

The Effects Shame has on Alexithymia and Depression and the role Self-Forgiveness could Play

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Abstract

Through a convenient sample on Mechanical Turk of 997 participants, a study was conducted in order to find out how alexithymia interacts with depression, shame proneness and self-forgiveness. Alexithymia mediates the relationship of shame proneness and depression. The data collected shows that there is a significant relationship between shame proneness and alexithymia. There is a significant negative relationship with self-forgiveness, a positive relationship with depression and, using neuroticism as a co-variate, the relationship between alexithymia is also significantly positive. Alexithymia's inability to explain emotions can cause greater amounts of shame proneness and depression. Self-forgiveness serves as a potential moderator to reduce the direct effect shame proneness has on alexithymia and depression. It is predicted that self-forgiveness can help persons with alexithymia to experience lower levels of depression and be less prone to shame because of an inability to explain their own emotions.