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Article:	Antecedents and Consequences of Schema Modes among Adults
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Abstract

Personality disorders (PDs) have a long history of understanding the causes and consequences of PDs. The Schema Theory explained a series of psychological processes that led to the genesis of PDs, rather than the antecedents-consequences dichotomy. Bad childhood events, according to Young's Schema Theory, contribute to the formation of childhood negative cognitive schemas, some of which (schemas) survive into adulthood and transform into PDs. The same theoretically proposed strategy was tested in this investigation. Mediating role of schema modes between emotional maltreatment and PDs in adults was investigated. The study was conducted with 1000 adults by using cross-sectional survey design. Mediation analysis explained that schema modes mediated between emotional maltreatments and PDs of adults. Thus, the Schema Theory gained support from the empirical data. Schema modes mediated for all personality clusters including cluster-A, B and C. In line with these empirical insights, the maladaptive personality traits also mediated between emotional maltreatments and PDs of adults

Keywords: Emotional maltreatment, maladaptive schema modes, personality disorders

Introduction

The schema theory suggests a straightforward method to understanding the course of personality disorders, one that is process-oriented rather than episodic. Personality disorders, like many other illnesses, start in early childhood (Hecht et al., 2014), when children's experiences are either extremely joyous or extremely unpleasant, sad, and traumatic. Zhang et al. (2012) explained that the development of children's cognitions is hampered by these early occurrences. Children acquire early maladaptive schemas as a result of general childhood maltreatment and emotional abuse at home in particular. (Berthelot et al., 2015; McConnell et al., 2011; Mills et al., 2011). Children acquire early maladaptive schemas as a result of general childhood maltreatment and emotional abuse at home in particular (Calvete, 2013; Carr & Francis, 2011; McCarth & Lumley, 2012; Tezel et al., 2015). Emotional abuse has negative implications for everyone, regardless of their age or socioeconomic status (Jolly et al., 2009).

Negative schemas, which are fundamentally maladaptive, play a role in the genesis of a wide range of other cognitive issues. Certain negative schemas can be reorganized as children get older through cognitive restructuring; however, the bulk of negative schemas remain present throughout the developmental process until they reach adulthood (Horwitz et al., 2001; Theiler, 2005; Torres, 2002). When children with negative schemas grow up, their maladaptive schemas take on a new form (Bamelis et al., 2011). Despite the fact that schema modes develop from a difficult upbringing, they change and evolve throughout one's life (Lobbestael et al., 2005). These are linked to a wide range of psychopathologies in general and personality disorders in particular (Young et al., 2003; Young et al., 2005).

As a result, schemas evolve into schema modes, which are currently operating schemas, around the age of maturity. Young et al. (2007) identified 14 schema modes, the majority of which are negative, dysfunctional, and maladaptive. Lobbestael et al. compiled a list of 22 schema modes (2007). Young et al. (2005) offered 14 schema modes in all. Young's schema modes notion has gained a lot of attention, and credible research is needed to back it up. Schema led PDs (BoBach, 2008). Reversing personality disorders necessitates a change in human nature (Hecht et al., 2014). These theoretical and experimentally proved paths of investigation were studied further in the current study. The purpose of this research is to determine how early childhood emotional trauma impacts schema modes and how these schema modes cause personality disorders. The connection between childhood emotional maltreatment and adult personality disorders is modulated by schema modes in particular. The present project is an attempt to link this method to empirical data. The study's purpose was to examine if emotional maltreatment had an indirect impact on the development of personality problems in adults (through schema modes).

Method

The sample comprised of adults ($N = 1000$) with age ranged from 18 to 39 years ($M = 24.69$, 4.76) collected from different areas of Pakistan through purposive sampling. Questionnaire on Dimensions of Emotional Maltreatment at Home (Gesinde, 2010). QSDMH was adopted and Urdu translated by Malik and Qaiser (2016) comprises a set of 42 descriptive statements, Schema Mode Inventory, developed by Lobbestael et al. (2010). SMI was translated, adopted and cross-language validated by Riaz et al. (2013). The inventory has 124 descriptive statements and Personality Diagnostic Questionnaire-Forth-Edition, developed by Hyler et al. (1992). PDQ-4 was Urdu translated and validated by Batool et al. (2017). It comprised of 100 descriptive statements were administered on participants.

Results

Table 1
Psychometric Properties of the Study Variables

Variable	N	M	SD	α	Range		Skewness	Kurtosis
					Potential	Actual		
Emotional maltreatment	1000	81.43	16.20	.86	35-140	42-131	.10	1.95
Maladaptive personality traits	1000	26.45	14.26	.91	0-75	1-70	.79	.86
Paranoid	1000	3.39	1.64	.70	0-7	0-7	-.22	.45
Schizoid	1000	3.41	1.60	.78	0-7	0-7	-.25	.38
Schizotypal	1000	3.95	1.97	.88	0-9	0-9	-.03	1.04
Antisocial	1000	5.04	2.32	.73	0-9	0-9	-.52	1.18
Borderline	1000	6.58	2.79	.75	0-14	0-14	-.32	.85
Narcissistic	1000	3.85	2.05	.77	0-9	0-9	.06	.58
Histrionic	1000	2.82	2.03	.78	0-8	0-8	.40	.86
Avoidant	1000	2.35	1.57	.75	0-7	0-7	.65	1.23
Dependent	1000	3.01	1.98	.79	0-8	0-8	.39	.60
Obsessive	1000	3.33	1.90	.80	0-8	0-8	.24	1.12
Passive aggressive	1000	3.74	1.90	.71	0-8	0-8	.06	.04
Depressive	1000	2.43	1.81	.78	0-7	0-7	.55	.40

Table 1 shows all scales have desirable internal consistency and data is normally distributed on all scales of the study.

Table 2:
Direct and Indirect Effect (Through Schema Modes) of Emotional Maltreatment on Personality Disorders

	Paranoid	Schizoid	Schizotypal	Antisocial	Borderline	Narcissistic	Histrionic	Avoidant	Dependent	OCPD	Passive	Depressive
Effects	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>	<i>B</i>
Total	.01***	.02***	.01***	.03***	.03***	.01***	.02***	.02***	.01	.02***	.02***	.03
Direct	.02	.01***	-.01	.02***	-.04	.00	-.01	-.03	-.03	.01	.01	.02
Indirect	.01***	.01***	.03***	.01***	.03***	.01***	.03***	.03***	.04	.03***	.02***	.01

* $p < .05$. ** $p < .01$. *** $p < .001$.

Table 2 reveals except schizoid and antisocial personality disorders, Emotional Maltreatment has only indirect effect on all other personality disorders.

Discussion

Widiger et al. (2009) approached personality disorders differently than previous researchers and theorists. As a result, rather than concentrating on the antecedent/consequence split, Young's Schema Theory emphasized the process of personality disorder development. The Schema Theory shed light on the tangled nature of Parkinson's disease progression. During their early years of life, children are subjected to numerous sorts of maltreatment, according to the theory. The most severe form of these assaults is emotional maltreatment at home. Emotional maltreatment in any form, including humiliating, isolating, threatening, rejecting, manipulating, and ignoring, is harmful to one's mental health (Kaiser & Malik, 2015; Rizvi & Najam, 2014; Taillieu et al., 2016)

Emotional abuse is a significant contributor to the development of schema modes (negative cognitive active schemas), which persist into adulthood and are a primary cause of personality disorders (Ashiq et al., 2018; Munroe, 2014). The findings corroborated theories concerning the direct and indirect consequences of emotional abuse. In all three groups, schema modes helped to reduce the link between emotional abuse and personality disorders (Cluster A, B, and C). The Schema Theory underpins theories on the indirect effect of schemas on PDs. This extends the validity of Schema Theory in a collectivist context instead of individualist (USD).

Prevention measures will not be effective in eradicating this problem until the process of personality disorder development is identified. Because personality disorders are not diagnosed until the age of 18 to 22 years, it is crucial to emphasize that the onset of personality disorders is not episodic in nature. Personality problems, on the other hand, have a long time to develop (Shiner, 2009). Years can pass between traumatic experiences and the formation of early maladaptive schemas, as well as their activation (schema modes) and the onset of personality disorders. However, because of a lack of knowledge of Schema Theory's process perspective on personality disorders, it is too late when a diagnosis of personality disorder is established. At this point, the only thing mental health professionals can do is teach personality disorder clients "how to live with these problems," which isn't an effective answer. The mediation hypotheses, on the other hand, provide practical solutions to the problem of personality disorders in the early stages of development (when prevention and treatment is possible) (Chanen & Thompson, 2014; Chanen et al., 2017) rather than development (when management is the only possibility). As a result of these empirical results, it is possible to intervene in the development of personality disorders at various stages rather than merely after they have occurred. As a result, prophylactic measures to safeguard children against emotional abuse at home may be taken (Hapori, 2008). After enduring emotional abuse, children can be intervened to avoid the creation of maladaptive schemas. Efforts can be made to prevent schemas from being activated and manifesting as schema modes if they are generated (Thiel et al., 2014). Even once schema modes have established, it is feasible to prevent them from manifesting as personality disorders. The Schema Theory provides such a comprehensive solution to personality disorders that they can be treated even after they have developed through Schema Therapy (Sij et al., 2018). This method addresses the fundamental causes (schema modes) of personality disorders, resulting in a feasible solution (Fassbinder et al., 2014).

Limitations and Suggestions

Due to a paucity of literature relevant to the relation between subscales, the mediation hypotheses were not investigated; however, this might be done in the future utilizing the empirically gathered data from this study. Emotional abuse manifests itself in a variety of ways throughout cultures. The scale used to assess emotional abuse in Pakistani families was not created in the country. As a result, future research should focus on constructing a scale to operationalize the concept of "emotional abuse" from an indigenous perspective, based on

actual experiences of Pakistani children. By recreating the same study questions using a longitudinal research technique, which overcomes the limitations of cross-sectional research, the validity of these findings can be increased.

Implications

The study's significance is divided into two categories. Mental health professionals have long been interested in treating personality problems. Firstly, these findings enhance the validity of Schema Theory and thus the study has theoretical significance. On the other hand, the findings seek the attention of mental health practitioners to shift their focus from the antecedent / consequence dichotomy to the developmental nature of personality disorders which follows the process of aging and goes through different milestones of lifespan development before the diagnosis of personality disorders at the adult age.

Conclusion

The researchers looked at how emotional maltreatment affects personality disorders both directly and indirectly. According to the Schema Theory, schema modes regulated the link between emotional maltreatment and adult personality problems. As a consequence, the course of personality disorders can be determined. As a consequence, this scientific study supports the schema theory. The research takes a process approach to explaining the developmental origins of personality disorders, arguing that emotional maltreatment develops schemas, some of which endure into adulthood and manifest as personality disorders. The clinical interventions have long been focused on the management of the personality disorders among patients. However, they have little focus on the preventive measure which can be more effective than management. The study has empirically established the fact that the case history of personality disorders stems from the experiences of emotional maltreatment which should be prevented or treated properly. If not treated, these maltreatments lead towards the construction of early maladaptive cognitive schemas. If these maladaptive schemas are not eradicated through cognitive restructuring, these remain active during the course of aging—if not properly deactivated through cognitive restructuring—and finally appear in the form of personality disorders during early adulthood. Thus, the study suggests multiple steps to prevent the development of personality disorders.

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