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خلاصه مقاله:

Abstract Introduction: Psychological theories and literature have confirmed self-destructiveness patterns in human beings. Chronic self-destructiveness has been defined as a tendency to behaviors that increase negative consequences and decrease potential success in the future. The aim of this study was to investigate prediction of chronic self-destructiveness based on the depression symptoms, internalized self-criticism, shame and guilt, and sex differences in this area. Method: Hundred and six under-graduate students (۵۹ women and ۴۷ men) of Tehran University responded to questionnaires, in convenience sampling. The Chronic Self-Destructiveness Scale (CSDS), Personal Feeling Questionnaire (PFQ), Levels of Self-Criticism Scale (LSCS) and Beck Depression Inventory-II (BDI-II) were used. Data analysis was performed using Pearson correlation coefficients and standard multiple regression. Results: Data showed that depression could predict self-destructiveness in both sex. According to expect, after adding internalized self-criticism in the next step, the role of depression decreased in predicting of self-destructiveness, but internalized self-destructiveness could predict self-destructiveness beyond the depression, only in men. In the next step, after adding guilt and shame subscales in the equation, guilt could predict self-destructiveness, beyond other variables in women, and in men, internalized self-criticism could predict self-destructiveness better than other variables. Conclusion: Our findings affirmed that self-destructiveness could be predicted by depression, internalized self-criticism and guilt. Internalized self-criticism and guilt could predict self-destructiveness, beyond other variables, in men and women respectively.Keywords: chronic self-destruction; sex differences; internalized self-criticism; guilt; prediction.

کلمات کلیدی:

Keywords: Chronic Self-Destruction, Sex differences, Internalized Self-Criticism, guilt, prediction