

# Cognitive Psychotherapy "Clinical Science"

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## ABSTRACT BOOK

on sex offenders should emphasize on both automatic thoughts and early maladaptive schema.

#### OP143

### THE EFFECTS OF EARLY MALADAPTIVE SCHEMAS ON THE RELATIONSHIP SATISFACTION, JEALOUSY AND EMOTIONAL DEPENDENCY OF THE TURKISH COHABITING COUPLES: PRELIMINARY FINDINGS FOR SCHEMA CHEMISTRY

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**Introduction:** Schema Chemistry is a concept of Schema Therapy presents that early maladaptive schemas of the individuals are maintained and reinforced through partner selection and relationship dynamics in their couple relationship. Early Maladaptive Schemas (EMS) of the individual, which are defined in terms of five schema domains a) Disconnection and Rejection b) Impaired Autonomy and Performance c) Other-Directedness d) Overvigilance/ Inhibition e) Impaired Limits, has an effect on the couple relationship. (Young, 2003)

**Objective:** This study aims to present preliminary findings on the schema chemistry through examining the effects of EMSs of an individual on the relationship satisfaction, jealousy and emotional dependency in the couple relationship.

**Methodology:** 356 Turkish cohabiting participants (178 females and 178 males) filled Turkish versions of Young Schema Questionnaire, Relationship Assessment Scale, Emotional Dependency Scale and Multidimensional Jealousy Scale. **Results:**

Hierarchical regression analyses showed that low level of disconnection schema domain predicted higher levels of relationship satisfaction significantly. High level of impaired autonomy schema domain predicted higher levels of jealousy in the romantic relationship. High levels of impaired autonomy and other directedness schema domains and lower levels of disconnection schema domain significantly predicted higher levels of emotional dependency to the partner. **Discussion and Conclusion:** Findings of this study showed that the early maladaptive schema domains of the individuals predicted romantic relationship of the individual, which indicate the preliminary empirical results for schema chemistry.

#### OP144

### COMPARING THE EFFECTIVENESS OF GROUP COGNITIVE-BEHAVIORAL COUPLE'S THERAPY AND GROUP COGNITIVE-BEHAVIORAL THERAPY IN MARITAL SATISFACTION AND DEPRESSION OF COMBAT VETERANS

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**Introduction:** Combat veterans' emotional disorders and their psychological problems have caused

difficulties for them and their families. This study was performed to compare the effectiveness of Group Cognitive-Behavioral Couple's Therapy and Group Cognitive-Behavioral Therapy in marital satisfaction and depression of combat veterans. **Method:** The study investigated 81 combat veterans and their wives who answered Enrich's marital satisfaction questionnaire, structured clinical interview for DSM-IV, and ABeck Depression Inventory-II. Afterwards, 24 combat veterans and their wives were selected and randomly were assigned into experimental and control groups. The treatment GCBCT was administered to the experimental group one, and the treatment GCBT was given to the experimental group two, but the three groups were assessed again with Enrich's marital satisfaction questionnaire and BDI-II. **Result:** The results of MANCOVA showed the significant difference between the experimental groups and the control group in the increase of marital satisfaction and the decrease of depression. There was also, significant difference between GCBCT group and GCBT group in marital satisfaction, but there were no significant differences between two groups in depression. **Discussion:** The results show CBCT has the same effect as GCBT- a special treatment for depression. The reduction of distress in the relationships between couples leads to the increase in marital satisfaction which caused individual to overcome their stress and problems.

#### OP145

### COMPARING RELATIONSHIP STANDARDS IN THREE RECENT WOMEN'S GENERATIONS

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**Introduction:** Iranian society is in change (Armaki 2010). The change can be seen in all aspects. Previous researches had shown that cognition is made by environment (Epstein 2002), thus the change in environment can cause change in cognition. The most important part of cognition is relationship's standards (Epstein & Baucom 2002). This research was done to investigate if the relationship standards were changed in three recent generations. **Method:** 30 women (18-25 years) were recruited through convenience sampling in Tehran. Then they, their mothers and grandmothers were asked to complete the inventory of specific Relationship Standards (ISRS). Then the mean of these three generations were compared. **Result:** We found significant differences between first and third generation in control ( $p < 0/00$ ) and expressive investment ( $P < 0/010$ ) standards, and amount of emotional upset when their control ( $P < 0/24$ ) and expressive investment ( $P < 0/017$ ) actual standards are not met. The same result in control ( $P < 0/00$ ) and expressive standard ( $P < 0/008$ ) had shown between first and second generations. The second and third generation were different in instrumental actual standards ( $P < 0/008$ ). **Discussion:** The results indicate differences in control and expressive standard, it consists with hypothesis that egalitarian relationships and emotion express are valued in recent generations. Traditional values involve male