

Early Maladaptive Schemas and Schema Modes differentiate psychiatric patients, prisoners, and community-dwelling controls

Preliminary Findings

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BACKGROUND

Schemas and Modes are key concepts in Schema Therapy that are considered vital for the conceptualization and treatment of personality pathology.

Schemas are inner dysfunctional mental representations while modes are more manifest moment-to-moment activated schemas and coping responses.

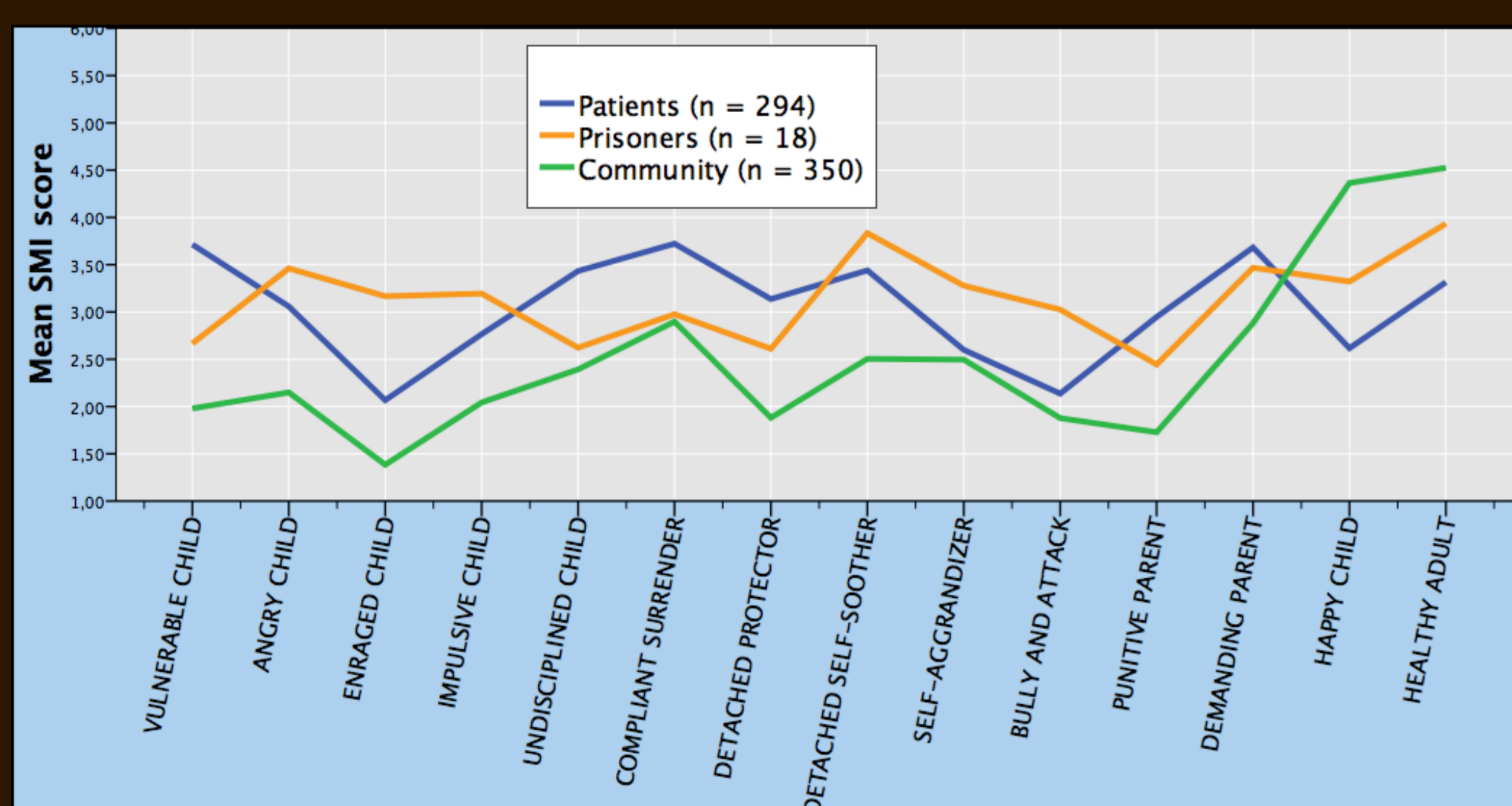
OBJECTIVE

Based on the proposition that schemas and modes are more extreme in clinical participants than in community-dwelling participants we examined their presence in relevant subsamples.

MEASURES

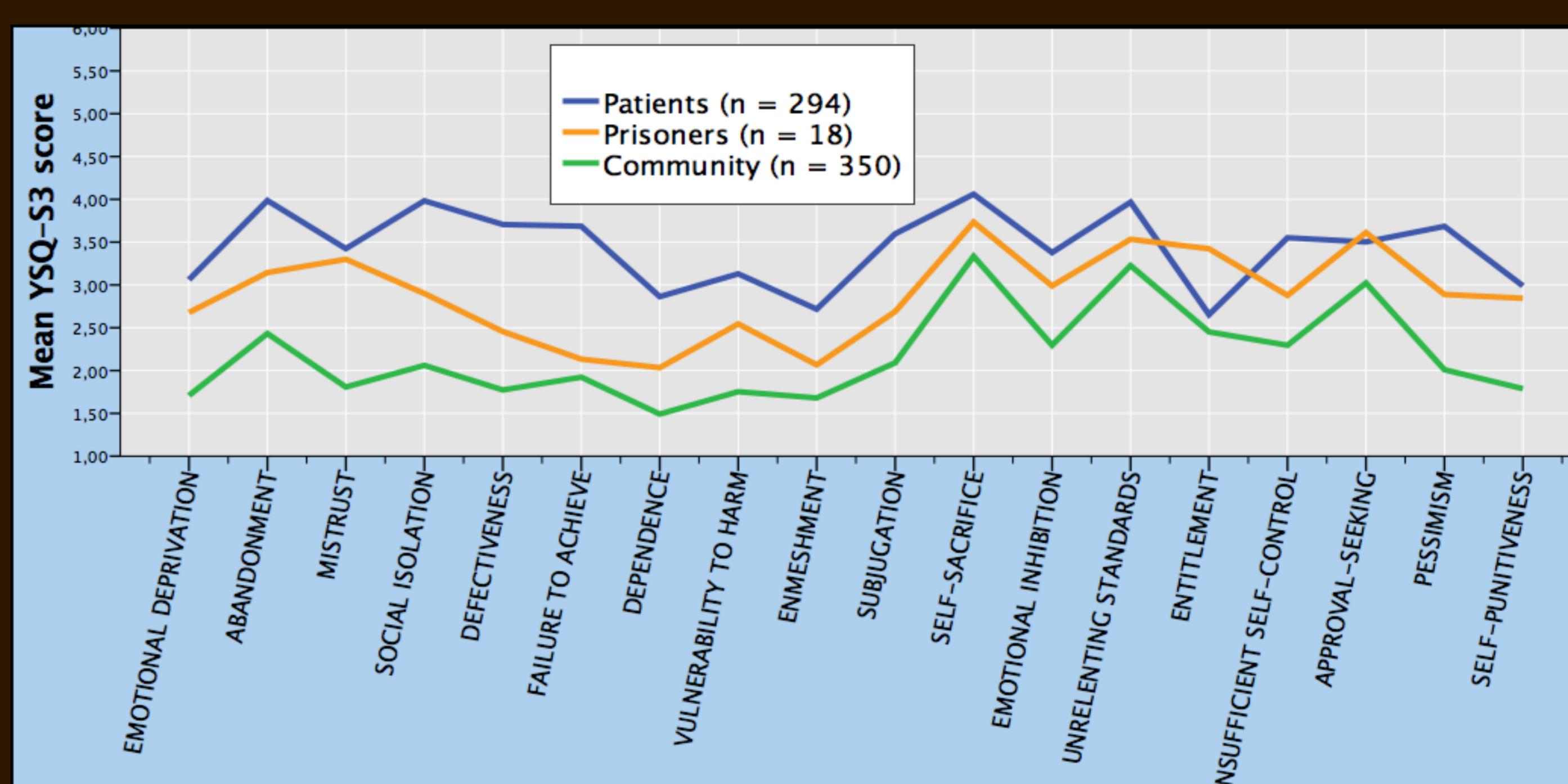
Young Schema Questionnaire 3 – short form (YSQ-S3)
Schema Mode Inventory (SMI)

Group	n	Gender	Mean age
Psychiatric outpatients	294	79% women	29.4
Prisoners in mental health care	18	100% males	29.2
Community-dwelling participants	350	81% women	29.2



RESULTS

As expected, we found significant differences ($p \leq .001$) between the clinical sample (patients and prisoners) and community sample. However, for the self-aggrandizer mode this difference was rather weak. Within the clinical sample, the subsample of prisoners stood out from psychiatric patients in terms of elevated externalizing features.



CONCLUSION

Schemas and modes, as utilized in schema therapy, differentiate between clinical and community subsamples in accordance with propositions in the schema therapy literature. Yet, this finding may in part be confounded by gender.