

Guilt, Shame, Empathy, Self-Esteem, and Traumas: New Data for the Validation of the Interpersonal Guilt Rating Scale–15 Self-Report (IGRS-15s)

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Abstract: The aim of this paper is to present further data for the validation of the Interpersonal Guilt Rating Scale-15 self-report (IGRS-15s; Gazzillo et al., 2018). We recruited a sample of 448 subjects, to whom we administered the IGRS-15s together with other empirically validated measures for the assessment of social desirability, shame, self-esteem, empathy, mental health and therapeutic alliance. In line with our hypotheses, the previously established three-factor structure of the IGRS-15s (Survivor guilt, Omnipotence guilt, and Self-hate) was confirmed. Moreover, the internal consistency and test-retest reliability of IGRS-15s were adequate to good. All the IGRS-15s factors were negatively correlated with self-esteem and mental health and positively correlated with shame; Survivor guilt and Omnipotence guilt were positively correlated with empathy; Survivor guilt and Self-hate negatively affected therapeutic alliance; and different traumas had different, theoretically predictable, impacts on the different kinds of guilt. Overall, these data support the reliability and validity of the IGRS-15s.

Keywords: CMT, IGRS-15s, interpersonal guilt, shame, traumas

Recent developments in biology and moral and evolutionary psychology (Engelmann & Tomasello, 2018; Haidt, 2012; Sober & Wilson, 1998; Tomasello, 2016; D. S. Wilson, 2015; E. O. Wilson, 2012) consider guilt to be one of the results of the evolution of the human species as a eusocial species and functional to group survival. In line with this, the integrated, cognitive-dynamic relational Control-Mastery Theory (CMT; Gazzillo, 2016; Silberschatz, 2005; Weiss, 1993; Weiss, Sampson, & The Mount Zion Psychotherapy Research Group, 1986) argues that guilt has an interper-

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