

## The Effects of Schema Therapy on the Irrational Beliefs and Emotional Self-Regulation of the Women with Marital Conflict with Early Maladaptive Schemata

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### Introduction

As the first structure in the society and due to the fact that it is the foundation of the children's education, the family is of high importance. Attention to and maintaining such a structure is very clear through considering its mental, affective, social and behavioral effects and the children's modeling in an affective environment. Therefore, the present study was conducted aiming to investigate the effects of schema therapy on the irrational beliefs and emotional self-regulation of the women with marital conflict with early maladaptive schemata.

### Method

This is a quasi-experimental study with pretest, posttest and control group design and a two-month follow-up stage. The statistical population of the study included the women with marital conflict with early maladaptive schemata who referred to consultation centers in the city of Tehran in the autumn and winter of 2019-2021. 40 women with marital conflict and early

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maladaptive schemata were selected through purposive sampling method and were randomly assigned to experimental and control groups (each group of 20). The experimental group received the schema therapy in 8 ninety-minute sessions during two months, while the control group didn't receive such intervention during the research process. 4 people from the experimental group and 3 people from the control group were excluded from the study. The applied questionnaires in this study included Irrational Beliefs Questionnaire (Jones, 1969), Emotional Self-Regulation Questionnaire (Gross & John, 2003), Marital Conflict (Barati & Sanaie, 1997) and Early Maladaptive Schemata (Young, 1998). The data from the study were analyzed through repeated measurement ANOVA via SPSS23 statistical software.

### Results

The results showed that schema therapy has significant effect on the irrational beliefs and emotional self-regulation of the women with marital conflict with early maladaptive schemata ( $p < 0.001$ ); that is, this therapy succeeded in decreasing irrational beliefs and emotional self-regulation in the women with marital conflict with early maladaptive schemas. Moreover, the results showed that 64% and 62% of the changes in the irrational beliefs and self-regulation variables of the women were explained by offering the schema therapy.

### Conclusion

According to the findings of the study it can be concluded that schema therapy can be used to reduce irrational beliefs and increase emotional self-regulation of women with marital conflict with early maladaptive schema.

**Keywords:** Irrational belief, Marital conflict, Emotional self-regulation, Early maladaptive schemata, Schema therapy

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