



The Relationship between Primary Maladaptive Schemas and Obsessive-Compulsive and Emotional Intelligence among Women

Farzaneh. Zakerizadeh¹

Masoume. Behbodi^{2*}

1. Ms.C, family counseling, Islamic Azad University, Rodehen branch, Tehran, Iran

2. *Corresponding author: Assistant Professor, Department of Psychology, Islamic Azad University, Rodehen Branch, Tehran, Iran

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Abstract

Aim: The aim of the current research was to determine the relationship between primary maladaptive schemas and obsessive-compulsive and emotional intelligence. **Method:** The research method is correlational. The statistical population in the present study included all the women who referred to the cultural centers of the east and southeast (4, 15, 14, 13, 8, 8) of Tehran in 2018. The research sample was selected by multi-stage (cluster) random sampling and the sample size was equal to 200 people. The data collection tools in this research included three questionnaires of Young's primary maladaptive schema, the Revised Schott Emotional Intelligence Scale (MSEIS) and the Revised Obsessive-Compulsive Questionnaire (OCI-R). The hypotheses of the research were investigated using regression test and Pearson correlation. **Results:** Examining the results as a whole showed that there is a positive and significant correlation between the majority of the components of the primary dysfunctional schemas and the intellectual-practical obsessions of women referring to cultural centers in the east and southeast of Tehran, and there is a negative and significant correlation with emotional intelligence. According to the results of the regression analysis test, it can be said that the primary dysfunctional schemas predict obsessive-compulsive behavior in the evaluated people, and in total 64% of the changes in obsessive-compulsiveness and 30% of the emotional intelligence changes of women referring to Eastern cultural centers and southeast of Tehran depends on the components of their primary incompatibility schemas, and among the different dimensions of the incompatibility schema, the dimensions of obedience with beta (0. 378), emotional deprivation (0. 418), mistrust/mistreatment with beta (0. 474) and Emotional inhibition with beta (0. 223) with obsessive-compulsive and emotional deprivation dimensions with beta (-0. 161), emotional inhibition with beta (-0. 462) and insufficient restraint/self-discipline with negative beta coefficient (162. 0-) There is a relationship. Also, there is a negative and significant correlation between obsessive-compulsive and emotional intelligence with 99% confidence. **Conclusion:** Overall, the results showed a significant positive correlation between most components of dysfunctional early maladaptive schemas and obsessive-compulsive symptoms in women, and a significant negative correlation with emotional intelligence. Considering the results of the regression analysis, it can be concluded that dysfunctional early maladaptive schemas predict obsessive-compulsive symptoms in women.

Keywords: primary maladaptive schemas, obsessive-compulsive, emotional intelligence

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