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# Death Distress as a Predictor of Flourishing Among Earthquake-Affected Individuals

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## Abstract

The present study aims to explore the relationship between death distress and flourishing in the context of various demographic variables in Türkiye. Additionally, it investigates the potential predictive role of death distress in flourishing. The sample consists of 285 adults (69% women and 31% men) aged 19 to 49 (Mean = 24.39, SD = 5.45). Data were collected using the Death Distress Scale and the Flourishing Scale, and analyzed using independent samples t-tests, ANOVA, and regression analyses. The results indicate that women experience significantly higher levels of death-related distress compared to men ( $t(0.05): 283 = 7.60, p < .001$ ). It was found that death-related distress did not show a significant difference based on employment status [ $F(3, 281) = 1.65, p > .05$ ] or perceived socioeconomic status [ $F(2, 282) = 2.79, p > .05$ ]. According to the correlation results, the three sub dimensions of death distress—death anxiety, death depression, and death obsession—were found to have a significant negative relationship with flourishing. Regression analysis revealed that death anxiety ( $\beta = -0.182, p < .01$ ), death depression ( $\beta = -0.179, p < .001$ ), and death obsession ( $\beta = -0.261, p < .001$ ) negatively and significantly predicted flourishing. In conclusion, the ability to manage death distress plays a crucial role in promoting flourishing.

**Keywords:** natural disaster, post-disaster mental health, death anxiety, death depression, death obsession