

عنوان مقاله:

A structural equation model of relationship between Social Anxiety symptoms, Early Maladaptive schemas and Cognitive Distortions in Adolescents

محل انتشار:

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خلاصه مقاله:

Clinical and epidemiological studies have proved the role of cognitive processes in the formation and continuity of social anxiety. This study aimed to predict the social anxiety symptoms among adolescents based on the early maladaptive schemas and cognitive distortions. Population included all junior high-school students in Marivan city and among whom 400 students (200 males and 200 females) were selected as samples. To select sample size, the researcher referred to the selected high schools and distributed Connor's social phobia index questionnaire among students who were suspicious of suffering from social anxiety (diagnosed by schools consultants and consistent with symptoms indicated in DSM-V). Upon the completion of the questionnaire, the students with confirmed social anxiety disorder were randomly selected as the sampling of the study. Data were gathered using social anxiety questionnaire, early maladaptive schemas questionnaire (short form) and cognitive distortions questionnaire. The collected data analyzed using Structural Equation Model. The results showed the structural model was fit. Five areas of the early maladaptive schemas (disconnection and rejection, impaired autonomy and performance, impaired limits, directedness, over-vigilance, and inhibition) can predict 63% of social anxiety. There was a direct and significant correlation between the variables of the early maladaptive schemas and social anxiety. Bootstrapping analysis revealed cognitive distortions served as a mediator between the early maladaptive schemas and social anxiety symptoms. The results of this study supported the role of the early maladaptive schemas as a vulnerability factor in social anxiety and the role of cognitive distortions as a linking mechanism between the early maladaptive schemas and social anxiety.

کلمات کلیدی:

Social anxiety, Early maladaptive schemas, Cognitive distortions, اضطراب اجتماعی، طرحواره های ناسازگار اولیه، تحریف های شناختی

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