

www.traumaj.com

TURKISH JOURNAL OF TRAUMATIC STRESS

Volume 1, Number 1, January 2025



e-ISSN: 3062-2336

About the journal

The Turkish Journal of Traumatic Stress (TJTS) is a peer-reviewed, open-access scholarly journal committed to advancing knowledge in the field of psychological trauma and its multifaceted impacts on individuals, communities, and societies. The journal prioritizes the dissemination of high-quality empirical research, clinical practices, and theoretical contributions across various disciplines, including psychiatry, psychology, neuroscience, social work, and public health. Particular emphasis is placed on exploring the cultural, societal, and environmental dimensions that shape trauma experiences and their outcomes. Dedicated to fostering interdisciplinary dialogue and promoting evidence-based interventions, TJTS seeks to serve as a platform for global academic contributions, with a special focus on studies originating from Turkey and its surrounding regions. By highlighting culturally sensitive approaches and strategies for resilience, the journal aims to address the complexities of trauma in diverse contexts. Adhering to the highest ethical and scientific standards, TJTS welcomes original research articles, comprehensive reviews, case reports, and expert commentaries for publication.

EDITORIAL TEAM**Editor-in-Chief****İbrahim Gündoğmuş, Assoc. Prof., M.D.***Department of Psychiatry, Ankara Etlik City Hospital, Ankara, Türkiye***Associate Editors****Alişan Burak Yaşar, Assoc. Prof., M.D.***Department of Psychology, İstanbul Gelişim University, İstanbul, Türkiye***Ersin Uygun, Assoc. Prof., M.D.***Trauma and Disaster Mental Health Master's Program, İstanbul Bilgi University, İstanbul, Türkiye***Sevinç Ulusoy, Assoc. Prof., M.D.***Turkish Association for Contextual Sciences and Psychotherapies, İstanbul, Türkiye***Statistical Editors****Çiğdem Kınık***Department of Psychology, Okan University, İstanbul, Türkiye***Language Editors****Simay Yılmaz***Department of Psychology, İstanbul Gelişim University, İstanbul, Türkiye***Social Media and Web Sites Editor****Elif Yaşar***Social Media and Website Specialist***Publisher: İbrahim Gündoğmuş****Language: English****Date of Publication: 30.01.2025****Frequency: Published three times a year (January, May, September)****Indexed and abstracted in:****CONTACT: Address:** Ankara Etlik City Hospital, Varlık Mh. Halil Sezai Erkut Cd. No:5 Yenimahalle/Ankara, 06170**E-mail:** editor@traumaj.com**Web site:** www.traumaj.com

Advisory Board Members

(in alphabetical order)

- Ceren Acartürk, Assoc. Prof. Department of Psychology, Koç University, İstanbul, Türkiye
- Ahmet Tamer Aker, Prof., M.D. Trauma and Disaster Mental Health Master's Program, İstanbul Bilgi University, İstanbul, Türkiye
- Emre Han Alpay, Assoc. Prof. Department of Psychology, Mersin University, Mersin, Türkiye
- Fatih Artvinli, Prof. Department of History of Medicine and Ethics, Acıbadem University, İstanbul, Türkiye
- Yasin Hasan Balcıoğlu, Assoc. Prof., M.D. Department of Psychiatry, Bakırköy Training and Research Hospital, İstanbul, Türkiye
- Şerif Barış, Prof. Department of Geophysical Engineering, Faculty of Engineering, Kocaeli University, Kocaeli, Türkiye
- Ayşe Bombacı, PhD. Berlin, Germany
- Cem Cerit, Prof., M.D. İstanbul, Türkiye
- Feryal Çam Çelikel, Prof., M.D. Department of Psychology, Işık University, İstanbul, Türkiye
- Gül Dikeç, Assoc. Prof. Department of Psychiatric and Mental Health Nursing, Fenerbahçe University, İstanbul, Türkiye
- Hejan Epözdemir, PhD. Vervat, Holland
- Dursun Hakan Delibaş, Assoc. Prof., M.D. İzmir, Türkiye
- Melikşah Ertem, Prof., M.D. Department of Public Health, Faculty of Medicine, Kyrenia University, Kyrenia, North Cyprus
- Anıl Gündüz, Assoc. Prof., M.D. Department of Psychology, İstanbul Kent University, İstanbul, Türkiye
- Isaac Johnson, M.D. Department of Child and Adolescent Psychiatry, Yale University, New Haven, USA
- Selma Karabey, Prof., M.D. Department of Public Health, Faculty of Medicine, İstanbul University, İstanbul, Türkiye
- Özge Karadağ, Prof., M.D. Department of Public Health, Faculty of Medicine, Bahçeşehir University, İstanbul, Türkiye
- Özlem Kararımak, Prof. Faculty of Educational Sciences, Counseling, Bahçeşehir University, İstanbul, Türkiye
- Işık Karakaya, Prof., M.D. Trauma and Disaster Mental Health Master's Program, İstanbul Bilgi University, İstanbul, Türkiye
- H. Alp Karaosmanoğlu, M.D. Psikonet Publishing, İstanbul, Türkiye
- Önder Kavakçı, Prof., M.D. Private Office, İstanbul, Türkiye
- İlker Kayı, M.D. Department of Public Health, Koç University, İstanbul, Türkiye
- Gülşah Kurt, PhD. School of Psychology, UNSW, Sydney
- Suat Küçükgöncü, Prof. Dr., M.D. Department of Psychiatry, Maltepe University, İstanbul, Türkiye
- Elif Aktan Mutlu, Assoc. Prof., M.D. Department of Psychiatry, Ankara Etlik City Hospital, Ankara, Türkiye
- Ahmet Nalbant, M.D. İstanbul, Türkiye
- Kadir Özdel, Prof., M.D. Department of Psychiatry, Ankara Etlik City Hospital, Ankara, Türkiye
- Irmak Polat, M.D. Department of Psychiatry, İstanbul Medical School, İstanbul, Türkiye
- Levent Sütçigil, Prof., M.D. Department of Psychiatry, Bozalan Psychiatry Hospital, Ankara, Türkiye
- Yasir Şafak, Assoc. Prof., M.D. Department of Psychiatry, Ankara Etlik City Hospital, Ankara, Türkiye
- Doğan Şahin, Prof. Dr., M.D. Department of Psychology, Okan University, İstanbul, Türkiye
- Vedat Şar, Prof., M.D. Department of Psychiatry, Koç University, İstanbul, Türkiye
- Zeynep Şimşek, Prof. Faculty of Health Sciences, İstanbul Bilgi University, İstanbul, Türkiye
- Şahika Gülen Şişmanlar, Prof. Dr., M.D. Department of Child and Adolescent Psychiatry, Kocaeli University, Kocaeli, Türkiye
- Okan Taycan, Prof., M.D. Department of Psychiatry, Yeditepe University, İstanbul, Türkiye
- Şafak Ebru Toksoy, PhD. Kocaeli University, Kocaeli, Türkiye
- Mustafa Tunçtürk, M.D. Department of Child and Adolescent Psychiatry, Bakırköy Training and Research Hospital, İstanbul, Türkiye
- Mehmet Hakan Türkçapar, Prof., M.D. Social Sciences University of Ankara, Ankara, Türkiye
- Robyn D Walser, PhD. National Center for Post Traumatic Stress Disorder and TL Consultation and Psychological Services, California, United States
- Ruth Wells, PhD. Discipline of Psychiatry and Mental Health, School of Clinical Medicine, UNSW, Sydney
- Kaasım Fatih Yavuz, Prof., M.D. Department of Psychology, Medipol University, İstanbul, Türkiye
- Ayten Zara, Assoc. Prof. Clinical Psychology Master's Program, İstanbul Bilgi University, İstanbul, Türkiye
- Zeynep Zat, PhD. Queen Mary University of London, London, England

TABLE OF CONTENT

Editorial
1-2

Turkish Journal of Traumatic Stress: A Call at the Beginning of the Journey

İbrahim Gündoğmuş

Research
Article
3-13

The Mediating Role of Dissociation in the Relationship Between Alexithymia and Symptom Severity in Patients with Post-traumatic Stress Disorder

İbrahim Gündoğmuş, Mehmet Rıdvan Varlı, Hasan Ünver, Kübra Özcan Çetin, Yasir Şafak

Research
Article
14-20

Relationship of Adverse Childhood Experiences with Essential Hypertension: A Case-Control Study

Pınar Demir Gündoğmuş, Ersin Doğanöz, Mehmet Rıdvan Varlı, Kübra Özcan Çetin, Tayfun Öz

Research
Article
21-28

Psychometric Properties of the Turkish Version of the Impact of Event Scale – 6

Cansu Ünsal, Büşra Kök, Bülent Aykutoğlu

Research
Article
29-36

Impact of Group Flash Technique on Reducing Exam Anxiety in Students

Alişan Burak Yaşar, İbrahim Gündoğmuş, Simay Yılmaz, Derin Kubilay, Ersin Uygun, Önder Kavakçı

Research
Article
37-45

Post-traumatic Stress Disorder (PTSD) and Complex PTSD (C-PTSD) According to ICD-11: A Study Conducted in Türkiye Following the Kahramanmaraş Earthquake

Esra Yalın, Cansu Ünsal

Review
Article
46-54

Transforming Trauma: The Role of EMDR in Treating Borderline Personality Disorder

Derin Kubilay

Case
Report
55-59

Intervention with Eye Movement Desensitization and Reprocessing (EMDR) to Test Anxiety: A Case Report

Kübra Özcan Çetin, Mehmet Rıdvan Varlı, Emine Yavuz Ataşlar