Risky Behaviour and Death Anxiety among Young Adults: An exploratory scoping review

Laura Chahda, BHSc (Hons), MSpPath, CPSP, PhD.
Umelbanin Al Dhufari, BHSc
Sabrina E Ngatiran, BHSc
Lindsay B. Carey, MAppSc, PhD.
Lillian Krikheli, BHSc, MSpPath, CPSP.
Mitchell Kay, BHSc (Hons), BIntDev.

Palliative Care Unit, La Trobe University
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PREFACE

Purpose and Report Focus:

This report is an exploratory literature review prepared in collaboration with Dr. Laura Chahda (Faculty of Dentistry, Medicine and Health Sciences, The University of Melbourne, Parkville, Victoria, Australia). This report, which forms an extension of a previous review (Del Medico, 2011), considers literature regarding risky behaviour and death anxiety among young adults and is co-sponsored by the La Trobe University Palliative Care Unit as part of the Department of Public Health, Participatory Field Placement Internship Program (PHE3PFP) for undergraduate students studying at La Trobe University, Melbourne, Australia.

Department: Palliative Care Unit
Department of Public Health

POC Details:

Dr. Laura Chahda, BHSc (Honours), MSpPath, PhD., Faculty of Dentistry, Medicine and Health Sciences, The University of Melbourne, Parkville, Victoria, Australia. Email: Laura.Chahda@unimelb.edu.au

Dr. Lindsay B. Carey, MAppSc, PhD. Palliative Care Unit, Department of Public Health School of Psychology and Public Health, La Trobe University, Kingsbury Drive, Bundoora, Victoria, 3084; Phone: + 61 (03) 9479 8808
Email 1: Lindsay.Carey@latrobe.edu.au

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Risky behaviour and death anxiety among young adults:
An exploratory scoping review

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ABSTRACT

Purpose: An exploratory literature scoping review was conducted to investigate the health issues surrounding ‘death anxiety’ and to consider whether risky behaviour of young adults is a direct consequence of death anxiety particularly with respect to their ‘gender’. Methods: A PICO literature search strategy was utilised to identify relevant local and international articles published after the year 2000 and catalogued within key online data bases. Results: Out of 139 articles initially identified, 11 articles were found to be specifically relevant to the topic. Each article was coded according to a dominant theme or themes. Conclusion: The majority of research articles indicated that regardless of age and gender, young adults experienced death anxiety and engaged in risky behaviour due to a variety of influences such as age, gender, religion/culture and locus of control.

Keywords: Death anxiety, risk taking, risky behaviour, young adults, public health, religion, culture.

INTRODUCTION

Nyatanga and de Vocht (2006) argued that there is no specific definition of death anxiety. Nevertheless, while it is not defined as a mental health disorder, it can cause other depressive disorders such as post-traumatic stress disorder (PTSD) and panic disorders. Individuals from different age groups can experience anxiety at any time of their or another’s loss or disability. The idea of mortality and the realisation of the finitude of life often elicit negative feelings in individuals, such as anxiety, despair, sadness, and uncertainty (Bodner, 2009; Cicirelli, 2001; Dezutter, Luyckx, & Hutsebaut, 2009). Tillich (1952) supported this notion that death anxiety is a basic, universal, and inescapable feeling. This has led to an increased interest concerning death anxiety and death attitudes in psychological research over the last 50 years (Neimeyer, 1997).

Terror Management Theory (TMT) is a common psychological approach that can be used to examine and possibly explain an individual’s behaviour that originated from their thoughts or acute awareness about death and their subsequent ‘death anxiety’ (Iverach, Menzies & Menzies, 2014). Previous research utilising TMT theory has identified key factors influencing death anxiety such as age, gender, religion and psychological status (Sinoff, 2017). Within this review, the main focus was on whether risky behaviour (e.g., alcohol, drug, cigarette use and sexual behaviour, etc.) is a possible
consequence of death anxiety among young adults. For specific definitions regarding risky behaviour, death anxiety and related factors, it will be necessary for the reader to consult the original material listed within the references.

**PURPOSE**

The purpose of this review was to investigate the phenomenon of death anxiety and risky behaviour including age and gender effects particularly among young adults. This report also aimed to educate young adults about a health issue (death anxiety) and how specific harmful actions (risky behaviour) can impact their general health. As a result, this review has explored several themes closely linked to this topic such as such as age, gender, religion and psychological behaviour.

**METHOD**

Two key questions shaped the focus of this report: (i) 'Is risky behaviour a result of death anxiety?’ and (ii) ‘Is gender an influential factor with regard to death anxiety?’ The PICO search strategy was utilised (i.e., population, intervention, control and outcomes; Aslam & Emmanuel, 2010) to identify literature that might address the research questions (refer Table 1 & Table 2). The search strategy, as well as the databases utilised (i.e., Medline/Ovid, CINAHL, ProQuest Central, Cochrane library and SCOPUS) are listed at Appendix 1. Only articles published after 2000AD were included in this search.

**Table 1 PICO search terms**

<table>
<thead>
<tr>
<th>Population</th>
<th>Population (B)</th>
<th>Intervention/Exposure</th>
<th>Comparison</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Young adult*” OR “Young people” OR “Early adult”</td>
<td>“death anxiety” OR “thanatophobia” OR “fear of death” OR “death phobia”</td>
<td>“Risky behaviour*” OR “risk taking*”</td>
<td>Females compare to Males/ young adults compare to older adults (other countries)</td>
<td>“Fear of Death”, “Death meanings”, “Death Phobia”</td>
</tr>
</tbody>
</table>

**Table 2 Database search terms and related synonyms**

<table>
<thead>
<tr>
<th>Database search terms</th>
<th>Synonyms</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Young adult*” OR “Young people” OR “Early adult”</td>
<td>Young adults, Young people, Adolescent, Young person, Adolescences, Early adults</td>
</tr>
<tr>
<td>“death anxiety” OR “thanatophobia” OR “fear of death” OR “death phobia”</td>
<td>Fear of death, Death phobia, Thanatophobia, Afraid of death, Dread of death</td>
</tr>
</tbody>
</table>
**RESULTS**

Of 139 articles identified, only 11 were found to be specifically relevant (see Appendix 2). Each of the 11 articles were thematically analysed, specific themes identified, and then thematically coded according to the identified common themes (see Appendix 3). Four themes were coded: (1) Religion / Culture, (2) Age, (3) Gender and (4) Locus of control. Table 3 identifies the authors of each article and the identified themes relating to each article which are listed in greater detail within the reference list and at Appendix 3.

**Table 3 Thematic coding table by article Author/ Authors**

Codes: (1) Religion / Culture; (2) Age; (3) Gender; (4) Locus of control.

<table>
<thead>
<tr>
<th>Codes</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chow (2017)</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feifel &amp; Nagy (1980)</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Hayslip, Schuler, Page &amp; Carver (2014)</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hoelterhoff &amp; Chung (2016)</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Koca-Atabey &amp; Öner-Özkan(2014)</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kroth, McDavit, Brendlen, Patel &amp; Zwiener (2001)</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Miller &amp; Mulligan (2002)</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Nazarzadeh, Sarokhani &amp; Sayehmiri (2014)</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Popham, Kennison &amp; Bradley (2011)</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sarıkaya &amp; Baloğlu (2016)</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Theme Total**

| 6 | 3 | 3 | 1 |
(1) Religion / Culture

Religion and culture was found to be the dominant thematic factor affecting the reaction to death by young individual’s across different countries (i.e., Iran, Turkey and the USA). A study conducted in Iran by Nazarzadeh, Sarokhani and Sayehmiri (2014) aimed to evaluate the relationship between religious attitudes of selected university students, their interpretation of their own death, as well as others and with regard to their general health. This study which included a cohort of 258 female and 93 male students with an average age of 22 years, indicated that students who had more religious attitudes and/or beliefs, resulted in better general health conditions. This indicated that regardless of gender differences, participants who reported having religious beliefs tended to be less affected by the difficulties or barriers of everyday life – including issues relating to death (Nazarzadeh, Sarokhani & Sayehmiri, 2014). Students who had a fear of their own death reported a better level of understanding about their daily problems that led to an enhancement of their general health. This study indicated that researchers, based on their participant’s understanding of the fear of death, highlighted that religion has a significant role in controlling reactions to death. This also increased the chance of having a healthy life which meant a life with less anxiety and clearer moral perspectives about death (Nazarzadeh, Sarokhani & Sayehmiri, 2014).

Sarıkaya and Baloğlu’s research (2016) which developed the Turkish Death Anxiety Scale (TDAS) examined participant’s anxiety utilising a number of psychometric tests (relating to mental health status and behaviour). Students were from different age groups (18 to 40 years, 17 to 23 years and 25 to 90 years). Although, the majority of students were Muslims in each sample the outcomes indicated that students develop death anxiety internally based on reading or talking about death or even externally by just visualising a death event.

Miller and Mulligan’s (2002) research conducted in the USA emphasised that cultural values may explain the differences of risk-taking behaviour of undergraduate students. A culture worldview in relation to death anxiety and risky behaviour has shown that an individual’s culture and religious beliefs either reduce their fear of death (Sarıkaya & Baloğlu, 2016; Nazarzadeh, Sarokhani & Sayehmiri, 2014) or encourages them to engage in risky behaviors, particularly if those behaviours gave individuals a sense of confidence (Miller & Mulligan, 2002). Moreover, mortality salience in this study was found to be used as a buffer against developing unwanted feelings about fearing death.

A study by Hayslip, Schuler, Page and Carver (2014) looked at 472 participants in categories of younger, middle-aged and older adults with different backgrounds such as Caucasian, African-American, Hispanic/Latino, Asian Indian, Chinese, Korean, American Indian and other racial groups. The various cultural background groups were considered with regard to four factors (risk-repressing, death-denial, risk-seeking and wilful neglect) using probabilistic thinking (PT) about death. The results indicated that individuals, as part of a ‘cultural buffer’ use PT (stacking probability in favour of the
event not occurring) as an anxiety buffer which enabled them to minimise their feelings of anxiety about death and dying (Hayslip, Schuler, Page & Carver, 2014).

Another study involving 217 participants (142 females and 75 males) from Turkish universities also sought to explain individuals’ cultural view with regard to death anxiety. This research was conducted Koca-Atabey and Öner-Özkan in 2014 using four conditions, namely mortality salience, control salience, blindness salience and paralysis salience (refer to Koca-Atabey & Öner-Özkan 2014 for definitions). Each condition resulted in a significant response from participants in terms of experiencing death anxiety. For example, in the first condition paralysis salience, individuals mentioned that their religion and family beliefs most affected their fear of death. Therefore, researchers were able to highlight the importance of understanding that either death or disability in one’s life can result in a fear about death and their cultural / religious response is what makes them different from other people in the same population (cf: people having no religious beliefs).

Literature by Hoelterhoff and Chung (2016) in Lithuania also used undergraduate students (39 males and 58 females) to examine the link between death anxiety and post-traumatic stress disorder (PTSD). Individuals who reported having experienced traumatic events (e.g., car accidents) indicated that their ways of overcoming such stressful periods were to rely on self-efficacy, religious coping and existential attitude (Hoelterhoff and Chung, 2016). For that reason, people who had a higher belief were able to use their belief as a buffer against the fear of life ending. Again culture or religious ideas helped young people to build a strategy that supported them during the time of death anxiety including or excluding PTSD experiences.

(2) Age

Three studies have clearly shown that age influences young adults to practice risky behaviour. The first study by Popham, Kennison and Bradley (2011) investigated the relationship between ageing and risk-taking among young adults. For example, 408 students from the USA (226 females and 182 males) participated in a study answering 32 questions about risk-taking behaviours, such as alcohol and drug use, smoking and risky sexual behaviour. The results of this study demonstrated that young individuals who undertake risky behaviours do so to buffer their fear of mortality as these activities help them to feel strong and insusceptible to death (Popham, Kennison & Bradley, 2011). Also, their point of view contributed to a high rate of risk-taking (Popham, Kennison & Bradley, 2011); that is to say, the more deficient thoughts they had about their ‘older’ selves in the future, resulted in more dangerous ways of behaving. These behaviors could lead to severe health conditions (e.g., cardiovascular disease and HIV infection).

Ford, Ewing, Ford, Ferguson and Sherman’s research (2004) in comparison to the Popham, Kennison and Bradley’s study (2011) results, indicated one of the reasons why the younger generation
are risk seeking is to prevent themselves from the actual fear of loneliness, avoiding of routine and to improve their self-esteem. This study involving 162 college students (103 women and 59 men) measured sexual risk-taking and death anxiety. Designed with four divisions (i.e., total thoughts, death thoughts, sexual thoughts and stressful thoughts) the results indicated there were numerous stressful thoughts about death, however of particular interest was participant’s thoughts about risky sexual behaviours seen as a way to overcome or reduce their fear of death (Ford, Ewing, Ford, Ferguson Sherman, 2004).

While the previous studies were organised in the USA, the third study with similar interpretation regarding college students was from a West Canadian City (WCC) by Chow (2017). This study’s results collected from 501 students identified young people who were feeling alone with less purpose in life, lower self-assurance and were more likely to report higher rates of risk-taking. One of the relevant topics and findings was the fact that, of these participants, women reported a higher level of death anxiety than men (Chow, 2017).

(3) Gender
Aside from the age effect on an individual’s death anxiety, a gender effect was one of the most common factors across the studies identified. A study by Feifel and Nagy (1980) examined three life-threatening groups of 616 male participants (i.e., prisoners, alcoholics and drug addicts). All three groups undertook serious thrill-seeking activities, however because the male participants believed that death was part of self-awareness (based on their anxiety about not having the chance to see loved ones again), participants did not hold significantly negative anxiety about death nor death attitudes.

Kroth, McDavid, Brendlen, Patel and Zwiener (2001) assembled 29 females from the age of (22 to 53 years) with a graduate counseling/psychology background. According to this study, the results revealed that females involved in risk taking were more likely to have negative dreams (nightmares) that perpetuated their fear about death. Chow’s study (2017) had multiple variables - gender effect was one of the primary interests. The results were analysed (involving 147 men and 348 women) indicating that women who experienced other factors such as low socioeconomic (SES), and loneliness had a higher chance of developing death anxiety.

(4) Locus of control
Locus of control is the recognition by young people of having power over their life — even given the restrictions of their culture, age and gender. Miller and Mulligan’s study (2002) assessing university students was based on two cohorts; the first involved (94 students, 29 male and 65 female) while the second involved (65 students, 24 male, 41 female). In each cohort, the design focus was either the locus of control that acts similar to culture-view or mortality salience considered as a buffer against death
Risky Behaviour & Death Anxiety: 

The results showed that mortality salience increased in risk-taking. Individuals with an internal locus of control showed decreased risk-taking. In assessing the risk to others, mortality salience reduced the assessed level of risk for individuals with an external locus of control and increased the assessed level of risk for individuals with an internal locus of control. Overall the findings established that an individuals' sense of control can be the main reason behind many behaviours and one of the key factors that raises risk-taking among young populations.

DISCUSSION AND RECOMMENDATIONS

This review indicated that most of the accessible research concerning young adult involvement of risk-taking and death anxiety has been conducted overseas. Australia surprisingly did not show any results, but it was possible to find research that was conducted in countries such as America, Turkey, West Canada, Iran and Lithuania. In these selected international articles, researchers argued that seeking risky behaviour should be seen from a young population’s point of view as a way to express their sense of being youthful and energetic based on their age, gender and locus of control effect. When considering death anxiety this younger adult age group predominantly (but not exclusively) used culture and/or religious thoughts as a buffer against the stress or fear of their own death or the death of others.

Most of the literature study design was quantitative (e.g., survey, questionnaire), each article used a scale/theory (e.g., probabilistic thinking scale, death anxiety scale and/or TMT) to examine participants’ behaviour toward death. The majority of studies focused on religious and/or cultural perspectives with regard to death anxiety, and some explained how age, gender and locus of control played a significant role in high risk taking action/behaviour. There is clearly a need however for increased qualitative studies (e.g., interviews, focus group studies). Popham, Kennison and Bradley (2011) noted that age is a predominant factor as it is one of the main influences for risk-taking among the younger population. Hence the authors recommended that researchers may need to expose this group to a better understanding of ageing and educate them that risk-seeking would not be a solution against ageing. Also, individuals, regardless of age and gender impact, had other multiple influences in their life that caused them to fear death. Many of these impacts mentioned (e.g., low SES, not religious and health conditions) need to be considered in future research (e.g., involving the unemployed, people with mental disorder/s, people with the financial problems).

Why, practically, young people choose to experience risky behaviour can be answered in many ways; the reasons included building confidence, self-esteem and avoidance of isolation. Part of what needs to be further researched or included is the impact of ‘social media’ upon risk taking behaviour; young people often observe or learn risky behaviours (e.g., smoking, drinking, sexual risk-taking, and violence) from the media (Escobar-Chaves & Anderson, 2008). Indeed it can be argued that some of the most dangerous online challenges are all noted, if not promoted, by the media (e.g., bungy jumping). Therefore, the media should be considered in future research with respect to the reasons why young
people might end up engaging in risky behaviour. Given the prevalence of overseas studies and the dearth of literature within Australia relating to death anxiety among young adults, there is a need to activate local research to explore this phenomena for the betterment of future generations.

CONCLUSION
The findings of this review are divided. Not all of the research showed that risky behaviour of young adults is a direct consequence of death anxiety – however it would seem that for many young people, death anxiety may consciously or subconsciously influence their behaviour as to whether or not to engage in risk taking actions. While gender can be an influential factor with regard to death anxiety, nevertheless, in comparison most of the articles indicated that young adults (irrespective of gender) are influenced more by religion and/or cultural considerations. Even if there is a sense of fear of their own death, or others, this is predominantly due to the potential dismay of loss (not seeing someone again) rather than seriously adverse effects upon their own health and well-being. On other hand, risk-taking behaviour among the younger age group is a topic that relates to individual’s perceptions, ideas and interpretations of challenging events or situations, which means that risk-taking meant for them having power or autonomy over their own life — irrespective of the consequences.
REFERENCES


Del Medico, L. (2011) *Risky behaviour: Attitudes regarding death and dying among young Australian adults.* (BHSc Honours Thesis), Melbourne: La Trobe University, Department of Behavioural Health Sciences.


APPENDIX 1
Search Strategy

Risky Behaviour and Death Anxiety search terms (PICO)

(“Young adult*” OR “Young people” OR Early adult") AND
(“Death anxiety” OR “Thanatophobia” OR “Fear of death” OR “Death phobia”) AND
(“Risky behavio?r*” OR “Risky tak*”)

Electronic databases searched:
Medline 1996 Ovid, CINAHL (EBSCO), ProQuest Central, Cochrane library, SCOPUS

Results returned: 139
(Duplicates removed)

After abstracts screened for relevance: n = 9 + Hand searching of reference lists n = 2 = Total results
N = 11
## APPENDIX 2

Search Results

<table>
<thead>
<tr>
<th>Databases</th>
<th>Results</th>
<th>Relevant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medline 1996 Ovid</td>
<td>132</td>
<td>5</td>
</tr>
<tr>
<td>CINAHL (EBSCO)</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>ProQuest Central</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cochrane library</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>SCOPUS</td>
<td>7</td>
<td>4</td>
</tr>
<tr>
<td>Manual Search</td>
<td>-</td>
<td>2</td>
</tr>
</tbody>
</table>
## APPENDIX 3

### Literature and Thematic Coding

Codes: (1) Culture (religion); (2) Age; (3) Gender; (4) Locus of control.

<table>
<thead>
<tr>
<th>Article no.</th>
<th>Author/ Year</th>
<th>Title</th>
<th>Brief summary</th>
<th>Thematic coding</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Chow (2017)</td>
<td>A time to be born and a time to die: Exploring the determinants of death anxiety among university students in a western Canadian city</td>
<td>Thought of death are rarely discussed in general. Nevertheless, mortality salience can be a positive experience for the individual who respond with acceptance attitudes. Through a questionnaire survey with 501 college students in western Canada, this report was assessing the contributing factors that may affects death anxiety level, among young adult group. The author has included quite a comprehensive background of each participant (e.g. religion, mental health, marital status etc). The results clearly show that all variables are contributing factors towards death anxiety.</td>
<td>2,3</td>
</tr>
<tr>
<td>2</td>
<td>Feifel &amp; Nagy (1980)</td>
<td>Death Orientation and Life-Threatening Behavior</td>
<td>The association of individual’s perspectives with death and participation in life-threatening and risk-taking behaviors was investigated. This research was done by assessing three ‘life-threatening’ groups. These mainly consisted of alcoholics (n = 123), drug addicts (n = 115), and prisoners (n = 92). Authors were comparing with another two groups as a comparison (Deputy sheriff of Los Angeles and federal government employee). Multidimensional aspects of death and fear of death were studied. This study concluded that indulging in risk-taking behaviour does not hold significant relation to perspective of death nor death attitudes.</td>
<td>3</td>
</tr>
<tr>
<td>3</td>
<td>Ford, Ewing, Ford, Ferguson &amp; Sherman (2004)</td>
<td>Death Anxiety and Sexual Risk-Taking: Different Manifestations of the Process of Defense</td>
<td>College students (n=162) completed measures and discussed death anxiety and sexual risk-taking. It was conducted with a thought listing procedure in-between. Participants with (Death Salient condition) reported greater willingness to engage in high-risk sexual behavior than the Non-Death Salient group. This result supports the hypothesis that evoking death anxiety would produce denial-based defensive respond. Also, Death Salient participants reporting more death thoughts were lower on risk-taking. Death Salient participants reveals stressful thoughts about issues unrelated to personal mortality (displacement) were also less willing to engage in high-risk sexual behavior. The results proves that people tend to be denial when personal mortality is reminded.</td>
<td>2</td>
</tr>
<tr>
<td>Page</td>
<td>Author &amp; Year</td>
<td>Article Title</td>
<td>Abstract/Summary</td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>---------------</td>
<td>---------------</td>
<td>------------------</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Hayslip, Schuler, Page &amp; Carver (2014)</td>
<td>Probabilistic thinking and Death Anxiety: A Terror Management based study</td>
<td>Terror Management Theory has been utilized to understand how death can change behavioural outcomes and social dynamics. One area that is not well researched is why individuals willingly engage in risky behaviour that could accelerate their mortality. One method of distancing a potential life threatening outcome when engaging in risky behaviors is through stacking probability in favour of the event not occurring, termed probabilistic thinking. The present study examines the creation and psychometric properties of the Probabilistic Thinking scale in a sample of young, middle aged, and older adults (n = 472). The scale demonstrated adequate internal consistency reliability for each of the four subscales, excellent overall internal consistency, and good construct validity regarding relationships with measures of death anxiety. Reliable age and gender effects in probabilistic thinking were also observed. The relationship of probabilistic thinking as part of a cultural buffer against death anxiety is discussed, as well as its implications for Terror Management research.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Hoelterhoff &amp; Chung (2016)</td>
<td>Death Anxiety Resilience; a Mixed Methods Investigation</td>
<td>This research was aimed to examine the link of psychopathology disorder (specifically, PTSD) with death anxiety. The study design is mixed-method design with 97 undergraduate students in Lithuania University as participants. Furthermore, author has conducted the research with 2 phases. The first phase was done by self-report questionnaires from the participants that contain information on demographics, death anxiety, trauma and well-being of the participants. From the data, it shows significant correlation between death anxiety and PTSD. Phase 2 study was done to explore the participants’ experience during the traumatic event and their interpretation of seeing connection in death anxiety. The data was collected by conducting 6 semi-structured interviews. It was found three major themes in response to the life-threatening event are self-efficacy, religious coping and existential attitude. Overall these coping mechanisms allowed participants to develop resilience against the effects of death anxiety and minimize its negative impact on mental health.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Koca-Atabey &amp; Öner-Özkan (2014)</td>
<td>Loss Anxiety: An Alternative Explanation for the Fundamental Fears in Human Beings</td>
<td>In this article, fear of loss as well as fear of death are introduced to be considered as similarly with death anxiety. The authors had also taken cultural worldview to investigate defense reaction. 217 young adults participate in the study and they were subjected to mortality salience, disability salience and control conditions. Result of the study had shown that mortality salience and paralysis salience lead to a change in conservatism scores. In a qualitative follow-up study, the participants responded positively compare to the previous stage, when mortality was mentioned. Whereas when the</td>
<td></td>
</tr>
</tbody>
</table>
participants were reminded about paralysis, it is reported that participants expressed great sadness. The author concluded the research with determination that some people give similar respond between mortality salience and disability salience, which indicate both share the same principle of loss.

<table>
<thead>
<tr>
<th>7</th>
<th>Kroth, McDavit, Brendlen, Patel &amp; Zwiener (2001)</th>
<th>Risk-Taking, Death Anxiety, And Dreaming</th>
<th>Dreaming has A study was done with 29 women from Santa Clara University with an objective to examine the correlation between death anxiety and dreaming. Despite that the result is negative prior the research, current study found that risk-taking behavior and death anxiety do impact with dreaming.</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Miller &amp; Mulligan (2002)</td>
<td>Terror management: the effects of mortality salience and locus of control on risk-taking behaviors</td>
<td>The effects of mortality salience and locus of control on risk-taking has been studied by comparing 2 examined studies. This study showed that the participants indicated how likely they would be to engage in risk-taking behaviors, e.g. driving under the influence of alcohol. The results showed that mortality salience increased in risk-taking and the assessed level of risk of individuals with an external locus of control. Individuals with an internal locus of control showed decreased risk-taking and increased risk assessment in the mortality salience condition. In assessing the risk to others, mortality salience reduced the assessed level of risk for individuals with an external locus of control and increased the assessed level of risk for individuals with an internal locus of control.</td>
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<td>9</td>
<td>Nazarzadeh, Sarokhani &amp; Sayehmiri (2014)</td>
<td>The Relationship Between Religious Attitudes, Fear of Death and Dying with General Health Condition: A Survey in College Students</td>
<td>In this study, authors aimed to examine the relationship between religious belief attitudes with the participants perspectives about their own mortality and other’s death and dying, with their general health. The relevant data were collected in West of Iran, with 351 participants of college students from Ilam Universities. Persian format of standardized self-administered questionnaires was adopted for this study’s purposes. Religious attitudes with odds ratio (OR) of 0.94 (95 % CI 0.91–0.97) and fear of self-dying with 0.88 (95 % CI 0.81–0.96) were identified as a protective factors against the inappropriate general health condition. However, the fear of other’s death (OR 1.16; 95 % CI 1.05–1.28) was identified as a risk factor. The finding of this study proved that people who are more religious and fear of self-dying had better general health as well as the fear of other’s death had a significant direct relationship with inappropriate general health condition.</td>
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<td>10</td>
<td>Popham, Kennison &amp; Bradley (2011)</td>
<td>Ageism and Risk-Taking in Young Adults: Evidence for a link between Death Anxiety and Ageism</td>
<td>The authors aim to explore the relationship between ageism and risk-taking behavior in young adults. 408 undergraduate students had participated and completed the Centers for Disease Control’s 2007 State and Local Youth Risk Behavior Survey (n Women= 226; n Men= 182). These surveys had measured 2 aspect of ageism that are related to risk-taking behaviour: (a) ageist attitudes and (b) ageist behaviors. It was hypothesized that young adults are likely to disregard death issue by seeking out new experience to prove themselves that they are strong, energetic and invulnerable. It is well documented that these attempts are mostly involving risk-taking habits (i.e., sexual behavior, alcohol use, cigarette use, and drug use). The results are consistent with terror management theory hypothesis of ageism as a buffer against death anxiety.</td>
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<td>11</td>
<td>Sarıkaya &amp; Baloğlu (2016)</td>
<td>The development and psychometric properties of the Turkish death anxiety scale (TDAS)</td>
<td>A Turkish researcher has developed Turkish Death Anxiety Scale (TDAS). The study was conducted with four type of independent sample, with 943 college students in item generation, 388 college students in validation, 171 college students in reliability investigation, and 338 adults in cross-validation. The three components (Ambiguity of Death, Exposure to Death, and Agony of Death) gave TDAS score of over 67% in regards to variability, which it is acceptable fit. It is also found that there is significant correlation between the scale and death anxiety, state anxiety, trait anxiety, depression, and hopelessness in the sample of student. Compare to adult sample, death anxiety significantly correlated with trait anxiety. Furthermore, the reliability of this particular scale is supported. The authors have concluded with promising TDAS is reliable a scale in assessing the death anxiety levels in Turkey.</td>
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