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Poster Presentation Research

The Relationship between Early Maladaptive Schemas, Parenting Styles and Coping Styles with Anxiety in Students of Karaj Azad University

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Abstract

The main purpose of the present study was to investigate the multiple relationships between early maladaptive schemas, parenting styles and coping styles with anxiety. Therefore, a sample consisting of 200 students, from Islamic Azad University of Karaj, were selected by multistage cluster sampling method. The research instruments were Beck anxiety inventory (1988), short form of Young early maladaptive schema (YSQ-SF, 2002), perceived parenting styles questionnaire (1999) and short form of the coping inventory for stressful situations (CISS) (Endler and Parker, 2002). The data were analyzed at two descriptive and inferential statistics levels. At descriptive level, the mean and standard deviation were calculated for all variables and at inferential level, using Pearson correlation and stepwise regression, the relationships between predictor variables (early maladaptive schemas, parenting styles, and coping styles) with criterion variable (anxiety) were examined. The calculations were performed using SPSS software. The statistical analysis results indicated that there was significant positive relationship between early maladaptive schemas, parenting styles (rejection and overprotection), and emotion-oriented coping with anxiety; and there was a significant negative relationship between task-oriented coping with anxiety. Moreover, early maladaptive schemas including mistrust-abuse, vulnerability to harm and illness, and social isolation-alienation were able to predict anxiety. Thus, it can be concluded that changes in these variables would be associated with changes in anxiety.

Keywords: Anxiety, Early Maladaptive Schema, Parenting Styles, Coping Styles.

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