VALIDITY AND RELIABILITY STUDY OF THE TURKISH VERSION OF THE MEASURE OF ONLINE DISINHIBITION (MOD)[1]

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Abstract

The present study examined the validity and reliability of the Turkish version of the Measure of Online Disinhibition (MOD), originally developed by Stuart and Scott (2021). Data were collected from Turkish university students from four different samples (Total N = 663; 74% female) comprising a (i) pilot study (Sample 1; N=35) to test the translation of the MOD, (ii) a study to test the factor structure of the Turkish MOD (Sample 2; N=284), (iii) study to assess the criterion validity of the Turkish MOD (Sample 3; N=289), and (iv) study to assess the test-retest reliability of the Turkish MOD (Sample N=55). Confirmatory factor analysis confirmed the unidimensional factor structure

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(χ2/df=3.803, CFI=.91, RMSEA=.10, SRMR=.06). MOD scores were significantly positively associated with scale scores assessing online bullying (r = .19, p < .01), internet addiction (r = .38, p < .01), Machiavellianism (r = .29, p < .01), psychopathy (r = .21, p < .01), online histrionic personality (r = .54, p < .01), frequency of checking the internet (r = .19, p < .01), and frequency of checking social media (r = .12, p < .05). MOD scores were significantly negatively associated with life satisfaction (r = -.21, p < .01). Both alpha and omega coefficients of the MOD in Studies 2 and 3 were very good to excellent (ranging between .89 and .91). The test-retest reliability coefficient of the MOD was .78 (Study 4). Based on the findings, the MOD is a valid and reliable scale for assessing online disinhibition among Turkish-speaking individuals.

Keywords: Online Disinhibition, Internet Use, Social Media Use, Measure of Online Disinhibition.

Çevrimiçi Disinhibisyon Ölçeği (ÇDÖ) Türkçe Formunun Geçerlik ve Güvenirlik Çalışması

Öz

Bu çalışma, Stuart ve Scott (2021) tarafından geliştirilen Çevrimiçi Disinhibisyon Ölçeği (ÇDÖ) Türkçe formunun geçerlik ve güvenirliğini incelemeyi amaçlamaktadır. Araştırmanın verileri, dört farklı örneklemden (Toplam N = 663; %74 kadın) oluşan Türk üniversite öğrencilerinden toplanmıştır. Bu kapsamda, ÇDÖ'nün çevirisinin test edildiği bir pilot çalışma (Örneklem 1; N= 35), faktör yapısının doğrulandığı bir çalışma (Örneklem 2; N = 284), kriter geçerliğinin değerlendirildiği bir çalışma (Örneklem 3; N = 289) ve test-tekrar test güvenirliğinin incelendiği bir çalışma (Örneklem 4; N = 55) yürütülmüştür. Doğrulayıcı faktör analizi (DFA) sonuçları, ölçeğin tek boyutlu yapısını doğrulamıştır (χ²/sd = 3.803, CFI = .91, RMSEA = .10, SRMR = .06). ÇDÖ puanları; çevrimiçi zorbalık (r = .19, p < .01), internet bağımlılığı (r = .38, p < .01), Makyavelizm (r = .29, p < .01), psikopati (r = .21, p < .01), çevrimiçi histrionik kişilik (r = .54, p < .01), interneti kontrol etme sıklığı (r = .19, p < .01) ve sosyal medyayı kontrol etme sıklığı (r = .12, p < .05) ile anlamlı düzeyde pozitif ilişkili bulunmuştur. Ayrıca, ÇDÖ puanları yaşam doyumu ile anlamlı düzeyde negatif ilişkili bulunmuştur (r = -.21, p < .01). Bu bulgular ÇDÖ'nün kriter geçerliğine sahip olduğunu göstermektedir. ÇDÖ'nün 2. ve 3. çalışmalardaki iç tutarlılık katsayıları (alfa ve omega) yeterli düzeyde bir güvenirliğe sahip olduğunu göstermeketdir. ÇDÖ'nün test-tekrar test güvenirlik katsayısı ise .78'dir (Çalışma 4). Elde edilen bulgular, ÇDÖ'nün Türkçe formunun çevrimiçi disinhibisyonu değerlendirmek için geçerli ve güvenilir bir ölçme aracı olduğu göstermektedir.

Anahtar Kelimeler: Çevrimiçi Disinhibisyon, İnternet Kullanımı, Sosyal Medya Kullanımı, Çevrimiçi Disinhibisyon Ölçeği.

INTRODUCTION

Individuals' interaction with the internet has increased significantly over the past few decades and has made individuals' lives easier. Many studies have shown that internet use can contribute to users' well-being (Castellacci & Tveito, 2018). However, numerous studies have been published reporting that a small minority experience problems as a result of internet abuse (e.g., addiction, cyber-bullying) (Smith et al., 2008; Young, 1998a). This has led to many debates about the benefits and harms of internet use. Moreover, individuals' interaction with the internet has enabled many phenomena to be conceptualized and studied empirically. One of these phenomena is online disinhibition. Disinhibition is a phenomenon that has been studied for many years. Disinhibition is defined as a transient break in the balance of excitation and inhibition (Letzkus et al., 2015). In recent years, researchers have shown that these transient and selective breaks do not work well in online environments (Hollenbaugh & Everett, 2013; Lapidot-Lefler & Barak, 2012; Stuart & Scott, 2021; Suler, 2005). Online disinhibition is theorized by Suler (2004) from the perspective that "[w]hile online, some people self-disclose or act out more frequently or intensely than they would in person" (p.1).

The number of social media platforms and the shares in these media are increasing (We are Social, 2025). In recent years, a large number of activities have been carried out on the relationship between social media and personality. According to Wong et al. (2018), individuals can exhibit behaviors they avoid in offline environments because they feel less restricted in online environments. This situation shows that there may be a differentiation between the virtual personality and the real personality. This differentiation is typically characterized by the concept of online disinhibition.

According to Suler (2004), online disinhibition can work in two opposing directions. Some internet users share very personal things about themselves, such as secret emotions, fears, wishes. These users show unusual acts of kindness and generosity, sometimes going out of their way to help others. Suler (2004) defines this as benign disinhibition. However, Suler (2004) claims that disinhibition is not useful all the time. Indeed, individuals often encounter rude language, harsh criticism, anger, hatred, and even threats behaviors online. Other internet users visit the dark underworld of the internet encountering and/or seeking out pornography, crime, and violence, that they would never explore in the real world. Suler (2004) defines this as toxic disinhibition. Whether online disinhibition is benign, toxic, or a compromise between the two, several factors account for this loosening of the repressive barriers against underlying fantasies,

needs, and affect. One or two of these factors produce the effect for some internet users, but generally, these factors interact resulting in a more complex and amplified form of disinhibition (Suler, 2005).

Online disinhibition is defined as the perception or experience of reductions in restraint in the online environment such that individuals may act, think, and feel differently online when compared to face-to-face interactions (Stuart & Scott, 2021). Suler (2004) explains the phenomenon of online disinhibition through six essential factors: dissociative anonymity, invisibility, asynchronicity, solipsistic introjection, dissociative imagination, minimization of status, and authority. Dissociative anonymity refers to online environments providing the potential for a different identity for users. İnvisibility refers to users not being directly seen or observed online. Asynchronicity refers to online interactions not being performed by users on a real-time basis. Solipsistic introjection refers to users' interactions with others online that may be played out as internalized narratives with little objective reality. Dissociative imagination refers to users' subjective characterizations of themselves online. Minimization of status and authority refers to online settings that offer the ability for all users to be presented equally to one another (Stuart & Scott, 2021).

According to Stuart and Scott (2021), online disinhibition, or the experience of diminishing constraints when online, has important influences on behavior. In studies, online toxic disinhibition behaviors are held responsible for (but not limited to) high-level cyberbullying (Huang et al., 2020; Wachs & Wright, 2019), low-level empathy (Antoniadou et al., 2019; Wright & Wachs, 2020), and high-level dark personality traits (Kurek et al., 2019). Researchers have not reached a consensus regarding the effects of benign disinhibition behaviors. Indeed, some research has found that benign disinhibition behaviors, like online toxic disinhibition behaviors, are positively related to cyberbullying (e.g., Udris, 2014). On the other hand, some research has associated benign disinhibition behaviors with prosocial behaviors (e.g., Lapidot-Lefler & Barak, 2015). In addition to these findings, other studies show that online disinhibition is positively associated with various maladaptive outcomes, including problematic internet use (Spada, 2014), self-harm (Corcoran & Andover, 2020), violence (Santana, 2014), and cyberbullying (Wachs et al., 2019).

To date, there have only been a few studies concerning online disinhibition in the Turkish literature. Gumus (2022) examined the disclosure of sexual assault and abuse by victims on the X platform (formerly Twitter) in Turkey. The findings showed that only a small number of victims in Turkey publicly disclosed their experiences of being a victim. This suggests that online disinhibition alone is not

sufficient to facilitate the disclosure of victimization in the Turkish context (Gumus, 2022). Gedikoğlu and Atalay (2021) analyzed posts and stories shared by influencers who generate income through social media on platforms such as YouTube, Instagram, and TikTok, along with the comments made by followers and the direct messages sent to these influencers. The study concluded that shifting social norms and values facilitated by social media have contributed to the emergence of a phenomenon referred to as 'social media begging', because individuals become disinhibited on social media platforms (Gedikoğlu & Atalay, 2021). Ayas and Capa-Aydin (2021) developed the Online Disinhibition Scale and found that online disinhibition was negatively associated with personality traits (extraverted personality) and communication skills (self-expression, willingness to communicate, active listening, non-verbal communication, communication principles).

The Present Study

In the present study, the Measure of Online Disinhibition (MOD) developed by Stuart and Scott (2021) was translated and validated into Turkish. The MOD assesses disinhibition in online environments. Currently, there are a couple of scales – the Online Disinhibition Scale (Ayas & Capa-Aydin, 2021) and the Online Disinhibition Scale (Tanrıkulu, 2015) – that assess online disinhibition in Turkish culture. However, the scope of these tools is limited (and the Online Disinhibition Scale developed by Tanrıkulu was published in a thesis and has not been peer-reviewed), and they do not capture the full range of online behaviors. The Online Disinhibition Scale by Ayas and Capa-Aydin (2021) has limited criterion validity and lacks test-retest reliability, making it difficult to determine whether it yields stable results over time. In contrast, the MOD has demonstrated both strong criterion validity—showing robust associations with constructs such as cyberbullying, internet addiction, dark triad personality traits, online histrionic personality, and life satisfaction—and adequate reliability. Digital technologies are evolving rapidly, and human interaction with these technologies is also changing accordingly. Therefore, different and comprehensive measurement tools are needed in this domain. Moreover, different scales assessing the same construct often assess different behaviors (Olsson et al., 2008). Therefore, the present study is expected to make significant contributions to studies examining online disinhibition in Turkish culture. It was also expected that the MOD would to be related to various constructs that would help to establish criterion validity (i.e., positive association with cyber-bullying, internet addiction, dark triad personality traits, and online histrionic personality; and a negative association with life satisfaction).

METHODS

Participants, Procedure, and Ethics

The Turkish version of the MOD began with the permission to adapt the scale from one of the scale developers (Jaimee Stuart). Following this, the authors applied for ethical approval to the Trabzon University Social and Human Sciences Scientific Research and Publication Ethics Committee, and the necessary permission was obtained (reference number 81614018-000-E.503, dated 24.11.2020). The translation process followed the protocol outlined by Beaton et al. (2000). A group of three faculty members who were well acquainted with English carried out the translation process of the MOD. The first group translated the MOD's items into Turkish. The second group back-translated the Turkish items of the MOD back into English. The consistency between the two groups of translations was then examined. Once the translated MOD was deemed correct and consistent by the translator, the Turkish MOD underwent pilot testing.

To validate the Turkish MOD, data from four distinct samples were collected. First, a pilot study (Study 1) was conducted with 35 university students (20 females and 15 males) to test the Turkish language translation of the MOD scale for comprehension. Second, a sample of 284 Turkish university students (71.1% female) participated in a study to confirm the factor structure of the translated MOD (Study 2). Third, a sample of 289 Turkish university students (78.5% female) participated in. a study to assess the criterion validity of the Turkish MOD (Study 3). Finally, a sample of 55 university students (42 females and 13 males) participated in a study to assess the test-retest reliability of the Turkish MOD (Study 4). The data were collected utilizing an online survey with a convenience sampling.

The data were collected by sharing the online surveys' electronic link (URL) with users via WhatsApp. Participation in the studies was voluntary and confidential. In the online data collection, careless respondents might affect data quality (Dogan, 2017). Therefore, control items (e.g., "*Please tick the second option in this item*") were used to determine careless respondents during the data collection process. Consequently, data from 115 students (across all four studies) were removed during the data cleaning process.

Measures

Online disinhibition: The Measure of Online Disinhibition (MOD; Stuart & Scott, 2021) was used to assess online disinhibition. The scale comprises 12 items assessing self-reported changes in affect and behavior in online as compared to offline contexts (e.g., "I am more confident online than I am offline" and "I am

more outgoing online than I am offline"). Items are rated on a five-point Likert scale from 1 (not at all like me) to 5 (very like me). Higher scores indicate higher levels of online disinhibition. The original validation study found that the English language version of the scale was unidimensional (Stuart & Scott, 2021). Detailed information concerning the validity and reliability of the Turkish version of the MOD are presented in the Results section. See Appendix 1 for the Turkish version of the MOD and Appendix 2 for the English version.

Cyberbullying: The E-Bullying Scale (E-BS; Lam & Li, 2013; Turkish version: Gençdoğan & Çikrıkci, 2015) was used to assess cyber-bullying. The E-BS includes six items (e.g., "How many times did you threaten someone using emails, texting, short messages, on a website?") responded to on a seven-point scale from 0 (no times) to 6 (six times or more) and comprises two dimensions (mild and severe). Higher scores obtained on the E-BS indicate higher levels of cyberbullying (Gençdoğan & Çikrıkci, 2015). In the present study, the Cronbach's alpha was .62 (omega = .60).

Internet addiction: The Internet Addiction Test-Short Form (IAT-SF; original version: Young, 1998b; shortened version: Pawlikowski et al., 2013; Turkish version: Kutlu et al., 2016) was used to assess internet addiction. The IAT-SF comprises 12 items (e.g., "How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?", and "How often do your grades or school work suffer because of the amount of time you spend on-line?") rated on a five-point scale from 1 (never) to 5 (always) and is unidimensional. Higher scores indicate higher levels of internet addiction (Kutlu et al., 2016). In the present study, the Cronbach's alpha was .83 (omega = .84).

Dark triad personality traits: The Short Dark Triad (SD3-T: Jones & Paulhus [2014]; Turkish version: Özsoy et al. [2017]) was used to assess dark personality traits. The SD3-T comprises 27 items (e.g., "There are things you should hide from other people because they don't need to know", "I know that I am special because everyone keeps telling me so" and "People who mess with me always regret it") with three sub-dimensions: Machiavellianism (MAC; nine items), Narcissism (MAC; nine items), and Psychopathy (MAC; nine items). Scale items are rated on a five-point scale from 1 (strongly disagree) to 5 (strongly agree), and higher scores indicate a higher level of MAC, NAR, and PSY. In the present study, Cronbach's alpha of SD3-T sub-dimensions ranged from .64 to .73 (omega coefficients ranged from .67 to .74).

Online histrionic personality: The Online Histrionic Personality Scale (OHPS; Savci et al. 2020), which was developed in Turkish, was used to assess online histrionic personality. The OHPS comprises eight items (e.g., "My behaviors in

online environments are oriented to influencing others (sharing, comments, images, videos, etc." and "I think my relationships are more intimate in online environments") rated on a five-point scale ranging from 1 (not suitable) to 5 (completely suitable). Higher scores on the scale indicate higher online histrionic personality. In the present study, the Cronbach's alpha was .79 (omega = .79).

Life satisfaction: The Satisfaction with Life Scale (SWLS; Diener et al., 1985; Turkish version: Dağlı & Baysal, 2016) was used to assess life satisfaction. The SWLS comprises five items (e.g., "In most ways my life is close to my ideal") rated on a five-point scale from 1 (strongly disagree) to 5 (strongly agree). Higher scores indicate a higher level of life satisfaction. In the present study, the Cronbach's alpha was .81 (omega = .82).

Demographics: In addition to the aforementioned scales, self-reported personal information was also asked for including gender, age, daily internet use duration, daily social media use duration, internet use history, social media use history, frequency of checking the internet during the day, frequency of checking social media accounts during the day, and the number of social media accounts.

Data Analysis

Validity of the Turkish MOD was tested using construct validity and criterion validity. The MOD's construct validity was tested using confirmatory factor analysis (CFA). Firstly, assumptions of CFA were checked. Skewness and kurtosis values were examined for univariate normality. In addition, multivariate kurtosis values were examined for multivariate normality. As a result of the analyses, the dataset was considered appropriate for CFA. Therefore, maximum likelihood (ML) estimation was used in the CFA. The criterion validity of the MOD was tested using the scores on the E-BS, IAT-SF, subscales of the Short Dark Triad (narcissism, Machiavellianism, and psychopathy), OHPS, SWLS, and self-reported personal information form (daily internet use duration excluding social media use, daily social media use duration, internet use history, social media use history, frequency of checking the internet during the day, frequency of checking social media accounts during the day, and the number of social media accounts). Correlations with the MOD were examined with these constructs for criterion validity. Pearson and Spearman correlation analysis was used for correlation analysis.

The reliability of the MOD was examined using internal consistency coefficients, corrected item-total correlation coefficients, and the test-retest method. To determine the internal consistency coefficients of the MOD in each sample (CFA sample and criterion validity sample), omega (ω) and Cronbach's alpha (α)

coefficients were calculated. Although researchers in the literature widely use Cronbach's alpha, according to some researchers (e.g., Hayes & Coutts, 2020; Trizano-Hermosilla & Alvarado, 2016), omega coefficients offer more reliable internal consistency in psychometric testing. In the present study, statistical analyses were carried out using SPSS 26 and AMOS 24 packages.

RESULTS

Pilot Study

In the pilot study, participants were required to evaluate all items in the scale in terms of meaning and grammar. As a result of the pilot study, minor grammatical errors in the items were corrected. Then, word changes were made in some items on the scale (e.g., 'internet environment' instead of 'internet' and 'I compete' instead of 'I am more competitive' etc.). Ultimately, it was determined that some items were inverted sentence structure and were corrected.

Confirmatory Factor Analysis (CFA)

The structure of the Turkish MOD was tested with CFA with data from 284 participants. The skewness and kurtosis coefficients for the items were between -1.5 and $+1.5$ indicating univariate normality. Moreover, the value of the multivariate kurtosis value was examined, and it was found to be 12.16 which is below the threshold of 20 (Gürbüz, 2019; Kline, 2016). Given that the data met both univariate and multivariate normality assumptions, maximum likelihood estimation was used. The results of the CFA showed that the MOD model had adequate fit: $\chi2=205.379$, df=54, $\chi2/df=3.803$, CFI=.91, RMSEA=.10, SRMR=.06 (Hu & Bentler, 1999; Kline, 2016; MacCallum et al., 1996). Standardized factor loadings for all items were statistically significant (p<.001) and each item loaded above .30 (Brown, 2015). As a result, it was found that the 12-item unidimensional structure of the MOD was confirmed among Turkish university students. The path diagram of the MOD is presented in Figure 1.
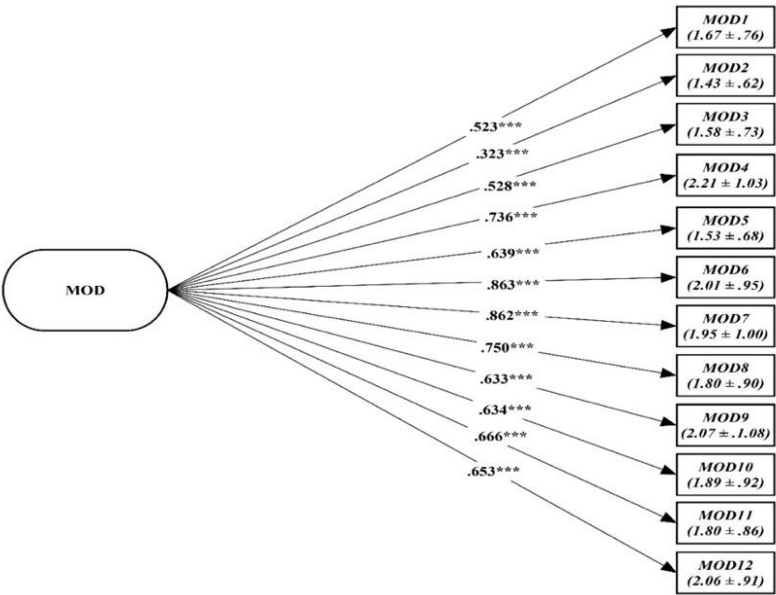
Figure 1. Model of the MOD

Criterion Validity

The criterion validity of the MOD was carried out using data from 289 participants. While evaluating the correlation between the MOD and other structures, the Pearson correlation test was used for normally distributed structures (i.e., OHPS, SWLS, and frequent checking of the internet) and the Spearman correlation test for non-normally distributed structures (i.e., E-BS and DSMUD). The MOD was found to be significantly positively associated with scale scores for online bullying (r = .19, p < .01), internet addiction (r = .38, p < .01), Machiavellianism (r = .29, p < .01), psychopathy (r = .21, p < .01), online histrionic personality (r = .54, p < .01), frequent checking of the internet (r = .19, p < .01), and frequency of checking social media (r = .12, p < .05), and significantly negatively associated with life satisfaction (r = -.21, p < .01).

Table 1.

Descriptive statistics and binary correlations

Variables	MOD	Min.	Max.	Range	Mean	SE	SD	Skewness	Kurtosis
MOD	1	12	50	38	26.15	.52	8.9	.27	-.56
E-BS	.19**	0	24	24	1.72	.22	3.73	3.28	13.01
IAT-SF	.38**	13	55	42	27.27	.44	7.4	.54	.51
NAR	.06	14	42	28	26.08	.32	5.44	.29	-.11
MAC	.29**	9	44	35	26.98	.37	6.34	.06	-.27
PSY	.21**	9	38	29	20.21	.33	5.52	.56	.16
OHPS	.54**	8	26	18	12.76	.25	4.16	.84	.11
SWLS	-.21**	5	25	20	15.87	.24	4.14	-.19	-.10
DIUD	-.07	1	900	899	249.1	11.25	191.3	1.01	.98
DSMUD	-.06	2	800	798	161.5	8.32	141.5	1.88	4.78
IUH	.03	1	20	19	7.76	.18	3.01	.32	.32
SMUH	-.02	1	15	14	6.17	.15	2.59	.38	.07
FCI	.19**	1	5	4	3.55	.06	.95	-.36	-.19
FCSM	.12*	1	5	4	3.73	.06	.96	-.32	-.61
NSMA	.05	1	11	10	4.29	.11	1.79	.50	.65

Note: Significance level: *p < .05, **p < .01.

In the criterion validity test, correlation analysis was performed by taking the total score of the constructions.

MOD: the Measure of Online Disinhibition, E-BS: E-Bullying Scale, IAT-SF: Internet Addiction Test-Short Form, NAR: Narcissism, MAC: Machiavellianism, PSY: Psychopathy, OHPS: Online Histrionic Personality Scale, SWLS: Satisfaction with Life Scale, SWLSDIUD: daily internet use duration, DSMUD: Daily social media use duration, IUH: Internet use history, SMUH: social media use history, FCI: Frequency of checking the internet during the day, FCSM: Frequency of checking social media accounts during the day, NSMAs: The number of social media accounts

Scale Reliability

The reliability of the MOD was evaluated using internal consistency coefficients, corrected item-total correlation coefficients, and the test-retest method. In the CFA sample, the Cronbach alpha coefficient of the MOD was .90, and the omega coefficient was .91. In the criterion validity sample of the MOD, the Cronbach alpha coefficient was .89, and the omega coefficient was .90. The item-total correlation coefficients of the MOD ranged between .35 and .79 in the CFA sample and .36 to .70 in the criterion validity sample. Finally, the test-retest reliability of the MOD was examined among 55 university participants. The test-retest reliability coefficient of the MOD was found to be .78. All of these values show that the MOD had good to excellent levels of internal consistency (Hinton et al., 2014).

DISCUSSION

In the present study, the Measure of Online Disinhibition (MOD; Stuart & Scott, 2021) was adapted to Turkish. Validity testing of the Turkish version of the MOD was carried out using construct validity and criterion validity. Reliability analyses of the MOD was carried out using Cronbach's α internal consistency and omega coefficients and test-retest method. The results of CFA showed that MOD had adequate construct validity (Brown, 2015; Hu & Bentler, 1999; Kline, 2016; MacCallum et al., 1996). Additionally, correlations related to criterion validity indicated the validity of the MOD. More specifically, MOD scores were significantly positively associated with scale scores assessing online bullying, internet addiction, Machiavellianism, psychopathy, online histrionic personality, frequency of checking the internet, and frequency of checking social media, and significantly negatively associated with life satisfaction.

The findings supporting the criterion validity of the MOD align closely with existing literature. More specifically, the positive relationships observed between MOD scores and measures of cyberbullying, internet addiction, and dark personality traits are consistent with prior research emphasizing the role of online disinhibition in these phenomena. For example, Wang et al. (2022) found that online disinhibition was positively associated with cyberbullying behaviors, with empathy serving as a moderator of this relationship. Similarly Wu et al. (2023) reported a significant association between online disinhibition and psychopathic traits. Additionally, Kurek et al. (2019) reported that individuals scoring high on dark personality traits such as sadism, psychopathy, and narcissism were more susceptible to online disinhibition, which, in turn, predicted increased online aggression.

Online disinhibition has also been shown to impair self-regulatory capacity in online environments (Aboujaoude & Starcevic, 2016), heightening the risk of problematic internet use (Pallanti, 2010). Indeed, disinhibition is regarded as a risk factor for the development of addictive behaviors (Gunn et al., 2013). Moreover, studies have reported negative associations between online disinhibition and life satisfaction (Stuart & Scott, 2021). Taken together, these findings provide additional empirical support for the construct validity of the Turkish MOD.

Both alpha and omega coefficients of the MOD in Studies 2 and 3 were very good to excellent (ranging between .89 and .91) (Tabachnick & Fidell, 2013; Hinton et al., 2014). The test-retest reliability coefficient of the MOD was .78 (Study 4). These findings were all above the acceptable value of .70 demonstrating good reliability of the MOD (Tabachnick & Fidell, 2013). When validity and reliability

analysis of the MOD are considered as a whole, the MOD is shown to be a valid and reliable scale for assessing online disinhibition among Turkish university students.

Strengths, Limitations, and Future Research

The Turkish version of the MOD demonstrated strong validity and reliability, as evidenced by findings from three independent studies in which comprehensive validity and reliability analyses were conducted. Despite the strengths of the present study, it also has some limitations. All of the data were self-report and therefore are open to well-known methods biases (e.g., memory recall, social desirability). Although the validity and reliability analyses of the MOD were conducted among three different samples, these samples were all relatively small (especially the test-retest reliability). Furthermore, the data were only collected from university students using convenience sampling. Therefore, the data were not representative of either Turkish students or the Turkish population. In future studies, the validity and reliability of the MOD should be examined in larger samples among more representative Turkish samples. Moreover, the alpha and omega coefficients of the E-BS and SD3-T used in the criterion validity testing were below the normally acceptable values of .70.

CONCLUSION

Given the comprehensive analysis of the Turkish MOD's validity and reliability, it is evident that the scale is a valid and reliable tool for evaluating online disinhibition among Turkish university students. It is envisaged that the Turkish MOD will make significant contributions to the studies on online disinhibition in Türkiye.

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EXTENDED ABSTRACT

Amaç: Bu çalışma, Stuart ve Scott (2021) tarafından geliştirilen Çevrimiçi Disinhibisyon Ölçeği (ÇDÖ) Türkçe formunun geçerlik ve güvenirliğini incelemeyi amaçlamaktadır. Çevrimiçi disinhibisyon, bireylerin çevrimdışı yani yüz yüze etkileşimlerle karşılaştırıldığında, çevrimiçi ortamda daha farklı şekilde davranmaları, düşünmeleri ve hissetmeleriyle ortaya çıkan, çevrimiçi ortamdaki kısıtlamaların azaldığına dair algı ya da deneyim olarak tanımlanır (Stuart & Scott, 2021). Stuart ve Scott'a (2021) göre çevrimiçi disinhibisyon, yani çevrimiçi ortamda kısıtlamaların azalması deneyimi, bireylerin davranışları üzerinde önemli etkiler yaratmaktadır. Araştırmalarda, çevrimiçi toksik disinhibisyon davranışlarının; yoğun siber zorbalık (Huang vd., 2020; Wachs & Wright, 2019), düşük düzeyde empati (Antoniadou ve diğerleri, 2019; Wright & Wachs, 2020) ve yüksek düzeyde karanlık kişilik özellikleri (Kurek ve diğerleri, 2019) gibi durumlarla ilişkili olduğu saptanmıştır.

Yöntem: Türkçe ÇDÖ'nün geçerlik ve güvenirliğini değerlendirmek amacıyla dört farklı örneklemden veri toplanmıştır. İlk olarak, ölçeğin Türkçeye çevirisinin anlaşılırlığını test etmek amacıyla 35 üniversite öğrencisi (20 kadın, 15 erkek) ile bir pilot çalışma (Çalışma 1) yürütülmüştür. İkinci olarak, Türkçeye uyarlanan ÇDÖ'nün faktör yapısını doğrulamak amacıyla 284 üniversite öğrencisinden (katılımcıların %71,1'i kadın) oluşan bir örneklemle çalışma gerçekleştirilmiştir (Çalışma 2). Üçüncü olarak, ÇDÖ'nün ölçüt geçerliğini değerlendirmek amacıyla 289 üniversite öğrencisinden (katılımcıların %78,5'i kadın) veri toplanmıştır (Çalışma 3). Son olarak, ÇDÖ'nün test-tekrar test güvenirliğini değerlendirmek amacıyla 55 üniversite öğrencisi (42 kadın, 13 erkek) ile bir çalışma yürütülmüştür (Çalışma 4). Tüm veriler kolayda örnekleme yöntemiyle ve çevrim içi anket aracılığıyla toplanmıştır.

Bulgular: Doğrulayıcı faktör analizi (DFA) sonuçları, ölçeğin tek boyutlu yapısını doğrulamıştır (χ^2/sd = 3.803, CFI = .91, RMSEA = .10, SRMR = .06). ÇDÖ puanları; çevrimiçi zorbalık (r = .19, p < .01), internet bağımlılığı (r = .38, p < .01), Makyavelizm (r = .29, p < .01), psikopati (r = .21, p < .01), çevrimiçi histrionik kişilik (r = .54, p < .01), interneti kontrol etme sıklığı (r = .19, p < .01) ve sosyal medyayı kontrol etme sıklığı (r = .12, p < .05) ile anlamlı düzeyde pozitif ilişkili bulunmuştur. Ayrıca, ÇDÖ puanları yaşam doyumu ile anlamlı düzeyde negatif ilişkili bulunmuştur (r = -.21, p < .01). Bu bulgular ÇDÖ'nün kriter geçerliğine sahip olduğunu göstermeketdir. ÇDÖ'nün 2. ve 3. çalışmalardaki iç tutarlılık katsayıları (alfa ve omega) yeterli düzeyde bir güvenirliğe sahip olduğunu göstermeketedir. ÇDÖ'nün test-tekrar test güvenirlik katsayısı ise .78'dir (Çalışma 4).

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Sonuç: Sonuçlar, geçerlik ve güvenirlik analizlerinin yürütüldüğü üç bağımsız çalışmanın bulgularıyla desteklendiği üzere, ÇDÖ'nün yüksek düzeyde geçerli ve güvenilir bir ölçme aracı olduğunu gösterektedir. Bununla birlikte, bu çalışmanın bazı sınırlılıkları da bulunmaktadır. Tüm veriler öz-bildirim yoluyla toplanmıştır ve bu nedenle bellek hatası ya da sosyal beğenirlik gibi bilinen yöntemsel yanlılıklara açıktır. Her ne kadar ÇDÖ'nün geçerlik ve güvenirliği üç farklı örneklem üzerinde test edilmiş olsa da, bu örneklemlerin tümü nispeten küçüktür (özellikle test-tekrar test güvenirliği çalışmasında). Ayrıca, veriler yalnızca üniversite öğrencilerinden kolayda örnekleme yöntemiyle toplanmıştır. Bu nedenle, elde edilen bulgular ne Türkiye'deki üniversite öğrencilerini ne de genel Türk toplumunu temsil etmektedir. Gelecek çalışmalarda, Türkçe ÇDÖ'nün geçerlik ve güvenirliği daha geniş ve temsili örneklemler üzerinde tekrar incelenmelidir. Buna ek olarak, ölçüt geçerliği analizinde kullanılan E-BS ve SD3-T ölçeklerinin alfa ve omega katsayıları .70'in altında kalmıştır; bu da bu ölçeklerin iç tutarlılığı açısından sınırlılığa işaret etmektedir.