

ORIGINAL ARTICLE

Examining the relationship between borderline personality traits, anger, and anhedonia in a Turkish sample

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Background	Relationship conflicts, which are the most important borderline personality disorder symptoms, come from the bonds established through anger. On the contrary, anhedonia is a state in which individuals with borderline personality traits are intolerant, avoided, and in response to this, have impulsive actions. It is considered that anger mediates this process in individuals with borderline personality traits who avoid anhedonia and impulsively relate to other people.
Aim	The aim of the study was to examine the relationship between borderline personality traits, anger, and anhedonia.
Patients and Methods	The sample for the research consists of a total of 433 individuals, comprising 224(51.7%) women and 209(48.3%) men, living in Istanbul, Turkey. The sociodemographic data form prepared by the researcher and the State-trait anger and anger expression scale, Snaith Hamilton pleasure scale, and the borderline personality questionnaire were applied to the participants, and the obtained data were analyzed.
Results	As a result of the findings, it was determined that there was a significant relationship between borderline personality traits, anger, and anhedonia. The results showed that anger, borderline personality traits, and anhedonia levels of women were higher than those of men.
Conclusions	This study is of great importance as it allows us to deal with all aspects of borderline personality traits. In this direction, it also allows both the symptoms of the borderline personality structure and the factors that are the source of the symptoms to be addressed.
Keywords	Anger, Anhedonia, Borderline personality traits. Egyptian Journal of Psychiatry 2023, 44:160–168

INTRODUCTION

Borderline personality disorder is a disorder characterized by dysregulation in the individual's self, affect, interpersonal relationships, behavior and thoughts (Faraji, 2021). Impulsivity, illegal behaviors, substance use, suicidal behaviors, feeling of loneliness, emptiness, rejection sensitivity and inability to regulate emotions, and, foremost, anger as a result of these are the issues that are complained about (Leible and Snell, 2004; Grant *et al.*, 2008; Faraji and Tezcan, 2022). Such persons have emotion regulation difficulties and especially, the excess of sensitivity to negative emotions induces it (Linehan, 1993; Bertele *et al.*, 2022).

The feelings and attitudes of individuals with borderline personality traits toward the people they are in a relationship with differ very quickly and suddenly (Kring *et al.*, 2017). One of the most prominent elements in these changes is intense tantrum (Kurt, 2020a, 2020b). Anger, which is the most important factor in the instability of affected individuals with borderline personality traits, plays a key role in maintaining the relationship with the other, controlling it, and maintaining the sense of self over the other (Faraji, 2021). Tantrums are a response to the fear of abandonment they feel. With intense and sudden tantrums, harming themselves or others and then entering

a depressed mood are common (American Psychiatric Association, 2013).

Individuals with borderline personality traits who cannot represent themselves and others in a determined, consistent, and integrated way have identity disorganization, experience constant feelings of emptiness as boredom, are very sensitive to loneliness and abandonment, and develop a cohesive relationship form as a result of perceiving themselves through the other (Faraji and Tezcan, 2022). Their inability to be alone and their constant fear of being abandoned cause adverse effects such as hurting themselves and others, tantrums, and emotional inconsistencies (Kring *et al.*, 2017). To avoid the aforementioned fears and overwhelming effects, they cling to others by taking action and are not left alone (Kurt, 2020a, 2020b). Anhedonia, which means lack of pleasure, loss of pleasure, and absence of pleasure in things that used to be pleasurable (Treadway *et al.*, 2012), is a condition that is strongly avoided in individuals who have borderline personality traits (Moeller *et al.*, 2001; Lieb *et al.*, 2004; Franken *et al.*, 2006). Being unable to be alone and clinging to others through anger suggests that it is a form of avoidance for anhedonia, and that there is no tolerance for anhedonia at any moment that is taken into action to get rid of the manifestation of the feeling of emptiness as boredom. To reduce the experienced anhedonic affect, impulsive actions increase (Franken *et al.*, 2006; Bandelow *et al.*, 2010; Amr and Volpe, 2013).

The aim of this study was to examine the relationship between borderline personality traits, anger, and anhedonia. Individuals with borderline personality traits have some difficulties in tolerating increased anhedonia, cling to others to avoid it, and have anger issues on the basis of this bonded relationship. It is thought that determining the relationship of these three phenomena would be pioneer to practical and theoretical research. Working on the avoidance of individuals with borderline personality traits from anhedonia in the psychotherapy process includes working with both boredom and feelings of emptiness, working with impulsive actions to cope with this emotion, and working with anger, owing to which this whole pattern is exhibited. Therefore, it is thought that examining the relationship between these three variables will play a key role in removing the psychotherapy process from a superficial and symptomatic focused course.

PATIENTS AND METHODS

Participants

This research was a relational screening model study. A simple random sample was used, in which each participant had an equal probability of being selected. The sample consisted of 433 individuals, comprising 224 women and 209 men, who lived in Istanbul, Turkey. Participants

were contacted through online channels. Participants in the research represented 51.7% females and 48.3% males; 11.3% were high school graduates, 65.6% undergraduates, and 23.1% graduates; and 32.8% had low economic level, 33.9% had medium economic level, and 33.3% of them had a high economic level.

Sociodemographic data form

The sociodemographic data form was prepared by the researcher and included questions related to the sex, educational status, marital status, income level, number of siblings, and sibling rank of the participants.

Trait anger and anger expression scale

The Anger and Anger Expression Scale was developed by Spielberger *et al.*, (1983), which is a four-point Likert-type scale consisting of 34 items. This scale consists of four subdimensions. These subdimensions are trait anger, anger-in, anger-out, and anger control. Spielberger *et al.*, (1983) determined in their different internal consistency studies that the Cronbach's alpha coefficient values of the scale were between 0.82 and 0.90, as cited by Özer (1994). The Turkish studies of the scale were done by Özer (1994). Scoring of the scale was done by summing the scores obtained from each item. While evaluating the subdimensions, whether they are below the arithmetic mean of the scores of the general group is taken as a reference. If the score obtained from a subdimension is below this average, it is expressed as low for that subdimension, and if it is above, it is expressed as high (Özer, 1994). The Cronbach's alpha coefficient, which is the internal consistency coefficient for this study, was determined as 0.85 for trait anger, 0.72 for anger-in, 0.86 for anger-out, and 0.87 for anger control.

Snaith Hamilton Pleasure Scale

This scale was developed by Snaith *et al.*, (1995), because the depression scales did not address anhedonia in detail. It is a three-point Likert-type scale consisting of 14 items. The scale, which includes answers in the form of comparing the pleasure with the usual when staying in the situations determined by the questions within a certain time period, can be filled by the clinician or the individual to whom the scale is applied. If it is answered less, it is evaluated as 1 point, and if it is answered as the same or more, it is evaluated as 0 point. Turkish reliability and validity studies were carried out by Kesebir *et al.*, (2015). The Cronbach's alpha coefficient of the scale was found to be 0.92 (Kesebir *et al.*, 2015). The Cronbach's alpha coefficient, which is the internal consistency coefficient for this study, was determined as 0.89 for the total score, 0.85 for the physical satisfaction, and 0.76 for the social satisfaction.

Borderline Personality Questionnaire

Borderline Personality Questionnaire developed by Poreh *et al.*, (2006) is a self-report questionnaire based on DSM-IV criteria. The questionnaire, which is answered as true or false, consists of 80 items and nine subdimensions. The questionnaire was developed in such a way that each feature that is a criterion for borderline personality disorder is a subdimension. These are impulsivity, affective instability, self-image, abandonment, relationships, suicidal and self-injurious behavior, psychosis-like states, intense anger, and affective indecision subdimensions. Validity and reliability studies were conducted on 763 university students. As a result of this study, values between 0.65 and 0.84 were obtained for the internal consistency coefficient values of the subdimensions of the questionnaire. The Cronbach's alpha coefficient of the entire questionnaire was found to be 0.94 (Poreh *et al.*, 2006). Turkish validity and reliability study was done by Ceylan *et al.*, (2017), and the Cronbach's alpha coefficient of the entire questionnaire was found to be 0.89. Scoring of the questionnaire was as follows: correct answers for positive and reversed items are 1 point, and they are added together (Ceylan *et al.*, 2017). The Cronbach's alpha coefficient, which is the internal consistency coefficient for this study, was 0.93 for the total score, 0.62 for impulsivity, 0.80 for affective indecision, 0.65 for abandonment, 0.70 for relationships, 0.83 for self-image, 0.83 for suicidal self-injury behavior, 0.77 for feelings of emptiness, 0.81 for feelings of emptiness, 0.80 for intense anger, and 0.62 for psychosis-like conditions.

Measures

Permissions required for the use of the scales and the information about the scoring of the scales were obtained via e-mail from the researchers who carried out the adaptation studies of the measurement tools used within the scope of the research in Turkish. Subsequently, an application was made to the Istanbul Aydin University Social and Human Sciences Ethics Committee to evaluate whether the study contained ethical violations. The study started after the approval of the ethics committee dated 21.04.2022 and numbered 2022/07 of Istanbul Aydin University Social and Human Sciences Ethics Committee. Data collection tools were applied to a total of 433 volunteers, comprising 224 women and 209 men, who lived in Istanbul, Turkey. The scales and the informed consent form were given to the participants of the research via online, and information on their identity was not taken to protect the privacy of the participants. It took ~20 min to complete the scales. The obtained data were analyzed IBM SPSS Statistics' version 25.0. (IBM Corp., Released 2017, Armonk, New York, USA. Data collection, statistical analysis, and writing processes were carried out with the joint participation of the authors.

Statistical Analysis

The data collected online were transferred to the SPSS 25 program and then statistical analysis was started. In the first step of the analysis, the assumption of normality of the distribution was tested. Within the scope of normality analysis, skewness and kurtosis values of scales and subscales were examined. In this context, the study of George and Mallery (2010), in which the distribution is considered normal when the skewness and kurtosis values are between +2 and -2 reference values, was referred. Parametric analyses were preferred because the variables were within the reference range. The relationship between trait anger and anger styles scale, borderline personality questionnaire, and Snaith Hamilton pleasure scale was examined using Pearson correlation analysis. The borderline personality's prediction of anger-in, anger-out, anhedonia, and the anhedonia prediction of anger control was determined with multiple linear regression analysis. Moreover, the borderline personality's prediction of anger control was determined with simple linear regression analysis. Whether the borderline personality questionnaire and the Snaith Hamilton pleasure scale differ depending on sex and whether the borderline personality questionnaire and the Snaith Hamilton pleasure scale differ depending on marital status were examined using the independent sample *t* test. One-way analysis of variance was used to determine whether the borderline personality questionnaire and Snaith Hamilton pleasure scale differ depending on the educational status and whether the borderline personality questionnaire and Snaith Hamilton pleasure scale differ depending on the income status. The *P* value taken as reference in the study was 0.05, and the confidence interval value was 95%.

RESULTS

Descriptive values of trait anger and anger expression scale, borderline personality questionnaire, and Snaith Hamilton pleasure scale and subdimensions of these scales were examined. The mean of the trait anger (mean=18.44, SD=5.34), mean of the anger-in (mean=16.50, SD=5.96), mean of the anger-out (mean=14.94, SD=3.68), mean of the anger control (mean=23.31, SD=5.22), mean of the borderline personality questionnaire (mean=19.06, SD=12.70), mean of the impulsivity (mean=1.57, SD=1.50), mean of the affective instability (mean=3.45, SD=2.68), mean of the abandonment (mean=1.88, SD=2.21), mean of the relationship (mean=2.25, SD=2.03), mean of the suicide and self-mutilation (mean=0.95, SD=1.49), mean of the emptiness (mean=2.86, SD=2.64), mean of the intense anger (mean=2.64, SD=2.57), mean of the quasi-psychotic states (mean=1.83, SD=1.64), mean of the Snaith Hamilton pleasure scale (mean=18.38, SD=4.92), mean of the physical pleasure (mean=11.88, SD=3.32), and mean of the social pleasure (mean=6.50, SD=1.93) are found in Table 1.

Pearson correlation was conducted to see relationships between trait anger and anger expression scale, borderline personality questionnaire, and Snaith Hamilton pleasure scale. According to results of the study, a moderate and positive relationship between borderline personality questionnaire and trait anger ($r=0.581, P<0.01$), as well as between Snaith Hamilton pleasure scale and trait anger ($r=0.148, P<0.01$) was found (Table 2).

Independent sample *t* test was conducted to see if there was a difference between borderline personality questionnaire and Snaith Hamilton pleasure scale by sex. When we compared the scores obtained and the scores obtained according to the sex status, a significant difference was found between the averages of anger-out subscale ($t(431)=-2.15, SS=431, P<0.05$), borderline personality subscale ($t(420.541)=-2.60, SD=420.541, P<0.05$), affective instability subscale ($t(429.091)=-2.58, SD=429.091, P<0.05$), abandonment subscale ($t(396.575)=-4.83, SD=396.575, P<0.05$), relationship subscale ($t(427.220)=-3.02, SD=427.220, P<0.05$), and self-image subscale ($t(417.729)=-2.70, SD=417.729, P<0.05$). When we evaluated the results, it was seen that women scored higher than men. When the results evaluated it was seen that there is a significant difference in impulsivity subscale ($t(409.609)=3.54, SD=409.609, P<0.05$) and the physical pleasure subscale ($t(431)=2.23, SD=431, P<0.05$) by sex. It was seen that men scored higher than women. When we compared the scores obtained from trait anger, anger-in, anger control, suicide self-mutilation, emptiness, intense anger, quasi-psychotic states, Snaith Hamilton pleasure scale, and social pleasure subscale, no significant difference was found between the averages ($P>0.05$) (Table 3).

There was a moderate and positive relationship between borderline personality questionnaire and anger-in ($r=0.638, P<0.01$) and anger-out ($r=0.463, P<0.01$) and a weak and positive relationship between Snaith Hamilton pleasure scale and anger-in ($r=0.103, P<0.01$) and anger-out ($r=0.128, P<0.01$). A moderate and negative relationship between borderline personality questionnaire and anger control ($r=-0.317, P<0.01$), as well as between Snaith Hamilton pleasure scale and anger control ($r=-0.352, P<0.01$) was found. Moreover, a weak and positive relationship between Snaith Hamilton pleasure scale and borderline personality questionnaire ($r=0.246, P<0.01$) was found.

Multiple linear regression was used to test if intense anger, emotional indecision, and abandonment significantly predicted trait anger. It was found that intense anger, emotional indecision, and abandonment predicted trait anger ($r=0.70, r^2=0.49, P<0.05$). It was determined that the independent variables in the established regression model explained 49% of the change in trait anger. Ranking based on beta value was as follows: intense anger ($\beta=0.57$), affective instability ($\beta=0.13$), and abandonment ($\beta=0.11$). It has

been determined that intense anger, emotional indecision, and abandonment have a positive effect. According to the findings, it was determined that the variable that explains trait anger the most was intense anger.

Multiple linear regression was used to test if emptiness, abandonment, impulsivity, and self-image significantly predicted anger-in. Emptiness, abandonment, impulsivity, and self-image were found to predict anger-in ($r=0.71, r^2=0.24, P<0.05$). It was determined that the independent variables in the established regression model explained 50% of the change in anger-in. Ranking based on beta value was as follows: emptiness ($\beta=0.44$), abandonment ($\beta=0.16$), self-image ($\beta=0.15$), and impulsivity ($\beta=0.15$). It was determined that emptiness, abandonment, impulsivity, and self-image had positive effects. According to the findings, it was determined that the variable that most explained anger-in was emptiness.

Multiple linear regression was used to test if affective instability and abandonment significantly predicted anger-out. It was found that affective instability and abandonment predicted anger-out ($r=0.40, r^2=0.16, P<0.05$). It was determined that the independent variable in the established regression model explained 16% of the change in anger-out. Ranking based on beta value was as follows: affective instability ($\beta=0.29$) and abandonment ($\beta=0.14$). It was determined that affective instability and abandonment had a positive effect. According to the findings, it was determined that the variable that most explained anger-out was affective instability.

Simple linear regression was used to test if affective instability significantly predicted anger control. It was determined that affective instability predicted anger control ($r=0.26, r^2=0.07, P<0.05$). It was determined that the independent variable in the established regression model explained 7% of the change in anger control. When we evaluated the results, affective instability had a negative effect on anger control ($\beta=0.26, P<0.05$).

Multiple linear regression was used to test if impulsivity and quasi-psychotic states significantly predicted anhedonia. Impulsivity and quasi-psychotic states were found to predict anhedonia ($r=0.2, r^2=0.10, P<0.05$). It was determined that the independent variable in the established regression model explained 10% of the change in anhedonia. Ranking based on beta value was as follows: impulsivity ($\beta=0.21$) and quasi-psychotic states ($\beta=0.19$). It was determined that impulsivity and quasi-psychotic states have a positive effect. According to the findings, it was determined that the variable that most explained anhedonia was impulsivity.

Multiple linear regression was used to test if physical and social pleasure significantly predicted anger control. It was found that physical and social pleasure predicted anger control ($r=0.35, r^2=0.12, P<0.05$). It was determined that the independent variables in the established regression model explained 12% of the change in anger control. Ranking

based on beta value was as follows: physical pleasure ($\beta = -0.21$) and social pleasure ($\beta = -0.17$). It was determined that physical pleasure and social pleasure had a negative

effect. According to the findings, it was determined that the variable that most explained anger control was physical pleasure.

Table 1: Descriptive values of trait anger and anger expression scale, borderline personality questionnaire, and Snaith Hamilton pleasure scale:

	<i>N</i>	Minimum	Maximum	Mean	SD
Trait anger	433	10	40	18.44	5.34
Anger-in	433	8	31	16.50	5.96
Anger-out	433	8	32	14.94	3.68
Anger control	433	8	32	23.31	5.22
Borderline personality questionnaire	433	1	56	19.06	12.70
Impulsivity	433	0	7	1.57	1.50
Affective instability	433	0	10	3.45	2.68
Abandonment	433	0	8	1.88	1.80
Relationship	433	0	7	2.25	2.03
Self-image	433	0	9	1.64	2.21
Suicide and self-mutilation	433	0	6	0.95	1.49
Emptiness	433	0	10	2.86	2.64
Intense anger	433	0	10	2.64	2.57
Quasi-psychotic states	433	0	7	1.83	1.64
Snaith Hamilton pleasure scale	433	14	33	18.38	4.92
Physical pleasure	433	9	23	11.88	3.32
Social pleasure	433	5	14	6.50	1.93

Table 2: Relationships of trait anger and anger expression scale, borderline personality questionnaire, and Snaith Hamilton pleasure scale:

	1	2	3	4	5	6
1-Trait anger	1					
2-Anger-in	0.474**	1				
3-Anger-out	0.689**	0.457**	1			
4-Anger control	-0.383**	0.07	-0.254**	1		
5-Borderline personality questionnaire	0.581**	0.638**	0.463**	-0.317**	1	
6-Snaith Hamilton pleasure scale	0.148**	0.103*	0.128**	-0.352**	0.246**	1

Table 3: Comparison of borderline personality questionnaire and Snaith Hamilton pleasure scale by sex:

	<i>N</i>	Mean	SD	<i>t</i>	DF	<i>P</i>
Trait anger						
Men	209	18.05	5.05	-1.49	431	0.137
Women	224	18.81	5.58			
Anger-in						
Men	209	16.31	5.75	-0.65	431	0.517
Women	224	16.68	6.16			
Anger-out						
Men	209	14.55	3.45	-2.15	431	0.032*
Women	224	15.30	3.86			
Anger control						
Men	209	23.33	4.95	0.09	431	0.930
Women	224	23.29	5.47			

Table 3: Continue:

	<i>N</i>	Mean	SD	<i>t</i>	DF	<i>P</i>
Borderline personality questionnaire						
Men	209	17.44	11.06	-2.60	420.541	0.010*
Women	224	20.57	13.91			
Impulsivity						
Men	209	1.83	1.60	3.54	409.609	0.000*
Women	224	1.32	1.36			
Affective instability						
Men	209	3.11	2.47	-2.58	429.091	0.010*
Women	224	3.77	2.83			
Abandonment						
Men	209	1.46	1.39	-4.83	396.575	0.000*
Women	224	2.27	2.03			
Relationship						
Men	209	1.95	1.83	-3.02	427.220	0.003*
Women	224	2.53	2.16			
Self-image						
Men	209	1.34	1.90	-2.70	417.729	0.007*
Women	224	1.91	2.44			
Suicide and self-mutilation						
Men	209	0.85	1.33	-1.36	424.872	0.175
Women	224	1.04	1.61			
Emptiness						
Men	209	2.63	2.45	-1.76	429.363	0.078
Women	224	3.07	2.79			
Intense anger						
Men	209	2.39	2.54	-1.96	431	0.050
Women	224	2.88	2.58			
Quasi-psychotic states						
Men	209	1.87	1.63	0.54	431	0.589
Women	224	1.79	1.65			
Snaith Hamilton pleasure scale						
Men	209	18.75	4.88	1.51	431	0.131
Women	224	18.04	4.94			
Physical pleasure						
Men	209	12.24	3.35	2.23	431	0.026*
Women	224	11.54	3.26			
Social pleasure						
Men	209	6.51	1.81	0.04	431	0.969
Women	224	6.50	2.03			

Test used: independent sample *t* test. **P* value less than 0.05.

DISCUSSION

The main hypothesis of the study is that there is a positive and significant relationship between borderline personality traits, anger and anhedonia. When the results of the study were examined, there was a positive relationship between borderline personality traits and

anger and a negative relationship between borderline personality traits and anger control. One of the difficulties experienced in emotion regulation, which is the basis of borderline personality disorder, is the inability to control anger (Dixon-Gordon *et al.*, 2017; Quattrini *et al.*, 2019).

Parallel to the findings of this study, there are studies stating that borderline personality traits and anger are related (Martino *et al.*, 2015; Mancke *et al.*, 2017). Domes *et al.*, (2006), reported that the anger levels of individuals with borderline personality traits were significantly higher than those of healthy individuals. Peters *et al.*, (2014) stated that anger and anger rumination are associated with borderline personality traits.

The feelings of anger that individuals with borderline personality traits feel and cannot control can also be associated with the early sexual abuse they are exposed to. The anger observed in the case of a perceived threat to the individual or to the other is intensely manifested in the early stages of sexual abuse, when someone they trust and is dependent on hurts them. Even years after the abuse, the prevalence of anger is seen as a result of sexual abuse experienced in the early period (Bowers and Yehuda, 2016; as cited in Faraji and Yilmaz, 2022). Martin-Blanco *et al.*, (2014) conducted a study with individuals diagnosed with borderline personality traits and reported that 70% of the participants were exposed to abuse or neglect. It has been reported that childhood sexual abuse is seen between 40 and 71% in person who have borderline personality traits (Lobbestael *et al.*, 2010). Similarly, Menon *et al.*, (2016) reported a high rate of early sexual abuse in borderline individuals. Brodsky *et al.*, (2001) found in study they conducted that borderline individuals who were exposed to childhood sexual abuse had difficulty in controlling their impulses and showed angry and aggressive attitudes.

A positive correlation was found between borderline personality traits and anhedonia. Regarding anhedonia in borderline personality traits, there was a significant relationship between borderline personality traits and anhedonia, as they cause the person to experience a situation with a very high level of discomfort such as fear of abandonment, loneliness, feeling of emptiness, and boredom (Marissen *et al.*, 2012). Anhedonia is an avoidable condition for individuals with borderline personality traits and they act on an impulsive basis in order not to feel anhedonia (Moeller *et al.*, 2001; Lieb *et al.*, 2004; Franken *et al.*, 2006). Marissen *et al.*, (2012) stated in a study they conducted that individuals with borderline personality traits experienced higher levels of anhedonia than healthy individuals.

In this study, there was a positive relationship between anhedonia and anger and a negative relationship between anhedonia and anger control. The clinging relationship established with the other by avoiding anhedonia includes not being alone, fear of abandonment, feeling of emptiness, and boredom (Moeller *et al.*, 2001; Lieb *et al.*, 2004; Franken *et al.*, 2006). Basically, there is a significant relationship between these two variables, as anhedonia is avoided in borderline individuals who want to control

the relationship that contains them through anger and aggressive attitudes, while anger remains a mediator that provides avoidance. In borderline individuals who cannot satisfy themselves emotionally and cannot regulate their emotions, the anxiety caused by not meeting their needs manifests as anger. As anhedonia increases, the feeling of emptiness and impulsive behaviors accompanied by anxiety are mediated by anger (Moeller *et al.*, 2001; Lieb *et al.*, 2004; Franken *et al.*, 2006). This explains the positive relationship between anhedonia and anger and the negative relationship between anhedonia and anger control. Fanning *et al.*, (2012) reported in a study they conducted that anhedonia and anger showed a significant relationship. This information explains the results of the study that borderline personality traits is significant predictor of anger and anhedonia and that anhedonia and affect instability are significant predictors of anger control.

When the results of the study were examined, it was found that anger, borderline personality traits, and anhedonia levels of women were higher than those of men. It was found that men's impulsivity and physical satisfaction levels were higher than those of women. Although there are studies stating that borderline personality traits are more common in women (Trull *et al.*, 2010), there are also studies stating that it does not differ according to sex (Skodol and Bender, 2003). It is thought that there is a sex difference, because men with borderline personality traits usually exhibit antisocial personality disorder traits. Although boys are raised on the basis of supporting their feelings of independence, assertiveness, and curiosity, it is highly likely that borderline personality traits are associated with the behavior of girls who are raised in a way that supports addiction and passivity, and the behaviors exhibited by a woman who becomes an adult after this upbringing (Simmons, 1992). Because, while women with dependent, overly demanding attitudes, and aggressive and random relationships are evaluated as borderline personality disorder (Gunderson and Zanarini, 1987), men are evaluated as antisocial personality disorder (Simmons, 1992). In line with the results of the study, there are studies reporting that women are angrier than men (Fischer and Evers, 2011) and experience higher anhedonia (Costa *et al.*, 2001; Nakonezny *et al.*, 2010). Sosyal *et al.*, (2009) reported in their research that women's anger levels are higher than those of men, which supports the findings of this study. In parallel with these research findings, Srisurapanont *et al.*, (2017) stated in a study they conducted that women experienced higher levels of anhedonia than men. It is thought that the difference according to sex in these areas is due to sex-specific roles. Stereotyped social judgments and sex-specific roles are a determining factor for women and men to express their feelings. Expression of emotions and acceptance when sex is taken as reference varies from

culture to culture (Wester *et al.*, 2002). Cultural norms and differences are thought to constitute the difference in anger, borderline personality traits, and anhedonia when the reference point of sex is taken.

As a result of the present study, new information has been obtained regarding the formation process of anger, which is one of the most prominent features of borderline symptomatology and one of the most related features with other maladaptive attitudes and behaviors. Determining the nature of anger that serves to avoid anhedonia in person who have borderline personality traits reveals the need for more adaptive strategies to eliminate anhedonia. In this direction, the results of the study can be used in psychotherapy practices to determine anhedonia and to develop interventions for its elimination, instead of expecting results from direct targeting of anger. It is thought that this innovation, which is recommended to be realized in psychotherapy practices, is important in terms of considering that the symptom has a function of meeting a need in the subjectivity of the individual, albeit incongruously.

CONCLUSION

According to the results of this study, there was a significant relationship between borderline personality traits, anger, and anhedonia. The relationships formed with other people through anger, which is one of the main characteristics of the borderline personality structure, as well as the conflicts in these relationships, the impulsive behaviors that emerge in parallel with the boredom and sense of emptiness that are the manifestations of anhedonia, are the focus of research on the relationship. Moreover, the results showed that anger, borderline personality traits, and anhedonia levels of women were higher than those of men. This study was conducted with borderline personality traits. The limitation of this study is the lack of comparison groups with individuals with and without borderline personality disorder.

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Nil.

CONFLICTS OF INTEREST

There are no conflicts of interest.

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