

## A Comparative Study of Early Maladaptive Schemas in Non-Clinical Anxious, Depressed and Healthy Individuals

Khadijeh Pourmahmoud Hajilary<sup>1</sup>, Mansour Bairami<sup>2</sup>, Touraj Hashemi Nosratabad<sup>3</sup> and Somayyeh Saeedi Dehagani<sup>4\*</sup>

### Abstract

This study aimed to compare the early maladaptive schemas in non-clinical anxious, depressed and healthy individuals. The study type was causal-comparative. The study sample included 600 female students (200 anxious, 200 depressed, and 200 healthy) who were selected from high school of Chaypareh city by purposeful sampling method. Multivariate analysis of variance (MANOVA) was used to analyze the data. Based on the findings, depressed patients in comparison with the other two groups had significantly higher strict criteria schemas. On the other hand, depressed and anxious individuals got higher scores in the dependence/ incompetence schema, in comparison with the healthy students. Based on the findings of this study, concentrating on understanding predictive factors of early maladaptive schemas in treatment and counseling interventions of people with depression and anxiety can form an important part of their treatment.

**Keywords:** *early maladaptive schemas, non-clinical symptoms, anxiety, depression*

- 
1. M.A. of Psychology, University of Tabriz, Tabriz, Iran
  2. Professor, Department of Psychology, University of Tabriz, Tabriz, Iran
  3. Professor, Department of Psychology, University of Tabriz, Tabriz, Iran
  4. M.A. of Psychology, University of Tabriz, Tabriz, Iran (**Corresponding Author**)  
saeadi414@gmail.com