



The Role of Early Maladaptive Schemas in Prediction of Dysfunctional Attitudes toward Drug Abuse among Students of university

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ABSTRACT

Drug addiction as the most serious social issue of the world has different sociological, psychological, legal, and political aspects. In this regard, the purpose of this study is to determine the role of early maladaptive schemas in prediction of dysfunctional attitudes toward drug abuse among students of Islamic Azad Universities in Tehran Province, Iran. Statistical population of this study includes all students of Islamic Azad Universities in Tehran Province during 2013 and sample size is equal to 300 members that are randomly chosen. First, the name of university branches in Tehran Province were determined then three branches were randomly chosen out of them and then 300 members were chosen from those branches using random sampling method. All sample members filled out Young Schema Questionnaire Short Form and Dysfunctional Attitude Scale (DAS) toward drug. Data were analyzed through regression correlation method and SPSS22 software. The obtained findings indicated a significant relation ($P < 0/05$) between early maladaptive schemas and dysfunctional attitude toward drug abuse among students. Early maladaptive schemas can predict dysfunctional attitudes toward drug among students.

Keywords: early maladaptive schemas, dysfunctional attitude, drug abuse, student

INTRODUCTION

Use of addictive drugs and its dependence is a chronic and recurring phenomenon with serious physical, financial, family and social harms. There is not any threatening phenomenon for human communities as much as addiction. Despite the existence of numerous dangers and side effects of addiction, the numbers of victims of this deadly trap is increasing [1]. This issue is one of the most important crises of current world that threat health, welfare, political and economic stability and social structure of many of countries all around the world [2].

According to the conducted studies, addiction processes are affected by beliefs and attitudes of patients [3]. Persons with negative attitudes toward life problems imagine themselves caught in undesired events imposing themselves to disease [4]. Dysfunctional attitudes are inflexible also ideal criteria that person judge about his\herself or other people based on them. These assumptions and schemas can effect on the perception and information process [5,6].

Early maladaptive schemas are deep negative beliefs of person toward self, others and world forming during early years of life [7]. These dysfunctional schemas are usually quiet but some undesired incidents would make them active [8]. Young [9] mentioned that early maladaptive schemas could be related to drug abuse because it is imagined that it is one solution to cope with dysfunctional schemas. People probably tend to drug use to avoid negative feelings that are motivated by dysfunctional schemas [10].

Ball et al [11] have pointed dysfunctional beliefs toward drugs in addicted people that are stimulated by early maladaptive schemas. According to Shorey et al [12], among 18 early maladaptive schemas, some of them especially weal self-control are more common among addicted persons.

According to the relation between early maladaptive schemas and persons' attitudes and beliefs with psychiatric disorders, the aim of this paper is to study the role of early maladaptive schemas in prediction of dysfunctional attitudes toward drug abuse among students of Islamic Azad Universities in Tehran Province, Iran.

MATERIALS AND METHODS

Research plan is correlational type. Statistical population of this study includes all students of Islamic Azad Universities in Tehran Province during 2013. First, the name of university branches in Tehran Province were determined then three branches were randomly chosen out of them and then 300 members were chosen from those branches using random sampling method. All sample members filled out Young Schema Questionnaire Short Form and Dysfunctional Attitude Scale (DAS) toward drug. Data were analyzed through regression correlation method and SPSS22 software.

Research instrument

To collect data, two following questionnaires were used in this study:

1- Young Early Maladaptive Schemas Questionnaire Short Form: to measure early maladaptive schemas, the designed questionnaire by Young [9] with 75 questions, 6-point LIKRET scale (1= completely incorrect to 6- completely correct), and 15 subscales including emotional deprivation, abandonment/ mistrust /misbehaving, social isolation/alienation, defectiveness/ shame, failure to achieve, dependence/incompetence, vulnerability to harm, enmeshment/ Subjugation, devotion, emotional inhibition, stubbornly standards, entitlement, autonomy, and insufficient self-discipline was implemented. Every 5 questions of this questionnaire were related to one schema and to obtain score of schemas, the average score of every 5 questions was calculated. If the person gains more score in each of schemas, that schema is considered as preferred schema by the person. The first comprehensive research about psychometric properties of these schemas was conducted by Smith, Jones and Yaougutelech (1995) and the Cronbach's alpha coefficient for subscales of this questionnaire among non-clinical population was obtained between 5% and 82%. These researchers indicated that Young Schema Questionnaire has a high correlation with scales of psychological distress and personality disorders; therefore, it had optimal validity [13]. This questionnaire was translated by Ahi [14] in Iran and its internal consistency was reported to 97% within female group and 98% within male group based on Cronbach's alpha.

2- Dysfunctional Attitude Scale of Beck (DAS): this scale was created by Weissman and Beck [15]. Dysfunctional Attitude Scale is a self-assessment questionnaire with 40 items within 7-point LIKERT scale from completely agree to completely disagree that is measured by incorrect beliefs and attitudes that impose people to depression danger. The minimum score of respondents is equal to 40 and maximum to 280. Dysfunctional Attitude Scale has internal consistency and high reliability coefficient Dobson and Breiter[16] Gharaee [17] reported reliability coefficient of test-retest of Iranian version of this scale equal to 72%.

Findings

The following table includes descriptive properties of participants such as gender, marital status and age. As it is observed, almost 60% of participants are female and 40% male, majority of participants (68.33) are single and most of them (51.67) are 18-25 years old.

Table 1. Frequency distribution of sample based on gender, marital status and age of students

	Gender		Marital status		Age		
	Female	Male	Single	Married	25 -18	32 -25	39 -32
Frequency	178	122	205	95	155	86	60
Percentage	59.3	40.7	68.33	31.67	51.67	28.33	20.00
Total	300		300		300		
Percentage	100		100		100		

To analysis of main hypothesis, stepwise regression was used at inferential statistics part and Pearson correlation coefficient test was used for secondary hypotheses.

Table 2. Mean and Standard deviation

	Mean	Standard deviation	Number
Early maladaptive schemas	67.7850	12.94809	300
Inhibition, entitlement and magnanimity	25.3411	4.73926	300
Social isolation	25.7710	5.71292	300
Independence/ incompetence	25.6449	6.13809	300
Stubbornly standards	26.1729	7/54224	300
Abandonment, autonomy	25.1822	5.77509	300

Table 3. Analysis of Variance test to examine significance of applied model

Changes sources	Sum of Squares S.S	Degree of freedom df	Mean squares M.S	F test	Significance level
Regression	1314.096	1	1314.096	8.099	0.005
Residual	34396	212	162.245		
Total	37510.112	213			

As it is observed, early maladaptive schemas (inhibition, entitlement, autonomy, social isolation, defectiveness, shame, dependence, incompetence, devotion, stubbornly standards, abandonment, self-control) have role in dysfunctional attitudes of students. In other words, table 3 indicates that there is a significant relation between early maladaptive schemas and dysfunctional attitudes. The observed relation is statistical significant at 0/05 level. According to calculated F (8/099) and sig level ($p < 0/05$), F is significant and the applied model in this study is significant.

Table 4. The input variables to regression equation using stepwise model

Indexes changes source	Differentiation coefficient of regression (B)	Standard error	Standard differentiation coefficient of regression (B)	t test of significance	Sig level
Early maladaptive schemas	0.435	0.153	0.192	2.846	0.005

According to table 4, the negative attitudes toward drugs can be predicted through early maladaptive schemas.

Table 5. Role of predictor variable (factors of early maladaptive schemas) to forecast changes in criterion variable (dysfunctional attitudes)

Predictor variable (factors of early maladaptive schemas)	Scores of prediction level of criterion variable in accordance with stepwise regression based on Beta values by previous variable	Scores of amount of change in standard Scores of amount of change in standard error of criterion variable per one unit change in standard error of each factors based on obtained Beta
Variable of early maladaptive schemas X1	19.2%	0.248

According to the results of table 5, variables of early maladaptive schemas are significant at 0/99 level ($\text{sig} = 0/005$) while error level of other variables are more than 0/05; hence they are not entered into regression equation.

On the other hand, this table indicates one-unit changes in standard error of early maladaptive schemas and 0/248 unit change in standard error of criterion variable (dysfunctional attitude) based on the obtained Beta for early maladaptive schemas; therefore, social isolation would predict 19/2% of scores (changes) of dysfunctional attitudes and this predictor is significant.

The variables of early maladaptive schemas (inhibition, entitlement, autonomy, social isolation, defectiveness, shame, dependence, incompetence, devotion, stubbornly standards, abandonment, and self-control) have not been entered into stepwise regression equation within stepwise analysis because they could not significantly help the power of stepwise regression.

Table 6. Coefficient of standard regression for existing variable in model

Predictor variable	B	SEB (Standard Error of Beta)	B (standardized Beta)	T	Sig
Early maladaptive scheme	0.435	0.153	0.192	2.846	0.005

According to calculated t (2.846) and sig level ($P < 0.05$), there is a significant relation between predictor variable of inhibition/ competence/ magnanimity and dysfunctional attitudes; hence, social isolation is the best predictor of dysfunctional attitudes among early maladaptive schemas.

DISCUSSION

According to the obtained results, it can be concluded that there is a relationship between early maladaptive schemas and dysfunctional attitudes toward drug abuse among students. This finding is coordinated with obtained results of some studies as follows: conducted study by Sohrabi et al [18] that compared early maladaptive schemas and dysfunctional attitudes between ordinary people and addicted persons indicating that there was a significant difference between two dependent people to drugs and ordinary people in terms of schemas (except devotion) and dysfunctional attitudes toward drug abuse and their research proved that maladaptive schemas and dysfunctional attitudes determine tendency of people toward drug abuse; carried study by Huijding et al [19] and Navroodi et al [20] that indicated there was a significant difference between dysfunctional attitudes of addicted and ordinary people; findings of conducted studies by Tremblay and Dozois [21], Rayan et al [22] and Harrison & Rainey [23] that indicated that sex offenders have some early maladaptive schemas leading them to sexual crime; conducted study by Askari Jannatabadi [24] that indicated therapeutic schema with methadone therapy for addicted persons is more effective than just methadone therapy; researches of Brummett [25] indicated that early maladaptive schemas have relation with addiction intense.

The obtained findings of present study have been also matched with results of conducted study by Rezaee et al [26] pointed early maladaptive schemas among addicted persons; study of Rezaee et al [27] indicated that 14% of male addicted had anti-social personality disorder and schemas of abandonment, instability, mistrust and misbehave; study of Shaghaghay et al [28] indicated that addicted persons have more early maladaptive schemas; and with findings of conducted study by Roper et al [29] indicated that alcohol-dependent patients are significantly different with healthy people in terms of 6 early maladaptive schemas.

It can be stated that early maladaptive schemas would increase dysfunctional attitudes toward drugs and dysfunctional attitudes toward drugs might lead to drug abuse [30]. and might psychologically harm the person toward psychiatric disorders such as drug abuse [31].

CONCLUSION

According to the obtained findings, there is a significant relation between maladaptive schemas and dysfunctional attitude of people toward drug abuse; in other words, early maladaptive schemas can predict dysfunctional attitudes toward drugs and dysfunctional attitudes toward drugs can predict drug abuse.

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