International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 06, 2020
ISSN: 1475-7192

The Mediating Role of Psychological Flexibility on the Relationship Between Early Maladaptive Schemas and Borderline Personality

[1]Saeedeh Noori, [2]Khalil Esmaeilpour, [3]Touraj Hashemi Nosratabadi

ABSTRACT

Aim and Background: *The role of cognitive schemas and object relations in personality disorders has been of interest among the researchers and therapists. Yet, the mechanism of this vulnerability is not well known.The aim of the present study was to investigate the mediating role of psychological flexibility on the relationship between early maladaptive schemas and borderline personality symptoms.*

Methods and Materials: *This was a correlational research based on structural equation modeling. Statistical population was included all students from the Tabriz University in 2018-2019 academic years. 300 students was selected by multistage cluster sampling technique. Tools was Young Schema Questionnaire–short form (YSQ-SF), Schizotypal Trait questionnaire-B form (STB), The Acceptance and Action Questionnaire (AAQ-II), Cognitive Fusion Questionnaire (CFQ), Mindfulness Attention Awareness Scale (MAAS), Engaged Living Scale (ELS). Data were analyzed using structural equation modeling (SEM).*

Conclusions: *The research model was confirmed. So, it can be concluded that not only borderline personality symptoms was affected by bad-functioning in maladaptive schemas but also the symptoms of this disorder were aggravated by psychological inflexibility.*

Keywords: *Early maladaptive schemas, Psychological flexibility, Borderline personality.*

I. INTRODUCTION

Borderline personality disorder is a common psychiatric disorder with a pervasive pattern of instability in interpersonal relationships, self-concept, affective, and impulsive that began in early adulthood and manifested in many contexts. (1). Significant rates of suicide cases (2), severe functional impairment (3), and multiple comorbid mental disorders (4) are characteristics of this disorder that impose significant costs on societies (5). Due to the

[1]*Professor of the Department of Psychology and Pedagogy. Amur State University, Blagoveshchensk, Russia, seluch@mail. Ru.

[2]*Professor of the Department of Psychology and Pedagogy. Amur State University, Blagoveshchensk, Russia, seluch@mail. Ru.

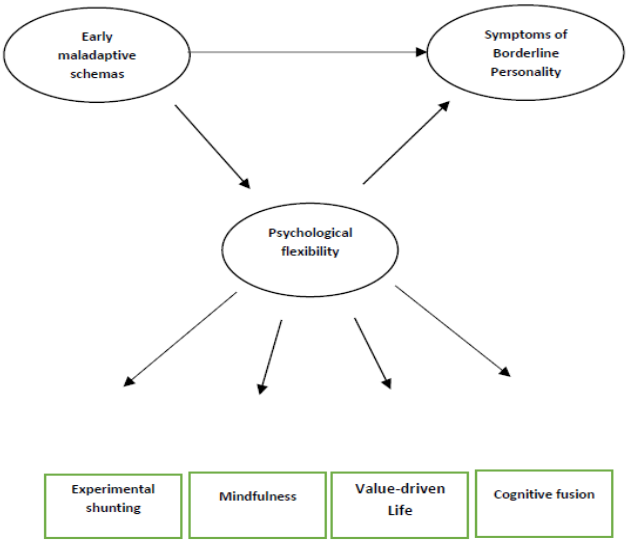
[3]*Professor of the Department of Psychology and Pedagogy. Amur State University, Blagoveshchensk, Russia, seluch@mail. Ru.

`**Received: 22 Sep 2019 | Revised: 13 Oct 2019 | Accepted: 15 Jan 2020**

reappearance in the fields of philanthropy, philanthropy, homosexuality, and theology, these principles have strong implications for the individual, the family, and the poor (6). Although the underlying cause of this disorder remains unknown (7), researchers say it is rooted in factors such as inheritance, brain abnormalities, and early life experiences.

For the Diathesis-stress model, their traumas, the law-abiding tricks of the law to include anti-social media (11). In the meantime, Piaget (1954) and Balby (1969) (12) have come up with some of the most common models of individual structure called schema. These schemas are more strongly tuned to the zeros, each of which gives them more time. Young calls those schemas that lead to the formation and persistence of psychological problems the Early maladaptive schemas.

Hence, what is the question behind this framework that is associated with early maladaptive schemas with symptoms of borderline personality disorder? Does the relationship between maladaptive schemas with symptoms of borderline personality disorder provide a clue to psychological flexibility? On the other hand, does the following conceptual model (Fig. 1) fit the measurement model?



Figure(1) Assumed model of causal paths between early maladaptive schemas, psychological flexibility, boundary personality traits

II. Materials and methods

This study is a descriptive one with regard to correlational goals and data collection. The statistical population of the study was all the students of Tabriz University in the academic year 97-98. According to the type of research and the number of variables studied, 300 people (152 males and 148 females) were selected from the study population by using cluster sampling method. Initially out of the existing students at the University of Tabriz, two students were selected from the Faculty of Agriculture, Economics, Law, Technical and Chemistry, and two were randomly selected from each student. The research data were analyzed based on statistical indices and methods including mean, standard deviation, skewness and elongation, Pearson correlation coefficient and structural equation modeling (SEM). The data collection tools are detailed below

Early Maladaptive Schemas Early Maladaptive Schemas (EMS) was treated as a single-indicator latent variable estimated from the Young Schema Questionnaire Version 3 – Short Form (YSQ-S3). The YSQ-S3 is a 75-item

questionnaire containing beliefs associated with 18 early maladaptive schemas. Items such as "I feel that people will take advantage of me" (from Mistrust/Abuse subscale) are rated on a 6-point scale from 1("completely untrue of me") to 6 ("describes me perfectly"). about differential relations between psychological flexibility and specific schema subscales, the average rating across items was used as a measure of total early maladaptive schema severity. in different researches reliability and reliability is reported to have good validity and reliability. In Iran, the reliability coefficient of Cronbach's alpha 0/97 is reported.

III. Findings

Table 1 shows the descriptive indices of the variables under study based on minimum and maximum values, mean, standard deviation, skewness and elongation.

Table 1: Mean, standard deviation, skewness and elongation of the research variables

Variable	Dimensions	average	Sd	Skewness	ELONGATION
Early Maladaptive Schemas	Disconnection and rejection	5 9/81	2 0/51	0/6 18	0/233-
	Impaired autonomy and performance	4 6/15	1 6/57	0/6 36	0/074-
	Other-directedness	2 6/08	8/ 89	0/2 13	0/285-
	Over vigilance	2 5/52	1 0/97	0/3 58	0/474-
	Impaired limits	3 0/32	9/ 92	0/2 77	0/208-
Psychological flexibility	Experiential avoidance	2 1/27	9/ 66	0/3 42	0/560-
	Cognitive fusion	2 4/79	1 0/26	0/2 82	0/640-
	Mindfulness	6 2/81	1 2/44	0/4 11-	0/134-
	Engaged Living	5 9/13	5 9/13	0/5 92-	0/198-
Borderline personality traits	Hoplesness	2 /28	1/ 80	0/3 93	0/784-
	Impulsivity	2 /57	1/ 76	0/1 93	0/758-
	Symptoms of Dissociative	1 /93	1/ 59	0/4 54	0/752-
	Borderline personality traits	6 /78	4/ 44	0/1 55	0/771-

`Received: 22 Sep 2019 | Revised: 13 Oct 2019 | Accepted: 15 Jan 2020

According to the results of Table (1), all correlations between domains of early maladaptive schemas, psychological flexibility components and borderline personality syndrome were significant at the 0.01 level.

Table 2 Results of Kalmogorov-Asmirenov test for normality of psychological flexibility and borderline personality with respect to predictor variables.

	diversion	Elongation	Statistics	Meaningful	bin test	dur watson
Psychological flexibility	0/113	0/856	1/104	0/174		1/688
Borderline personality	-0/155	0/771-	1/259	0/084		1/558

The results of the structural equation analysis are presented in Tables (2 and 3). Table (2) shows the fit indices of the output model. According to the results in Table (2), the fit models of the output model show that the fit indices include the chi-squared index ($\chi 2$ = 510.78) relative chi-square. (X2 / df = 2.72), goodness of fit index (GFI = 0.856), adaptive goodness index (AGFI = 0.806), comparative goodness index (CFI = 0.902) and root mean square error of approximation error. (RMSEA = 0.076) indicates a moderate fit of the output model.

Table 3. Output Fit Indices

p	**RMSEA**	**CFI**	**AGFI**	**GFI**	**X^2/df**	**df**	**X^2**	**Indicators**
0/0001	0/076	0/902	0/806	0/856	2/72	88	10/78	**Output Model**

Table (4) Direct, Indirect, and Total Influences of Early Maladaptive Schemas on Borderline Personality Symptoms through Psychological Flexibility

route	Direct Influences	Indirect Influences	Total Influences
Disconnection and rejection ☐ Psychological flexibility ☐ Borderline personality ☐	β (-0/253) P (0/011) *	β (0/107) P(0/032) *	β (-0/253)
Impaired autonomy and performance performance☐ Psychological flexibility☐ Borderline personality☐	β (-0/383) P (0/0001) *	β (0/162) P (0/003) *	β (-0/383)
Other-directedness☐ Psychological flexibility☐ Borderline personality☐	β (-0/140) P (0/028) *	β (0/059) P (0/023) *	β (-0/140)
Over vigilance☐	β (-0/050) P (0/272)	β (0/021) P (0/319)	β (-0/050)

`Received: 22 Sep 2019 | Revised: 13 Oct 2019 | Accepted: 15 Jan 2020

Psychological flexibility□ Borderline personalit□			
Impaired limits □ Psychological flexibility □ Borderline personality	β (-0/174) P (0/008) *	β (0/073) P (0/015) *	β (-0/174)
Disconnection and rejrection□ Borderline personality□	β (-0/226) P (0/042) *	-	β (0/333)
Impaired autonomy and performance□ Borderline personality	β (0/054) P (0/629)	-	β (0/216)
Other-directedness□ Borderline personality	β (-0/084) P (0/206)	-	β (-0/025)
Over vigilance□ Borderline personality	β (0/096) P (0/058) *	-	β (0/117)
Impaired limits □ Borderline personality	β (0/199) P (0/007) *	-	β (0/272)
Psychological flexibility□ Borderline personality□	β (-0/442) P (0/0001) *	-	β (-0/422)
R2 Psychological flexibility□	0/710	-	-
R2 Borderline personality□	0/636	-	-

** p <0/05

According Table (3) the direct path of the Disconnection and rejrection , Impaired autonomy and performance performance, Other-directedness, the psychological flexibility as well as the direct path of the schemas Slavery and exclusion, and disruptions to borderline personality traits, were statistically significant. There is also a statistically significant direct path from psychological flexibility to borderline personality symptoms. But the direct paths from ear-to-ear and inhibition to psychological flexibility as well as the direct path from Impaired autonomy and performance functioning, to other ear-to-ear, to alert and inhibition, were not statistically significant. Bootstrap test and confidence level of 0.95 were used to test the structural model's intermediate relationships and to obtain significant coefficients. The results are summarized in Table 4. Slash and Disconnection and rejrection, Impaired autonomy and performance, other disadvantages and limitations have a significant indirect effect through psychological resilience on borderline personality traits. Also, according to Table (3), Disconnection and rejrection, Impaired autonomy and performance, other impairments and constraints simultaneously explain 71% of the variance in psychological flexibility as well as Slash and rejection schemes Impaired autonomy and performance, other Impaired limits, along with levels of psychological flexibility, are able to account for 64% of the variance in symptoms of borderline personality disorder. Therefore, according to the results, the theoretical model of the relationship between early maladaptive schemas and boundary personality symptoms is fitted to the experimental data model with the mediating role of psychological flexibility and the theoretical model of research is 95% probable. Confirmed.

IV. Discussion and Conclusion

The present study is limited by the selection of the student sample. Therefore, the generalization of results to clinical groups should be carefully considered. 7, there was a strong sense of self-sacrifice. This study provides important explanations for therapists working in Acceptance and Commitment Therapy and Schema Therapy. Since psychological resilience mediates the effects of early maladaptive schemas on borderline personality disorder, interventions aimed at altering the content of the schemas and not increasing psychological resilience, It won't be necessary. And techniques to enhance psychological flexibility can be used to relieve some symptoms in healthy individuals (non-clinical group) with borderline personality symptoms. In general, it is recommended that future studies investigate the relationship between early maladaptive schemas and psychological flexibility in clinical samples and individuals with symptoms of borderline personality disorder.

References

1. 1. American Psychiatric Association Diagnostic and Statistical Manual of Mental Disorders: DSM-5. Arlington, VA: American Psychiatric Association; 2013.
2. 2. Nakar O, Brunner R, Schilling O, Chanen A, Fischer G, Parzer P, Kaess M. Developmental trajectories of self-injurious behavior, suicidal behavior and substance misuse and their association with adolescent borderline personality pathology. J Affect Disord. 2016; 197: 231-238.
3. 3. Skodol AE, Gunderson JG, Pfohl B, Widiger TA, Livesley WJ, Siever LJ. The borderline diagnosis I: Psychopathology, comorbidity, and personaltity structure. Biol Psychiatry. 2002; 51(12): 936–950.
4. 4. Fornaro M, Orsolini L, Marini S, De Berardis D, Perna G, Valchera A, Gananca L, Solmi M, Veronese N, Stubbs B. The prevalence and predictors of bipolar and borderline personality disorders comorbidity: Systematic review and meta-analysis. J Affect Disord. 2016; 195:105–118.
5. 5. Leichsenring F, Leibing E, Kruse J, New AS, Leweke F. Borderline personality disorder. The Lancet. 2011; 1, 377(9759): 74-84.
6. 6. Bornovalova MA, Lejuez CW, Dauhters BB, Rosenthal MZ, Lynch TR. Impulsivity as a common process across borderline personality and substance use disorders. Clinical Psychology Review, 2005; 25: 790-812.
7. 7. Dubovsky AN, Kiefer MM. Borderline Personality Disorder in the Primary Care Setting. Med Clin North Am. 2014; 98 (5): 1049–1064.
8. 8. Amad A, Ramoz N, Thomas P, Jardri R, Gorwood P. Genetics of borderline personality disorder: Systematic review and proposal of an integrative model. Neurosci Biobehav Rev. 2003; 40: 6-19.
9. 9. Schmahl CG, Vermetten E, Elzinga, BM, Douglas Bremner J. Magnetic resonance imaging of hippocampal and amygdala volume in women with childhood abuse and borderline personality disorder. Psychiatry Research: Neuroimaging. 2003; 122 (3): 193-198.
10. 10. Lobbestael J, Arntz A. Emotional hyperreactivity in response to childhood abuse by primary caregivers in patients with borderline personality disorder. Jof Behav Ther Exp Psychiatry. 2015; 48: 125-132.
11. 11. Harris AE, Curtin L. Parental perceptions, early maladaptive schemas, and depressive symptoms in young adults. Cognitive Therapy and Research. 2002; 26: 405-416.
12. 12. Gunty AL, Buri JR. Parental Practices and the Development of Maladaptive Schemas. Online Submission, Paper Presented at the Annual Meeting of the Midwestern Psychological Association. (Chicago, IL) 2008: 33 pp