

Abstract

The present research was designed to construct and validate a scale on toxic shame for young adults. The age range was between 18 to 25 years in Pakistani context ($M=44.16$, $SD=11.62$). Its psychometric properties were also determined. The goals of the research were accomplished in four phases. In phase 1, interview of 11 participants contributed in conceptualizing the construct of toxic shame. Initial pool of 75 items were generated from qualitative data by using thematic analysis. After critically evaluation by 5 experts, 27 items were selected for final scale. These items were phrased in self-report format with five point rating scale. In phase 2, the dimensionality and internal consistency of the scale was determined on a sample of 200 young adults of age (18 to 25 years) via exploratory factor analysis. In phase 3, to confirm the factor structure of the scale that appeared in EFA, confirmatory factor analysis was run on a sample of 200 young adults with age range 18 to 25 years. The final scale comprised of 17 items under three well defined factors which were labelled as negative self-perception, self-sabotaging and dissatisfied self. In phase 4, convergent and discriminant validity were well established by correlating the scores of toxic shame scale with internalized shame scale ($r=.76$, $p<.001$), and Maastricht personal autonomy questionnaire ($r=-.26$, $p<.001$) respectively. The results indicated that the final retained items of toxic shame scale had a high alpha reliability ($\alpha= .84$). It was concluded that the new toxic scale for young adults was a valid and reliable measure.

Keywords: Toxic shame, toxic shame scale, factor analysis, young adults, internalized shame, autonomy