

**ADAPTIVE AND MALADAPTIVE SCHEMA:
CONSTRUCTION OF A PSYCHOLOGICAL TOOL**

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INDIAN INSTITUTE OF TECHNOLOGY DELHI

MARCH 2016

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**ADAPTIVE AND MALADAPTIVE SCHEMA:
CONSTRUCTION OF A PSYCHOLOGICAL TOOL**

by

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Submitted

in fulfilment of the requirements of the degree of

Doctor of Philosophy

to the



Indian Institute of Technology Delhi

March 2016

Certificate

This is to certify that the thesis titled “**Adaptive and Maladaptive Schema: Construction of a Psychological Tool**”, being submitted by **Mrs. Anjali Jain** to the **Indian Institute of Technology Delhi**, for the award of the degree of **Doctor of Philosophy**, is a record of original bona-fide research carried out by her under my supervision. In my opinion, the thesis has reached the standards fulfilling the requirements for submission relating to the degree.

The results contained in the thesis have not been submitted, in part or full, to any other institute or university for award of any degree or diploma.

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Acknowledgements

Ph.D. thesis has been one of the longest and most endearing journeys I embarked upon. It would not have been possible without my guide, mentor, supervisor and my ‘academic parent’, Dr. Kamlesh Singh. She has been the constant source of support, inspiration and guidance throughout. She has been there with me in times of professional and personal crisis to ensure that I meet every inch of this distance successfully.

I express my deep gratitude towards Dr. Dalbir Singh, Prof. S.S. Nathawat, Prof. Amit Abraham, Prof. Edward C. Chang, Dr. Shweta Rai, Dr. Sree Jayan K, Mr. Dhruv Raj Sharma, Prof. Poornima Singh, and Dr S. P. K. Jena, for their invaluable help, guidance and expert advice.

I am at scarcity of words, with only heartfelt warmth, eyes swelling up with tears and pursed lips to express the overwhelming feelings and emotions of gratitude and love towards my parents, parents-in-law, my husband, extended family members, my three sisters and brothers who virtually walked me through this road. They were there to show me the light at the end of tunnel, when I was at the verge of giving it all up. They were there to light up my path with hope, when all I could see was darkness. They were there with me through this the whole time, helping in all possible ways they could muster. My husband and friend, Dr. Ankit Gupta was brave enough to put up with me through this trying phase of my life and have been inexplicably helpful in every way I could think of. Enormous thanks to Mrs. Stuti Gupta and Mrs. Nupur Jain for their help with data collection. Heartfelt thanks to Mr. Ankur Jain who helped me procure YSQ S3, making this research possible. My sister-in-law Dr. Jaya Khandelwal needs special mention as she worked through her time and sweat, aiding with collection of data and reading through my thesis.

My friends, Pallavi Narayan, Anindita Sahoo, Anindita Majumdar, Pulkit Khanna, and Mohita Junnarkar; who without being aware themselves have contributed in unforgettable way. If I was not for my dear friend Neha Gupta; I have no idea how I would have made it till here. She has been unwittingly directing and guiding me the whole way through.

I would like to express my deeply heartfelt gratitude towards all my research participants and friends, who selflessly and unequivocally volunteered to make this endeavour possible.

In these six years, I have gone through enough life transitions than I could have practically deemed; learning more by each step and growing more after each fall. It was not without the help and support of my family, friends, supervisor and almighty, that I could reach the finish line.

ANJALI JAIN

Abstract

Cognitive Schema develops as part of normal cognitive development. Schema could be adaptive or maladaptive. Owning adaptive or maladaptive schema would predict the direction of thoughts and behavioural patterns. Therefore, precise and objective measurement of schemata becomes a prerequisite for estimation of behaviour. There is an established instrument for the measurement of maladaptive schemata, Young Schema Questionnaire (YSQ; Young, 1990). However, there remains a scarcity of psychometric instrument measuring adaptive schemata or both combined. The current study aims to fill this gap in the literature by developing a robust psychological tool assessing Adaptive-Maladaptive Schema (AMSQ) based on existing Young Schema therapy model (Young, 1990) and also to revalidate Young Schema Questionnaire Short Form 3 (YSQ S3) (Young, 2005) in Indian setting.

For this purpose, the current study was carried out in three phases using three different samples. 144 items were pooled from thorough review of literature and data obtained from content analysis of the semi-structured interview schedule in Phase I from Sample 1 ($N=70$). Stringent steps of item analysis and test construction were followed in Phase II using Sample 2 ($N=152$). In Phase III, data from 751 participants was obtained (mean age = 20.3 and $SD \pm 3.9$ years; Male= 50% and Female= 50%), through survey method. Exploratory factor analysis computed by SPSS 20.0 revealed a six factor solution assessing adaptive schemata consisting of statistically most relevant 25 positive items and theoretically best suited model. Six factors that emerged were: Adequate schema; Secured schema; Self-reliant or Autonomous schema; Resistant schema; Success schema and Self-assured schema. The scale showed Alpha reliability, $\alpha=0.86$ explaining 51% of total variance. Concurrent validity was established by correlating the new scale with several

validity measures. The developed measure Adaptive Schema Questionnaire (ASQ) significantly correlated positively with Extraversion, Agreeableness, Conscientiousness, Openness, and Positive experience (SPANE P) and Affect balance (SPANEB) and significantly negatively correlated with Depression, Negative experience (SPANE N), Neuroticism, General Health and most of the Early Maladaptive Schema as measured by YSQ S3.

In view of the second objective of the thesis, the data from Phase III ($N=702$) was also analysed for revalidation of YSQ S3 on Indian population. Results indicated adequate psychometric properties and alpha reliability of 0.95. Confirmatory Factor Analysis (CFA) through LISREL 8.8 indicated a moderate to good model fit. Concurrent validity was established by correlating YSQ S3 with the validity measures. YSQ S3 had significant positive correlations with Depression, General Health, Negative experience (SPANE N) and Neuroticism and significant negative correlations with Extraversion, Agreeableness, Openness, Conscientiousness and Positive experience (SPANE P). Additionally, on both measures, developed Adaptive schema questionnaire (ASQ) and YSQ S3, significant gender differences were observed.

It was thus concluded that the newly developed scale (ASQ) is a valid and reliable measure of adaptive schema and YSQ S3 model was confirmed (revalidated) in Indian setting. Both measures, ASQ and YSQ S3 can be effectively utilized in screening and selection process and for determining predisposing adaptive - maladaptive core cognitions. The current study also has implications in developing treatment goals and monitoring treatment progress, along with facilitating in research.

Keywords: Schema, Adaptive, Maladaptive, Cognition, Assessment, Psychometrics

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