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Article:	Mediating Role of Maladaptive Schemas and Schema Modes between Childhood Maltreatment and Pathological Traits in Adults
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Abstract

It was aimed at that maladaptive schemas and schema modes serially mediate between childhood maltreatment and pathological traits. Sample of the present study consisted on university students ($N=300$). Purposive sampling technique was used to collect the information. Serial Mediation Analysis was conducted using PROCESS 3.0. Four scales were used for data collection. The findings indicated that maladaptive schemas and positive schema modes mediated between childhood maltreatment and pathological traits. Maladaptive schemas and negative schema modes mediated between childhood maltreatment and pathological traits. The study supported the schema theory which revealed that early childhood neglect and abuse forms early maladaptive schemas which change into schema modes during the course of development and finally manifested in the form of personality pathologies during adulthood. The study has both theoretical as well as applied significance. The study has supported the theory of Young.

Keywords: Childhood Maltreatment, Maladaptive Schemas, Schema Modes, Pathological Traits.

Introduction

Schema theory presented by Young et al (2003). Experiences in childhood, innate capacity results psychical and chronological reactions in adulthood Young et al (2003). Schema therapy describing the connection between childhood encounters and capacities, collateral production of EMS and nonadaptive way of deal with and current behavior as a method to treat client Young et al (2003). According to (Young et al., 2003) the ambition of schema theory is to awakens about the EMS, by recommending change by espousing the new handling approach and be cognizant of reformatory experiences with negative childhood memorization. By using this approach people get to know how to deal with needs that were frustrated in childhood and find positive ways. In support of and famous passage to this therapy associations proposed by Young and colleagues have gain little attention in the empirical literature.

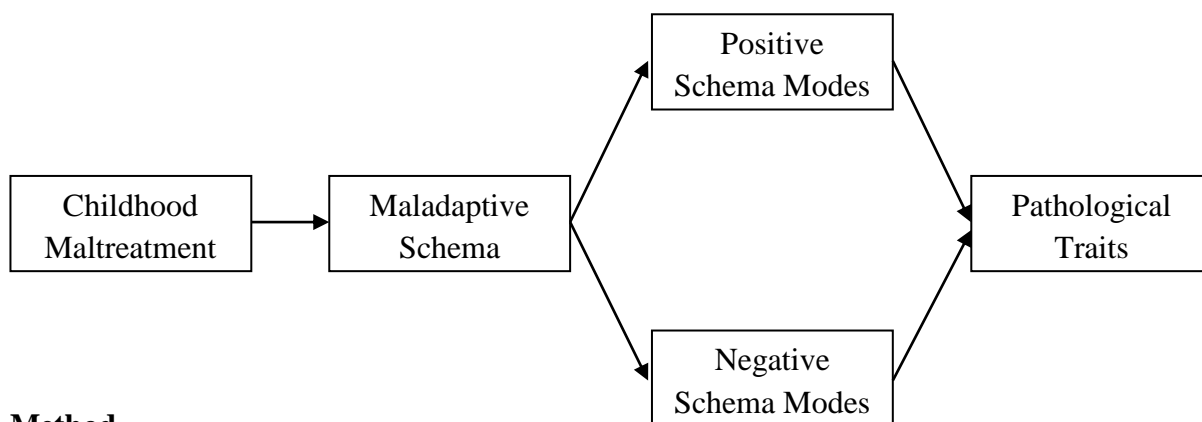
An EMS is characterized as “An immense, pervasive theme or pattern, compose of recollections and one’s associations with others, develop during childhood or adolescence, develop throughout one’s lifetime and malfunction to denoting degree postulated that dissatisfaction of basic emotional needs arises the root of early maladaptive schema by negative experiences Young et al (2003). From their point of view Young et al., (2003) asserted that gratification or dissatisfaction of these needs could be an antecedent of composition of early experiences (nurture) and innate capacity (nature). Frustration of these needs by negative experiences predicts the EMS. Personality pathologies are caused by the childhood maltreatment that includes emotional, physical, sexual abuse and neglect and these are the factors for personality pathology. Including personality pathology, a number of studies tie up the connection between childhood maltreatment to unfavorable reactions in adulthood (Collishaw et al., 2007; Lobbestael et al., 2010). According to the research adults who met the childhood maltreatment have more personality pomolgy as compared to those adults who have not met the childhood maltreatment (Lobbestael et al., 2010).

An EMS is characterized as “An immense, pervasive theme or pattern, compose of recollections and one’s associations with others, develop during childhood or adolescence, develop throughout one’s lifetime and malfunction to denoting degree. Researchers postulated that dissatisfaction of basic emotional needs arise the root of EMS by negative experiences. Every human experience floating state of mind at one time or another. A schema mode consists of an array of schemas and the way of deal with them. Bad times that are offensive or disturbing are often known as “triggers” that activate the schema modes. Schema modes are soothing and soft states of mind in psychologically healthy person and specific in their personality where as in patient schema modes are cruel and harsh and split off their personality Young at el., (2003).

People temperament of thoughts, feelings and behaviors reproduce personality traits and denote coexistence and constancy. Individual’s personality traits play important part in daily life such as personal, social, and professional life while observing in individuals surrounding and environment. Distress in one’s life flawed, firm and maladaptive personality traits destroy the one’s cognition and affectivity and cause disturbance in relational functioning. A person who cannot control or delay their gratification, it is labeled as PD. *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.; *DSM-5*; American Psychiatric Association, 2013)

Figure 1

Conceptual Model of the Direct and Indirect Impact of Childhood Maltreatment on Pathological



Method

Participants

The present study was based on survey research design. Sample of the present study consisted on university students (N=300). Purposive sampling technique was used to collect the information. The demographics including gender, education, family system and locality etc.was taken into considered. Participants were asked to fill the informed consent.

Instruments

The Childhood Traumatic Questionnaire scale developed by (Bernstein & Fink, 1997) and Urdu translated by Shehzadi (2010). The scale is used for measuring childhood or adolescence abuse and neglect. The scale consists of 20 items and 4 subscales including Emotional abuse and Physical abuse, Emotional neglect and Physical neglect. Each subscale comprised of 5 items. The Young Schema Questionnaire developed by Young (YSQ-S3; Young, 2005) and Urdu translated by Humera (2012). The scale is used for measuring 18 types of early maladaptive schemas. The scale comprised of 90 items and 18 subscales. Schema Mode Inventory developed by (Lobbest et al., 2007) and Urdu translated by Riaz et al. (2012). The scale is used for measuring 14 types of early maladaptive schema modes. The scale consisted of 124 items and 14 subscales. Personality inventory for DSM-5 is developed by Krueger et al., (2012) and Urdu translated by Batool (2019). The scale is used for measuring personality traits for adults age 18 and older. The scale consists of 25 items and 5 subscales.

Procedure

After selection of topic and finalization of scales, for the purpose of data collection, participants will be approached directly and after their consent for participation, they will be briefed about the objectives and nature of the study. Participants can leave the research if they uncomfortable at any time. Similarly the data will be collected from a sample of 300 participants. Then data will be entered in IBM-SPSS and different statistical analysis will be run on it to test the proposed hypothesis. After analysis results will be compiled and discussed.

Results

Psychometric properties were computed followed by zero-order correlation in study variables. Mediation analysis was carried out using PRPROCESS Macro 3.2.

Table 1

Frequency and Percentage of Adults Demographic Variables (N = 300)

Demographic variables	f	%
Gender		

Boys	133	44.3%
Girls	167	55.7%
Birth order		
First born	76	25.3%
Second born	76	25.3%
Last born	66	22.0%
Only one	8	2.7%
Any other else	74	24.7%
Residence		
Urban	170	56.7%
Rural	130	43.3%
Family System		
Nuclear	182	60.7%
Joint	118	39.3%

Table 1 shows frequency and percentage of adults across demographic variables. Both boys ($f = 133, 44.3%$) and girls ($f = 167, 55.7%$) equally participated in study. Students who are First born. ($f = 76, 25.3%$), Second born. ($f = 76, 25.3%$), Last born ($f = 66, 22%$), Only one ($f = 8, 2.7%$) and any other ($f = 74, 24.7%$) were included in sample. Students belonging to urban city ($f = 170, 56.7%$) and rural ($f = 130, 43.3%$) were included in study. Student belonging to nuclear family system ($f = 182, 60.7%$) and joint family system ($f = 118, 39.3%$) were included in study.

Table 2
Psychometric Properties and Pearson Correlation in Variables

Variables	<i>M</i>	<i>SD</i>	α	Potentia l	Actua l	Skewnes s	Kurtosi s	1	2	3	4	5
1. Childhood maltreatment	36.2	11.5	.73	1-5	1.38-1.84	.74	-.04	-	.305*	.002	.425*	.284*
2. Maladaptive schemas	270.3	57.18	.92	1-5	1.55-2.18	-.02	-.08	-	.235*	.704*	.496*	
3. Positive schema modes	75.7	15.6	.79	1-5	1.55-2.18	-.40	-.02	-	.239*	.004		
4. Negative schema modes	302.7	65.7	.77	1-7	2.61-3.32	.02	-.38	-		.589*		
5. Pathological traits	57.2	65.7	.66	1-5	1.21-1.83	-.08	-.12	-				

Table 2 shows descriptive statistics, alpha reliability coefficients and normality analysis for study variables. Pearson correlation was computed between Childhood maltreatment, Maladaptive schemas, Positive schemas, Negative schemas and Pathological Traits. Findings indicated that all correlations were significant. However, childhood maltreatment has a non-significant correlation with positive schema modes and positive schema modes has a non-significant correlation with pathological traits.

Table 3
Mediating Impact of Maladaptive Schemas and Schema Modes between Childhood Maltreatment and Personality Traits

Paths	<i>B</i>	<i>SE</i>	95%CI <i>LL, UL</i>
CMT→MS→PSM→PT	-.01	.01	[-.03, -.002]
CMT→MS→NSM→PT	.09	.04	[.05, .1]

The findings indicate that maladaptive schemas and positive schema modes mediated between childhood maltreatment and pathological traits. Maladaptive schemas and negative schema modes mediated between childhood maltreatment and pathological traits.

Discussion

The present study was based on the Young's schema theory. The present study has tested a theoretical model on schemas by Young (2013). The personality psychologists have consensus over the importance of childhood experiences on the health of unhealthy development of personality. Different personality theorists and researchers highlight the negative effects of childhood maltreatment on maladaptive personality development. Young Schema Theory (Young, 2013) is a leading model which revealed that childhood maltreatment develops maladaptive schemas in children. During the course of again, the growing children manage to resolve some of these schemas which are eliminated. But still some negative schemas remain intact. That schema's which remains present change into schema modes (Present schemas at adult age). The ultimate outbreak of these schema modes are in the form of maladaptive personality traits.

Different paths of this model were partially tested in previous studies. However the present study tested a serial mediation model which was based on the complete theory of Young (2013) illustrating that childhood maltreatment lead to the formation of early maladaptive schemas (of which some are resolved but some remain present) which later on convert into schema modes (those which remain present). These schema modes are positive and negative as well. At the age of adulthood, these schema modes develop personality pathologies and adults are diagnosed with different maladaptive personality traits. The Present study has confirmed this model through serial mediation in which childhood maltreatment predicts maladaptive schemas; maladaptive schemas predict schema modes and schema modes predict personality traits. The study has importance to understand that childhood maltreatment has long lasting psychological consequences.

Table 1 shows descriptive statistics, alpha reliability coefficients and normality analysis for study variables. Pearson correlation was computed between Childhood maltreatment, maladaptive schemas, Positive schemas, Negative schemas and Pathological Traits. Findings indicate that Childhood Maltreatment has a non significant correlation with Positive Schema Modes and Positive Schema modes have a non significant correlation with pathological traits.

Table 3 shows that maladaptive schemas and positive schema modes mediated between childhood maltreatment and pathological traits. Maladaptive schemas and negative schema modes mediated between childhood maltreatment and pathological traits.

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