

## عنوان مقاله:

The Association Between Early Maladaptive Schemas and Defense Styles With Hoarding Behaviour Among University Students

## محل انتشار:

مجله تمرین در روانشناسی بالینی، دوره 6، شماره 4 (سال: 1397)

تعداد صفحات اصل مقاله: 8

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## خلاصه مقاله:

**Objective:** Individuals suffering from hoarding disorder tend to collect objects, belongings, and riches excessively. They are not able to or do not want to throw away the throng of worthless and useless items they have aggregated. Some psychological factors, especially maladaptive schemas and immature defense mechanisms can play a crucial role in the development and maintenance of hoarding disorder. In this regard, the present study investigates the predictive role and relationship of early maladaptive schemas and defense styles in hoarding behaviours in students. **Methods:** The present study was a population-based cross-sectional study carried out on ۳۰۰ students (۱۴۹ females and ۱۵۱ males) of the Payame Noor University of Khoy City, Iran in the academic year ۲۰۱۶-۲۰۱۷. All participants completed the Young Schema Questionnaire-Short Form, the Defense Style Questionnaire, and the Saving Inventory-Revised. The obtained data were analyzed by descriptive statistics, the Pearson correlation coefficient, and multiple linear regression. **Results:** The results showed a significant correlation between early maladaptive schemas and defense styles with hoarding disorder. Also, all three defense styles (mature, neurotic, and immature) ( $R^2=1۲\%$ ), and the domains of Impaired autonomy/performance and impaired limits ( $R^2=1۷\%$ ) could predict the hoarding disorder in students. **Conclusion:** Considering the study result, it can be useful to set up cognitive behavioural and dynamic treatment interventions aiming at early maladaptive schemas and defense mechanisms in individuals suffering from hoarding disorder.

## کلمات کلیدی:

Hoarding disorder, Defence style, Early maladaptive schema, Students

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