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## **AN EMPIRICAL STUDY OF THE CONTENT COMPONENTS OF THE SELF-CONCEPT OF INDIVIDUALS WITH INCEST TRAUMA**

**Abstract.** У статті представлено аналіз та інтерпретація результатів емпіричного дослідження змістовних компонентів Я-концепції осіб з травмою інцесту. Відповідно до поставленої мети дослідження завданнями роботи виступили: операціоналізація змістовних компонентів Я-концепції та інтерпретація емпіричних індикаторів в структурі особистості з травмою інцесту. За для досягнення означених цілей було застосовано батарею психодіагностичних методик: «Young schema Questionnaire (YSQ-3)» (J. Yang), «Impact of Even Scale – Reviser (IES-R)» (D. Weiss, Ch. Marmar), «Scale of Incestuous Personality» (M. Dushkevych, M. Hlushchenko). Вибірку констатуючого експерименту склали 173 особи (з них 61 особа, яка зазнала травми інцесту та 112 осіб контрольної групи). Середній вік загальної вибірки 32 роки. Статистична обробка результатів здійснювалась за допомогою непараметричного критерію U-Манна-Уїтні та однофакторного дисперсійного аналізу ANOVA з подальшою інтерпретацією емпіричних компонентів. У ході емпіричного дослідження представлено уявлення про феноменологію травматичного досвіду інцесту в структурі Я-концепції особистості. На основі отриманих даних та порівняльних статистичних процедур проаналізовано, що прояв самосвідомості осіб з травмою інцесту розгортається навколо конструктивного та деструктивного профілю Я-концепції. Встановлено, що рівень прояву показників інтегративності травматичної події, активізації дисфункційних когнітивних схем та рівня інцестуозності статистично вища серед осіб з травмою інцесту у групі з деструктивним, а ніж з конструктивним профілем. Виявлено, що активізація інтрузії травматичних спогадів ускладнює психічний стан особистості, утворюючи при цьому складну систему негативного самосприйняття та емоційного дистресу. Я-концепція осіб з травмою інцесту у деструктивному профілі супроводжується сприйняттям власної дефективності, надмірною або недостатньою чутливістю у сфері психічного та тілесного, специфічним ставленням до сексу, емоційною депривацією, труднощами у міжособистісних стосунках. Наголошено, що розуміння Я-концепції дозволяє визначати ефективні стратегії психологічного супроводу та психосоціальної допомоги на різних (особливо кризових) етапах онтогенезу задля формування позитивної Я-концепції. Практична значущість результатів полягає у можливості їх використання психологами, психотерапевтами для складання психологічного супроводу та допомоги особам, які зазнали травми інцесту.

**Ключові слова.** Я-концепція, депривація, психологічна травма, сексуальне насильство, психологічне благополуччя.

**Abstract.** The article presents the analysis and interpretation of the results of an empirical study of the substantive components of the self-concept of individuals with incest trauma. In accordance with the stated goal of the study, the tasks of the work were: operationalization of the substantive components of the self-concept and interpretation of empirical indicators in the structure of the personality with incest trauma. To achieve the stated goals, a battery of psychodiagnostic methods was used: “Young schema Questionnaire (YSQ-3)” (J. Yang), “Impact of Even Scale – Reviser (IES-R)” (D. Weiss, Ch. Marmar), “Scale of Incestuous Personality” (M. Dushkevych, M. Hlushchenko). The sample of the ascertaining experiment consisted of 173 individuals (of which 61 individuals who had experienced incest trauma and 112 individuals from the control group). The average age of the total sample was 32 years. Statistical processing of the results was carried out using the nonparametric Mann-Whitney U-test and one-way variance ANOVA analysis with subsequent interpretation of empirical components. The empirical study presented an idea of the phenomenology of the traumatic experience of incest in the structure of the self-concept of the individual. Based on the data obtained and comparative statistical procedures, it was analyzed that the manifestation of self-awareness of individuals with incest trauma unfolds around the constructive

and destructive profile of the self-concept. It was established that the level of manifestation of indicators of the integrative nature of the traumatic event, the activation of dysfunctional cognitive schemes and the level of incestuousness is statistically higher among individuals with incest trauma in the group with a destructive rather than a constructive profile. It was found that the activation of the intrusion of traumatic memories complicates the mental state of the individual, forming a complex system of negative self-perception and emotional distress. The self-concept of individuals with incest trauma in a destructive profile is accompanied by the perception of their own defectiveness, excessive or insufficient sensitivity in the mental and physical spheres, a specific attitude towards sex, emotional derivation, and difficulties in interpersonal relationships. It is emphasized that understanding the self-concept allows for the identification of effective strategies for psychological support and psychosocial assistance at different (especially crisis) stages of ontogenesis in order to form a positive self-concept. The practical significance of the results lies in the possibility of their use by psychologists and psychotherapists to provide psychological support and assistance to individuals who have suffered incest trauma.

**Keywords:** Self-concept, deprivation, psychological trauma, sexual violence, psychological support.

**Introduction.** In the scientific paradigm, incest trauma is interpreted as sexual violence against children. At the same time, there are a number of synonymous terms, such as “sexual violence against children in the family”, “sexual exploitation of children by close relatives or significant adults”, “victim of incest”, “incest trauma”. In accordance with the approach proposed by D. Finkelhor, J. Herman, D. Russell (Finkelhor, 1978; Herman & Russell, 1986), it can be emphasized that the use of these terms will denote the same experience. The first attempts at theoretical analysis of the impact of traumatic experiences of sexual violence on the child’s personality were studied by scientists S. Blume, J. Herman, D. Russell, D. Finkelhor (Blume, 1998; Finkelhor, 1978; Herman & Russell, 1986). Scientists have devoted research to studying the features of the occurrence of incest in the family system and analyzed its impact on the development of the child’s personality. Further studies by psychologists were aimed at studying the social identity of people with incest trauma (Muldoon, Nightingal, McMahon & Griffin, 2019), the features of the perception of sexuality and sexual self-concept (Gewirtz-Meydan & Lahav, 2020; Guyon, Fernet & etc, 2020; Gewirtz-Meydan & Godbout, 2023). We would also like to note the specifics of gender differences in the manifestation of the self-concept of people with incest trauma, which was studied by P. O’Leary, S. Easton, N. Gould (O’Leary, Easton & Gould, 2015). In Ukrainian scientific works, the problem of the self-concept of people with incest trauma is described in the studies of O. Deshchynska, M. Dushkevych, M. Glushchenko, M. Mushkevych (Deshchynska & Mushkevych, 2023; Dushkevych & Glushchenko, 2019,2020,2021).

One of the ways to ensure psychological well-being and organize psychological assistance to individuals with incest trauma is to determine the specifics of the self-concept of the individual. The studies of J. Hoshovskyi, O. Dudnyk, and G. Katolyk (Hoshovskyi, 2014; Dudnyk, 2022; Katolyk, 2020) have proven that the self-concept as a system of individual self-awareness is an important determinant of psychological well-being. The theoretical explorations conducted have determined that in modern studies the specifics of the self-concept of individuals with incest trauma require better systematization and delineation of the criteria for the manifestation of the system of individual self-perception at the emotional, cognitive, and behavioral levels. That is why we turned to the scientific view and empirical substantiation of such a poorly researched topic.

**Stating the aim of the study.** The purpose of the study was to analyze and interpret the results of an empirical study of the features of the self-concept of individuals with incest trauma.

**Methods.** In the process of empirical study of the self-concept with incest trauma, we applied the following diagnostic methods – “Young schema Questionnaire (YSQ-3)” (J. Yang), “Impact of Even Scale – Reviser (IES-R)” (D. Weiss, Ch. Marmar), “Scale of Incestuous Personality” (M. Dushkevych, M. Hlushchenko). Qualitative, quantitative and statistical analysis were used to process empirical data using SPSS software.

**Justification of methods.** The experience of sexual violence in childhood traumatizes the social identity of the child. In the works of O. Muldoon, it is described that incest is accompanied by the imposition of undesirable, destructive verbal constructs from the social environment, which complicates the formation of a positive self-perception. As a result, children acquire negative self-images of themselves as different, defective, punished, disgraced. Referring to the scientific experience of J. Yang, it is determined that the traumatic basis of the functioning of the personality lies in the plane of maladaptive cognitive beliefs about oneself, the surrounding world, and relationships that were formed in childhood. Traumatic experience in

the family, in particular sexual violence, is a powerful factor in the formation of deep violations of self-identity. Thus, the application of the Young schema Questionnaire (YSQ-3) (J. Yang) technique allows us to study the content of the self-concept at the cognitive level. We assume that the relevance of cognitive schemas to the self-concept of individuals with incest trauma is expressed in the exacerbation of indicators of emotional deprivation, defectiveness, shame, humility and submissiveness.

The experience of sexual violence in childhood has delayed consequences, such as the development of depressive, anxiety or post-traumatic stress disorders. Accordingly, incest as a trauma provokes the risk of PTSD, which more often leads to deep, long-term structural changes in a person's self-perception. Studies (Channer & Jobson, 2018) indicate that individuals with PTSD have significantly higher negative complexity of their own self than individuals without PTSD. Summarizing the main features of traumatic situations, T. Titarenko (Titarenko, 2017) indicates that trauma destroys the integrity of the worldview, dividing it into life before and after the trauma. However, the researcher notes that a traumatic situation has a dual nature: on the one hand, it carries a threat and danger, and on the other hand, it appeals to endurance, the search for new meanings and personality transformation. Based on these theoretical provisions, we used the "Impact of Event Scale – Reviser (IES-R)" to study the specifics of the impact of a traumatic event on personality structures, the level of intrusive memories and emotional distress.

Incest as sexual violence by significant close adults and sexual violence against children committed by adults from outside the family environment have different effects on the mental organization of the victim. Since violence is committed by close people, it destroys basic ideas about safety and trust. Also, the trauma of incest can be accompanied by the sexualization of the family environment, when the system includes eroticization of the child, encouragement of nudity, allowing children to see the genitals of adults, observing sex, etc. The existence of such factors leads to distortion of sexual identity, violation of personal boundaries, confusion in perceived sexuality. Considering these provisions, to diagnose the level of violation of personal boundaries as a result of sexual abuse between emotionally connected people, we used the "Scale of Incestuous Personality" questionnaire (M. Dushkevych, M. Hlushchenko).

**Sample.** An empirical study of the content components of the self-concept of individuals with incest trauma was carried out from December 2021 to March 2024. To achieve the goal of the study, we formed a sample consisting of three groups: the first group - experimental (EG), - individuals in whose lives incest trauma was recorded (61 subjects, of whom 42 were women and 19 were men) and the second group - control (CG) of random composition and population (113 subjects, of whom 59 were women and 54 were men). The age of the subjects ranged from 18 to 52 years (the average age of the total sample was 32 years). The research procedure involved filling out regular and electronic forms created using the "OnlineTestPad" test construction platform. The subjects of the experimental group were clients receiving psychosocial services: in centers for victims of domestic violence, medical-psychological, psychological-consulting centers, public organizations, private psychotherapists. All participants provided written consent to participate in the study and publish the results in compliance with the ethics of psychological scientific research.

**Presentation of the results of the study.** At the first stage of the empirical study, we prepared data for comparative statistical procedures. To accomplish the task, we reduced the diagnosed variables to standard estimates (Stans). Also, we were guided by the belief that focusing on aspects of the self-concept of individuals with incest trauma only in the context of a destructive self-perception system can contribute to the stigmatization of individuals with such experiences (Yatsenko & Darvishov, 2023). Accordingly, the leveling of the resource potential of the psyche, the devaluation of important rethinking and positive changes occurring in a person's life can have serious negative consequences both for the individual and for the quality of psychological care. Based on this logic, we divided the experimental group, people with incest trauma, into two subgroups: people with a constructive personal profile of the self-concept (EG1) and people with a destructive personal profile of the self-concept (EG2). However, testing the hypothesis about the existence of specific manifestations of the self-concept of people with incest trauma requires the introduction of a control group. The control group consisted of people who had not experienced incest (n=113).

Continuing the logic of the scientific appeal, we will justify that the standardization of variables into stans aims to avoid the dominance of one variable over the others, to correctly weigh the contribution of each indicator, and to carry out the optimal division of the experimental group into two subgroups. The scale of the stans is built from the arithmetic mean value in "raw" scores, which is taken as a reference point. To the right and left, intervals equal to 1/2 of the standard deviation are measured. For the scales, the

average value is 5.5, and the standard deviation is 2. The calculations were carried out based on the indicators of the total sample - 173 people.

The procedure for selecting individuals with incest trauma into subgroups with a constructive and destructive profile involved taking into account the arithmetic mean of three indicators: “integrativeness of the traumatic event” (M=46; SD=25), “Activation of maladaptive schemes” (M=193; SD=52), and “general level of incestuousness” (M=149; SD=31). Further, we grouped the stans according to the levels of constructiveness/destructiveness, the logic of grouping is as follows: 5 and 6 stans account for 50% of the sample and this determines the average level, further deviation to the right and left are high or low indicators, respectively. Based on Table 1, we observe that stans 1 to 6 indicate low and average levels according to three indicators and form a constructive profile. Accordingly, stans 7 to 10 are high and excessively high levels that will characterize a destructive profile. Note that the correspondence of the destructive/constructive profile category demonstrates the average value of the stans according to the three indicators.

**Table.1.**

**Table for converting raw scores to standard scores (sten scores) of the personality profile (n=173)**

Personal profile	Constructive						Destructive			
	Low			Middle			Hight			Excessive
Levels	1	2	3	4	5	6	7	8	9	10
Integrativeness of a traumatic event.		≤8	9-20	21-33	34-45	46-58	59-71	72-84	85-96	≥97
Activation of maladaptive schemas	≤88	89-114	115-140	141-166	167-192	193-219	220-245	246-271	272-297	≥298
Overall level of incestuousness	≤86	87-102	103-117	118-134	134-150	150-165	166-181	182-195	196-212	≥213

The results obtained in the experimental group (n=61) allowed us to form a group of individuals with incest trauma who exhibit a constructive personality profile (EG1=31 individuals) and a destructive profile (EG2=30 individuals).

At the next stage of the study, to determine statistical differences among the studied variables between the group of individuals with incest trauma with a constructive and destructive profile, we used a nonparametric Mann-Whitney U-test. The nonparametric test for comparing ranks between samples allows us to determine differences without assuming a normal distribution. For the sensitivity of the indicators, we used a comparison of raw data to preserve variability within the sample. Different categories were analyzed. The following statistically significant differences between the two groups were identified (see Table 2).

**Table. 2.**

**Statistically significant differences between groups of individuals with incest trauma with a constructive and destructive personality profile**

Variables	Mean rank for EG1	Mean rank for EG2	Mann-Whitney U-test	Asymp.Si g.
Intrusion	21,10	41,23	158,00	,000
Avoidance	22,61	39,67	205,00	,000
Physiological excitability	22,56	39,72	203,50	,000
Integrativeness of a traumatic event	20,90	41,43	152,00	,000
Communication breakdown and rejection	18,95	43,45	91,50	,000
Violation of autonomy	21,02	41,32	155,50	,000
Privilege	25,84	36,33	305,00	,019
Excessive vigilance and prohibitions	21,45	40,87	169,00	,000
Psycho-emotional distrust	19,31	43,08	102,50	,000
Sexualized identification	25,11	37,08	282,50	,008

Emotional-anxious identification	21,56	40,75	172,50	,000
Overt-controlling intimacy	22,69	39,58	207,50	,000
Overall level of incestuousness	17,97	44,47	61,00	,000

The study revealed differences in the manifestation of intrusion (U=158.0; p=0.00); tendency to avoid (U=205.0; p=0.000); physiological arousal (U=203.5; p=0.00), integrativeness of the traumatic event (U=152.0; p=0.00), disruption of communication and rejection (U=91.5; p=0.00), disruption of autonomy (U=155.5; p=0.00), privilege/special status (U=305.0; p=0.19), excessive vigilance and prohibition (U=169.0; p=0.00), psycho-emotional distrust (U=102.5; p=0.00), sexualized identification (U=282.5; p=0.08), emotional-anxious identification (U=172.5; p=0.00), open-controlling intimacy (U=207.5; p=0.00), general level of incestuousness (U=61.0; p=0.00). It was established that the level of manifestation of indicators is statistically higher among individuals with incest trauma in the group with a destructive personality profile.

At the third stage of the empirical study, in order to compare the mean values of the diagnosed indicators in different independent samples, we used a one-way analysis of variance (ANOVA). Table 3 shows the degrees of equality of the means for the groups of subjects with different personality profiles (EG1=31; EG2=30) and the control sample (n=113). We observe that the Levene's homogeneity criterion in the poverty indicator has a significance level of  $p > 0.05$ , which indicates the homogeneity of the dispersion and allows us to carry out a one-way analysis of variance.

**Table 3.**

**The degree of equality of the mean values of the indicators in the experimental and control groups**

Variables	Mean for EG <sub>1</sub>	Mean for EG <sub>2</sub>	Mean for CG	Levene's test for equality of variances	
	n=31	n=30	n=113	F	Sig.
Intrusion	4,9	7,2	5,2	5,8	,004
Avoidance	5,3	7,1	5,1	1,6	,195
Physiological excitability	5,1	7,0	5,1	1,9	,143
Integrativeness of a traumatic event	4,9	7,3	5,2	7,3	,001
Communication breakdown and rejection	5,5	7,7	5,5	1,3	,263
Violation of autonomy	5,2	7,2	5,3	0,37	,689
Privilege	5,3	6,3	5,5	0,84	,432
Excessive vigilance and prohibitions	5,5	7,7	5,8	0,24	,783
Psycho-emotional distrust	4,8	7,9	5,3	0,56	,572
Sexualized identification	6,2	7,5	5,5	1,41	,245
Emotional-anxious identification	5,8	7,6	5,3	5,01	,008
Overt-controlling intimacy	5,8	7,7	5,6	1,16	,315
Overall level of incestuousness	4,8	7,9	5,0	0,84	,430

Referring to modern scientific research on statistical research, A. Cramer, O. Ravenzwaaij, D. Matzke note that psychological research often ignores a post-hoc procedures when using multiple comparisons in multivariate analysis of variance. Scientists note that without appropriate corrections, such as a post-hoc procedure, there is a high probability of obtaining false positive results. Given this, in our empirical study we introduced an additional sequential Bonferroni procedure to ensure statistical reliability of the results. In order to increase the sensitivity of the intergroup indicators, the average values were checked at the level of 0.01.

Studying the features of emotional experiences and intrusions in people who have suffered severe stressful situations using the example of incest trauma, we found statistical differences between groups of people with a destructive profile and a constructive profile (see Table 4). It is observed that the level of integrative traumatic impact is higher in the group with a destructive profile (M=7.3, SD=1.3). This indicates that the activation of the intervention of traumatic memories complicates the mental state of the individual, forming a complex system of negative self-perception and emotional distress. Thus, we come

to the assumption that psychotherapy is a significant factor in influencing the self-concept of the individual when working with incest trauma. Accordingly, this actualizes the need to find the most effective methods of support and psychotherapeutic interventions to optimize the positive functioning of the individual.

**Table 4**

**Intergroup comparison of mean values for study groups based on assessment of the impact of a traumatic event**

Variables	Intergroup comparison	Mean Difference (I-J)	Sig,
Intrusion	EG1 x EG2	-2,263*	,000
	EG1 x CG	-0,337	,000
	EG2 x CG	1,925*	,000
Avoidance	EG1 x EG2	-1,810*	,000
	EG1 x CG	0,179	,001
	EG2 x CG	1,990*	,000
Physiological excitability	EG1 x EG2	-1,772*	,001
	EG1 x CG	-0,053	,000
	EG2 x CG	1,719*	,001
Integrativeness of a traumatic event	EG1 x EG2	-2,265*	,000
	EG1 x CG	-0,228	,000
	EG2 x CG	2,036*	,000

\* The mean difference is significant at the 0.01 level.

By studying maladaptive cognitive schemes that were formed as a result of experiencing traumatic or emotionally deformed experiences in early childhood in the process of the child's interaction with the immediate environment, statistical differences were determined between the experimental groups and the control group. According to the results shown in Table 5, statistical differences are observed between individuals with incest trauma with a destructive profile versus individuals with this incest experience in a constructive direction. This indicates that individuals in the experimental group with maladaptive schemes of this category have such expectations of themselves and the world that prevent them from acting effectively and independently, in accordance with their age. Probably, when these people were children, their parents surrounded them with excessive care or, conversely, did not care for them at all, as a result of which they partially demonstrate dependent behavior and have difficulty realizing their goals and intentions. In turn, there is no difference in the indicators of "disconnection and rejection" between the control group (M=5.5; SD=1.3) and the experimental group with a constructive profile (M=5.4; SD=1.02), which indicates the normalization of the dysfunctional perception of oneself and the world regardless of the presence of a traumatic experience of sexual violence in the family. Let us pay attention to the indicator of privilege, which represents the perception of oneself as special, someone who needs a specific attitude. A comparison of this indicator did not reveal any differences between all groups (MEG1 =5.2; SDEG1=1.4; MEG2 =6.3; SDEG2 =1.8; MKG = 5.5; SDKG =1.7), this may indicate that individuals with incest trauma perceive themselves as a fully functioning individual who does not need a privileged stigmatizing attitude. The results of such a study suggest the effectiveness of psychotherapeutic interventions for the formation of a new adaptive worldview in adulthood and the restoration of psychological well-being after trauma.

**Table 5**

**Intergroup comparison of mean values for groups of subjects according to indicators of functioning of maladaptive schemes**

Variables	Intergroup comparison	Mean Difference (I-J)	Sig,
Communication breakdown and rejection	EG1 x EG2	-2,118*	,000

	EG1 x CG	-0,146	,000
	EG2 x CG	2,035*	,000
Violation of autonomy	EG1 x EG2	-1,876*	,000
	EG1 x CG	-0,035	,001
	EG2 x CG	1,845*	,000
Privilege/Special status	EG1 x EG2	-1,108	,033
	EG1 x CG	-0,277	,053
	EG2 x CG	0,830	,053
Excessive vigilance and prohibitions	EG1 x EG2	-2,118*	,000
	EG1 x CG	-0,317	,000
	EG2 x CG	1,800*	,000

\*The mean difference is significant at the 0.01 level.

Analyzing the results obtained using the “Scale of Incestuous Personality” method (M. Dushkevych, M. Hlushchenko), it is worth noting that all incestuousness factors are normalized between the group of individuals with incest trauma with a constructive profile and the control group. On the other hand, the statistical difference with higher indicators is found between the group of individuals with a destructive profile and the control group. This indicates that individuals who are experiencing a traumatic experience of incest are characterized by significant violations of the psychological and physical boundaries of the personality, which contained sexual subtext. The self-concept is accompanied by the perception of one’s own defectiveness, excessive or insufficient sensitivity in the mental and physical sphere, a specific attitude towards sex, emotional deprivation, and difficulties in interpersonal relationships. Also, the self-concept of individuals with destructive incest trauma is characterized by distrust of the environment and difficulty distinguishing between feelings of closeness, love, sexuality, and danger. It should be noted that individuals with excessive incestuousness require psychological support, which is difficult to seek due to the negative load on the self-concept.

**Table 6**

**Intergroup comparison of mean values for groups of subjects according to indicators of personality incestuousness**

Variables	Intergroup comparison	Mean Difference (I-J)	Sig,
Psycho-emotional distrust	EG1 x EG2	-3,158*	,000
	EG1 x CG	-0,512	,000
	EG2 x CG	2,632*	,000
Sexualized identification	EG1 x EG2	-1,337*	,000
	EG1 x CG	0,602	,001
	EG2 x CG	1,939*	,000
Emotional-anxious identification	EG1 x EG2	-1,858*	,000
	EG1 x CG	0,259	,000
	EG2 x CG	2,117*	,000
Overt-controlling intimacy	EG1 x EG2	-2,024*	,000
	EG1 x CG	0,115	,000
	EG2 x CG	2,141*	,000
Overall level of incestuousness	EG1 x EG2	-3,127*	,000
	EG1 x CG	-0,259	,000
	EG2 x CG	2,868*	,000

\*The mean difference is significant at the 0.01 level.

We consider it important to outline the limitations of the empirical research. Let us emphasize that the study of this issue requires a larger group of subjects with incest trauma in order to study differences by gender. Additionally, it is observed that the group of people who have experienced incest with a constructive profile was mainly people who have been undergoing psychotherapy for a long time, which

may be a determining factor in the impact on the results. Given the stated theses, the above results have scientific validity and deserve the attention of a wide range of scientists and mental health professionals.

**Conclusions.** Thus, based on the presented data and comparative statistical procedures, it was analyzed that the manifestation of self-awareness of people with incest trauma unfolds around the constructive and destructive profile of the self-concept. It was found that the level of manifestation of indicators of the integrative nature of the traumatic event, activation of dysfunctional cognitive schemes and the level of incestuousness is statistically higher among individuals with incest trauma in the group with a destructive rather than a constructive profile. The analysis of the comparison of intergroup indicators between the experimental and control groups determined the difference in self-perception of individuals with a destructive manifestation from a constructive one. It was found that the activation of the intrusion of traumatic memories complicates the mental state of the individual, forming a complex system of negative self-perception and emotional distress. The self-concept of individuals with incest trauma in the destructive profile is accompanied by the perception of their own defectiveness, excessive or insufficient sensitivity in the mental and physical sphere, a specific attitude towards sex, emotional derivation, and difficulties in interpersonal relationships. It is emphasized that understanding the self-concept allows us to determine effective strategies for psychological support and psychosocial assistance at different (especially crisis) stages of ontogenesis in order to form a positive self-concept. The practical significance of the results lies in the possibility of their use by psychologists and psychotherapists to compile psychological support and assistance for individuals who have suffered the trauma of incest.

We see the prospects of the research in a more detailed empirical study of the substantive components of the self-concept of a person with an incest trauma. The diagnostic capabilities of the applied methods limit the study of a deeper understanding of the self-attitude system of individuals who have been sexually abused by close people in childhood. Therefore, we consider it appropriate to expand the methodological tools and carry out factor analysis procedures. This will provide an opportunity to conduct a structural factor analysis procedure with the possibility of studying the main indicators of the modality of self-perception in the sphere of corporeality, sexuality, and trust in the world in individuals with a constructive and destructive profile of the self-concept.

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