about exclusion, missed rewarding experiences, and a persistent desire to remain connected to others (Przybylski et al. 2013, Alabri 2022). Previous research has also linked FoMO to repeated monitoring of social media and problematic engagement with digital platforms (Biber 2020, Koç et al. 2023). In addition, social media environments provide frequent opportunities for upward social comparison, which has been associated with poorer self-evaluation and lower self-esteem (Vogel et al. 2014). From this perspective, the association between FoMO and self-hate may partly reflect greater sensitivity to perceived exclusion and unfavorable comparison with others. However, these mechanisms were not directly measured in the present study and should be examined in future research.

Although social media addiction was positively associated with self-hate at the bivariate level, it did not explain significant additional variance after FoMO was taken into account. FoMO and problematic social media engagement are theoretically related because concerns about remaining informed and socially connected may motivate repeated checking and prolonged engagement with social media platforms (Przybylski et al. 2013, Koç et al. 2023). Problematic social media use has also been associated with impaired well-being and difficulties in daily functioning, although its psychological correlates may overlap with the motivational and emotional processes that accompany FoMO (Montag and Markett 2023, Amirthalingam and Khera 2024). Accordingly, the present pattern should not be interpreted as indicating that social media addiction is unrelated to self-hate. Rather, the shared variance between FoMO and social media addiction may account for the limited unique contribution of social media addiction when both constructs are examined simultaneously.

The relational findings further indicate that perceived partner support and relationship conflict may be particularly relevant to negative self-evaluation. Romantic partners can function as important sources of emotional support during stress, and supportive partner relationships have been associated with better psychological well-being (Beach et al. 1993, Burke and Weir 1977). In contrast, conflictual interactions and technology-related disruptions within romantic relationships have been associated with poorer relationship functioning and greater psychological distress (Roberts and David 2016, Wang et al. 2022). Self-critical tendencies have also been linked to difficulties in romantic relationship functioning (Lassri and Shahar 2012). The negative association between perceived partner support and self-hate and the positive association between relationship conflict and self-hate are therefore consistent with the possibility that supportive and conflictual relational experiences may relate differently to how individuals evaluate themselves.

Relationship depth showed a more complex pattern. Although it was not significantly associated with self-hate at the bivariate level, it showed a positive conditional coefficient after perceived partner support was included in the regression model. Relationship depth reflects closeness, importance, and involvement within a relationship and is conceptually related to other positive dimensions of relationship quality (Pierce et al. 1991, Özabacı 2011). Previous research has likewise emphasized that relationship quality is multidimensional and that closeness or intimacy should be interpreted together with other relational characteristics rather than in isolation (Hassebrauck and Fehr 2002, Kallová and Hargašová 2024). Given the strong overlap between partner support and relationship depth in the present study, the positive conditional coefficient is more plausibly interpreted as a suppression-like statistical pattern than as evidence that deeper relationships are associated with greater self-hate. Replication in samples with more differentiated relational profiles is needed before substantive meaning is assigned to this coefficient.

Taken together, these findings may have preliminary implications for psychological and psychiatric assessment. Severe negative self-evaluation may occur within a broader network of social-comparison processes, perceived exclusion, interpersonal conflict, and perceived availability of support (Turnell et al.

2019, Vogel et al. 2014). At the same time, close relationships can represent important sources of emotional support, while recurrent interpersonal difficulties may contribute to psychological distress (Beach et al. 1993, Lassri and Shahar 2012). Thus, FoMO, problematic social media engagement, perceived partner support, and relationship conflict may be useful contextual domains to explore when self-directed hostility is clinically relevant. Because the present study was cross-sectional and the explained variance was modest, these variables should not be considered causal risk factors or direct treatment targets.

Several methodological limitations should be considered. All focal constructs were assessed using self-report measures within the same survey, which may increase the possibility of common method variance and shared response tendencies (Podsakoff et al. 2003, Vogel et al. 2014). In addition, the cross-sectional design does not establish temporal ordering among FoMO, social media use, relationship experiences, and self-hate. Cross-sectional associations may provide useful evidence of covariation, but they are insufficient for determining developmental or causal sequences (Maxwell and Cole 2007, Podsakoff et al. 2003). Future longitudinal studies should therefore examine whether FoMO and relationship experiences prospectively predict changes in self-hate and whether reciprocal associations emerge over time.

Generalizability should also be considered. The sample was recruited through convenience and snowball sampling, women were somewhat overrepresented, and relatively few participants represented older age groups or very short-term relationships. Relationship quality may vary across relationship stages and may involve multiple dimensions whose meaning depends on the broader relational context (Hassebrauck and Fehr 2002, Kallová and Hargašová 2024). Future studies should therefore recruit more diverse samples, include participants at different stages of romantic relationships, and collect data from both partners when possible. Dyadic designs would be particularly valuable because partner support, conflict, and relationship depth are inherently interpersonal constructs and may be better understood when both members of the relationship are represented (Pierce et al. 1991, Beach et al. 1993).

Conclusion

FoMO showed a unique positive association with self-hate, whereas social media addiction did not explain significant additional variance beyond FoMO. Romantic relationship quality dimensions collectively explained significant additional variance in self-hate. Perceived partner support was negatively associated with self-hate, whereas relationship conflict was positively associated with self-hate. The positive conditional coefficient for relationship depth should be interpreted cautiously because it appeared to reflect substantial shared variance with perceived partner support rather than a positive bivariate association with self-hate. These findings highlight the relevance of both digital and relational correlates of self-hate. Longitudinal and dyadic research is needed to clarify the direction and stability of these associations. Because the study employed a cross-sectional design, causal inferences cannot be drawn from the observed associations. The findings should therefore be interpreted as statistical associations rather than evidence of directional effects.

References

Alabri A (2022) Fear of missing out (FoMO): The effects of the need to belong, perceived centrality, and fear of social exclusion. Hum Behav Emerg Technol, 2022:4824256.

Amirthalingam J, Khera A (2024) Understanding social media addiction: A deep dive. Cureus, 16:e72499.

Beach SRH, Martin JK, Blum TC, Roman PM (1993) Effects of marital and co-worker relationships on negative affect: Testing the significant role of marriage. Am J Fam Ther, 21:313-323.

Biber L (2020) Sosyal medya, FoMO ve kuşaklararası farklılaşma. Ekonomi ve Yönetim Araştırmaları Dergisi, 9:26-43.

Burke RJ, Weir T (1977) Marital helping relationships: The moderators between professional stressors and physical and emotional well-being. J Psychol, 95:121-130.

Büge B, Bilge Y (2022) Reliability and validity of self-hate scale in Turkish community sample. Journal of Happiness and Health, 2:61-69.

Çelik F, Özkara BY (2022) Fear of Missing Out (FoMO) Scale: Adaptation to social media context and evaluating its psychometric properties. Psikoloji Çalışmaları, 42:71-103.

Elsayed HAE (2025) Fear of missing out and its impact: Exploring relationships with social media use, psychological well-being, and academic performance among university students. Front Psychol, 16:1582572.

Hassebrauck M, Fehr B (2002) Dimensions of relationship quality. Pers Relatsh, 9:253-270.

Hazar ÇM, Avcı Ö (2024) Sosyal medya bağımlılığı ölçeği: Geçerlik ve güvenirlik çalışması. Kastamonu İletişim Araştırmaları Dergisi, 13:16-39.

Kallová N, Hargašová L (2024) All is well in moderation: Perspectives of young adults on positive and negative factors influencing the quality of romantic relationships. Interpersona, 18:21-39.

Koç H, Şimşir Gökalp Z, Seki T (2023) The relationships between self-control and distress among emerging adults: A serial mediating role of fear of missing out and social media addiction. Emerging Adulthood, 11:626-638.

Lassri D, Shahar G (2012) Self-criticism mediates the link between childhood emotional maltreatment and young adults' romantic relationships. J Soc Clin Psychol, 31:289-311.

Maxwell SE, Cole DA (2007) Bias in cross-sectional analyses of longitudinal mediation. Psychol Methods, 12:23-44.

Montag C, Markett S (2023) Social media use and everyday cognitive failure: Investigating the fear of missing out and social networks use disorder relationship. BMC Psychiatry, 23:872.

Özabacı N (2011) İlişki kalitesi ölçeğinin Türkçe uyarlaması: Geçerlilik ve güvenilirlik çalışması. Eğitim ve Bilim, 36:159-167.

Pierce GR, Sarason IG, Sarason BR (1991) General and relationship-based perceptions of social support: Are two constructs better than one? J Pers Soc Psychol, 61:1028-1039.

Podsakoff PM, MacKenzie SB, Lee JY, Podsakoff NP (2003) Common method biases in behavioral research: A critical review of the literature and recommended remedies. J Appl Psychol, 88:879-903.

Przybylski AK, Murayama K, DeHaan CR, Gladwell V (2013) Motivational, emotional, and behavioral correlates of fear of missing out. Comput Human Behav, 29:1841-1848.

Roberts JA, David ME (2016) My life has become a major distraction from my cell phone: Partner phubbing and relationship satisfaction among romantic partners. Comput Human Behav, 54:134-141.

Rosenberg M (1965) Society and the Adolescent Self-Image. Princeton, NJ, Princeton University Press.

Şensoy G, Asıcı E, İkiz FE (2019) İlişki doyumunun mükemmeliyetçilik ve güven aracılığıyla yordanması. Pamukkale Üniversitesi Eğitim Fakültesi Dergisi, 46:230-249.

Tangney JP, Stuewig J, Mashek DJ (2007) Moral emotions and moral behavior. Annu Rev Psychol, 58:345-372.

Tanhan F, Özok Hİ, Tayiz V (2022) Gelişmeleri kaçırma korkusu (FoMO): Güncel bir derleme. Psikiyatride Güncel Yaklaşımlar, 14:74-85.

Turnell AI, Fassnacht DB, Batterham PJ, Calear AL, Kyrios M (2019) The self-hate scale: Development and validation of a brief measure and its relationship to suicidal ideation. J Affect Disord, 245:779-787.

Vogel EA, Rose JP, Roberts LR, Eckles K (2014) Social comparison, social media, and self-esteem. Psychol Pop Media Cult, 3:206-222.

Wang L, Qiu J, Yan S, Liu W (2022) Does mobile social media undermine our romantic relationships? The influence of fear of missing out (FoMO) on young people's romantic relationship. Inf Res, 27(Special issue):isic2231.

West SG, Finch JF, Curran PJ (1995) Structural equation models with nonnormal variables: Problems and remedies. İçinde: Structural Equation Modeling: Concepts, Issues, and Applications (Ed. RH Hoyle):56-75. Thousand Oaks, CA, Sage.

Authors Contributions: The author(s) have declared that they have made a significant scientific contribution to the study and have assisted in the preparation or revision of the manuscript
Peer-review: Externally peer-reviewed.
Ethical Approval: Ethical approval for this study was obtained from Istanbul Sabahattin Zaim University Research Ethics Committee pursuant to date 27.11.2025 and number 2025/11.
Conflict of Interest: No conflict of interest was declared.
Financial Disclosure: No financial support was declared for this study.