

Mediating the Role of Attachment Styles in Predicting the Relationship between Early Maladaptive Schemas and Marital Satisfaction

Sara Parsafar, MA *
Department of Psychology
University of Isfahan, Iran

Nahid Akrami, PhD
Department of Psychology
University of Isfahan, Iran

Alinaghi Ghasemiannejad Jahromi, PhD Student
Department of Psychology
Shahid Chamran University, Iran

This study has been done to investigate the relationship between early maladaptive schemas with marital satisfaction. Seventy Iranian couples were selected by the random sampling method and completed the short form of Young Schema (YSQ), Hazan and Shaver Attachment Style (HSAS) and the Enriching and Nurturing Relationship Issues and Communication and Happiness (ENRICH) Questionnaires. Ambivalent attachment styles had significant associations with marital satisfaction, satisfaction of communication and idealistic distortion. Avoidant attachment styles had a significant association only with marital satisfaction. The ambivalent attachment style acts as a mediator between the first domain of early maladaptive schemas and marital satisfaction, satisfaction of communication and idealistic distortion.

Keywords: early maladaptive schemas, marital satisfaction, adult attachment styles

Early maladaptive schemas that can be defined as enduring and pervasive themes about oneself, others, and the world (Ball, 2007) are believed to be developed during childhood through traumatic and toxic experiences with close individuals, i.e., parents and caretakers (Young, Klosko & Weishaar, 2003). Schemas are structures or frameworks that

screen, code and examine motives. They are resistant to change and have a deep effect on the individual's emotions and feelings (Riso, Dutoit, Stein & Young, 2007).

Young et al. (2003) identified 18 early maladaptive schemas that develop during childhood and are maintained throughout a lifespan. These 18 early maladaptive schemas can be categorized into five separate domains; disconnection and rejection (emotional deprivation, abandonment, mistrust/abuse, social isolation, and defectiveness schemas), over-vigilance and inhibition (emotional inhibition, unrelenting standards, negativity/pessimism, and punitiveness schemas), other directedness (subjugation, approval-seeking, and self-sacrifice schemas), impaired autonomy and performance (failure, dependence, vulnerability, and enmeshment schemas), and impaired limits (entitlement and insufficient self-control schemas).

The first domain that is called the “disconnection and rejection” is the most destructive domain (Young et al., 2003). The family of people who have developed schemas in this domain is detached, cold, rejecting, withholding, lonely, explosive, unpredictable, or abusive. One of the most common and harmful schemas in this domain that can cause unhappy relationships is abandonment. An abandonment schema often starts during childhood, when an important person in the child’s life, usually parents, verbally or physically leaves him/her. People with this schema are constantly afraid of relationships ending easily due to fights, breakups, divorces, affairs, or death. They can be hypersensitive (have an "emotional button") in their relationships. When it becomes active or triggered, it leads them directly or indirectly to a variety of psychological problems such as disruptive relationships Salkovskis and Rimes (1997). So, not only do the schemas affect the individual’s thoughts, feelings and behaviors (Young, 1999), but they also always show themselves in relationships (Young et al., 2003).

One of the most important social relationships among individuals is marriage and one of the most important aspects of the marriage system is satisfaction experienced by a couple in their relationship (Taniguchi et al., 2006). Ellis (1986) was the first to emphasize the potential association of individual cognitive factors with the level of couple satisfaction. Thus, disturbed marriages, i.e., partners with a high level of marital distress, were observed to occur when one or both partners have a high level of irrational beliefs (Ellis, 1986). Relatively stable underlying schemas, or cognitive structures, might shape the content of the perceptions and inferences of an individual. This subjectivity in mental interpersonal (couples) pathology is manifested as misunderstanding, mutilated views, incorrect suppositions, and unrealistic objectives and expectations (Antoine, Antoine & Nandrino, 2008). Cognitions have been identified as strong correlates of relationship, e.g. in marital satisfaction Chatav and Whisman (2009).

Many researchers have investigated the effect of the early maladaptive schemas (as an individual's cognitive frames and stereotypical beliefs) on the couple's relationship and their satisfaction. Some studies have shown that an early maladaptive schema has negative effects on marital satisfaction (Arieti & Bemporad, 1980), closeness, trust, and the intimacy of the couples (Clifton, 1993). Keyes, Shmotkin & Ryff (2002), Kachadourian, Fincham & Davila (2004) Hamamci (2005) and Rijkeboer & deBoo (2010) have reported a positive relationship between marital satisfaction and early maladaptive schemes.

Early maladaptive schemes are only one of the effective factors on people's marital satisfaction and many other factors are effective on it. Attachment styles are the most emotional factors in marital satisfaction (Greef & Malherb, 2001; Bouchard, Sabounn, Lussier & Villeneuve, 2009). Bowlby (1988) proposed that the attachment styles that develop and are internalized in early childhood, perpetuate across a lifespan and have direct impacts on adult mental health. During the past fifty years, it has

been reported that when relational partners' attachment systems are activated, significant differences emerge between the ways individuals respond to each other. These different attachment styles are related to the ways individuals characterize and conceptualize close relationships generally, referred to as "internal representations". Internal representations of close relationships depend heavily upon whether individuals have a secure or insecure attachment style (Seeman & Crimmins, 2001).

While the primary caregiver still plays an important role in meeting attachment needs, other caregivers have set a lifelong pattern and finally the romantic partner becomes the prominent figure in meeting most of the attachment needs (Fraley & Shaver, 2000; Hazan & Shaver, 1987). Early in life, an infant's internal working model is managed by external behaviors. If an infant or toddler feels threatened in a particular situation, he/she will engage in behaviors that will bring the caregiver physically closer. However, in adolescence and adulthood the emphasis moves from physical proximity or physical security to psychological proximity or felt security. Felt security is described as the confidence either member of a relationship feels that the partner will be responsive to his/her needs, and represents an individual's internal working model (Hazan & Shaver, 1994).

Hazan and Shaver (1987) have introduced three attachment styles for adults: secure (individuals who have a positive perception of self and others and do not worry about being deserted or oppressed in relationships), avoidant (people with a positive/negative perception of self and negative perception of others that do not trust others and do not enjoy being immediate with others), and anxious/ambivalent (individuals who have a negative perception of self and positive perception of other that desire close relationships; however, they tend to view themselves as incompetent and think that others will view them as incompetent).

There is an association between adult attachment and marital satisfaction (Murray, Homes & Griffin, 2000). Several studies have found

a consistent and strong association between insecure attachment characteristics and poorer marital satisfaction, while slightly weaker associations have consistently linked secure attachment characteristics and greater marital satisfaction (Collins & Feenay, 2000; Davila, Karney & Bradbury, 1999; Kachadourian et al., 2004; Butzer & Campbell, 2008).

Early maladaptive Schemas can affect people's relationships directly or indirectly. Many studies have examined the relationship between the early maladaptive schemas and aspects of satisfaction. On the other hand, an attachment style has a great effect on adult relationship satisfaction. Several studies have also examined the relationship between attachment styles and relationship satisfaction. What distinguishes this study from previous studies is considering the adult attachment style as a mediating factor and investigating its effect in the relationship between early maladaptive schemas and marital satisfaction. We intended to examine whether adult attachment styles could be a mediator in the relationship between early maladaptive schemas and aspects of marital satisfaction.

This study examined the following hypotheses:

H1: Early maladaptive schemas (in the domain of Disconnection and Rejection) are associated with insecure attachment style (ambivalence).

H2: Insecure attachment style is associated with lower spousal ratings of marital satisfaction (marital satisfaction and satisfaction of communication).

H3: Attachment style mediates the relationship between early maladaptive schemas and spousal ratings of marital satisfaction.

Materials & Methods

This descriptive cross-sectional study was done in Iranian couples of Tehran City, Iran in 2013 and 70 couples were selected by the random sampling method.

The data gathering instruments were the short form of Young Schema (YSQ) (Young & Brown, 1990), Hazan and Shaver Attachment Style

(HSAS) (*Hazan & Shaver, 1987*) and The Enriching and Nurturing Relationship Issues, and the Communication and Happiness (ENRICH) (Fowers & Olson, 1989) Questionnaires.

The short form of YSQ is a self-report measure for assessing schemas (Young & Brown, 1990; Young et al., 2003) and the YSQ-S3 which has been used in this research (Young, 1994) is a 90-item on a six-degree Likert scale that assesses the early maladaptive schemas in 18 different areas. According to the purpose of this study, only five first areas of the YSQ including 25 questions were studied. Higher scores indicate higher early maladaptive schemas. The reliability of the subscales of YSQ were measured by the test-retest method from 0.50-0.82 (average of $r=0.76$) and the internal consistency was measured from 0.83-0.96 (average of $\alpha=0.90$) (Tucker & Anders, 1999). Yousefi reported the Cronbach's alpha coefficient as 0.91 (Yousefi, 2009).

HSAS which is a slightly modified version of the Hazan and Shaver (1987) attachment style questionnaires was used to assess adult attachment styles (ambivalent, secure and avoidant). HSAH was evaluated with 7-degree Likert scale answers ranging from "unlike me" (1 point) to "like me" (7 points) but a modification was made by including a final sentence asking the participant to choose which one of the three styles was the most self-descriptive (Cecero, Nelson & Gillie, 2004).

The ENRICH is a multidimensional marital satisfaction inventory that assesses the satisfaction level of women and men from their present relationship. The Swedish version of the ENRICH marital inventory was originally created by Olson and co-workers (Fournier et al., 1983). Our version of ENRICH had 35 items with 5-degree Likert scale answers and was adapted to Iranian population norms. The reliability of Marital Satisfaction ($\alpha=0.78$), Communication ($\alpha=0.78$), Conflict Resolution ($\alpha=0.62$) and Idealistic Distortion ($\alpha=0.78$) categories of the ENRICH Inventory were approved. Mahdavian (1997) reported the reliability as 0.94 using the test-retest method.

After gathering data, regression analyses were performed using a 4-step procedure to analyze the relationship between *early maladaptive schemas* and spousal *marital satisfaction* (Kenny, Kashy & Bolger, 1998). Step 1 requires finding a significant path from the independent to the mediating variable. Step 2 requires finding a significant path from the mediating to the dependent variable. Step 3 involves determining the magnitude of the path from the independent variable to the dependent variables. Finally, Step 4 involves examining the relationship between dependent and independent variables with a mediating variable. To investigate the effect of a mediating-variable, regression analysis was performed and the more direct test of the mediation effect was done by Sobel tests (Sobel, 1982). Sobel tests, which are products of coefficient tests for the mediating-variable effect, are used to test the significance of the mediating-variable effect by dividing the estimate of the mediating-variable effect by its standard error (SE) and comparing this value to a standard normal distribution. In contrast with causal step methods (e.g., the Baron and Kenny approach), Sobel tests are less prone to Type I errors and have more statistical power to detect mediation. The Pearson Correlation test was used to analyze the effect of demographic data on marital satisfaction.

Results

The mean age of men was 30.61 ± 5.22 and women were 26.88 ± 4.93 years. Age, sex, duration of marriage and level of education did not have any significant effect on the subscales of marital satisfaction ($p > .05$).

Abandonment (19.81 ± 3.88) had the highest and mistrust (14.20 ± 2.86) had the lowest mean score of early maladaptive schemas (Table 1). The mean of ambivalent attachment style was 8.57 ± 2.59 and the mean of marital satisfaction was 32.34 ± 4.32 (Table 1).

Table 1
Means of Early Maladaptive Schemas, Attachment Styles and Marital Satisfaction in the Sample (N=140)

Early Maladaptive Schemas	
Abandonment/Instability	19.81±3.88
Emotional deprivation	16.57±3.52
Mistrust/Abuse	14.20±2.86
Social Isolation/Alienation	15.07±3.63
Defectiveness/Shame	15.11±4.50
Attachment Styles	
Ambivalent	8.57±2.59
Secure	10.58±2.23
Avoidant	10.00±2.70
Aspects of Satisfaction	
Marital Satisfaction	32.34±4.32
Satisfaction of Communication	30.02±4.46
Idealistic Distortion	16.19±2.84
Conflict Resolution	29.74±3.22

Each first domain early maladaptive schemas had significant association with ambivalent attachment styles ($p < .0001$). All of them had significant association with the avoidant attachment style ($p < .01$) except Social Isolation/Alienation ($p = .354$). Secure attachment style had a significant association only with Defectiveness/Shame schema ($p = .0001$). The results of linear-regression analyses for assumptions 1 and 2 are summarized in Table 2. Schemas in the domain of Disconnection and Rejection have significant association with the ambivalent style and also the ambivalent style had a significant association with marital satisfaction and satisfaction of communication. These results provided support for assumptions 1 and 2.

Table 2
Testing the Mediating Role of Ambivalent Attachment Styles between
Early Maladaptive Schemas and Aspects of Satisfaction (N=140)

Variables	β	T	P value
Early Maladaptive Schemas			
Abandonment/Instability	.507	6.258	.0001
Emotional Deprivation	.308	3.480	.001
Mistrust/Abuse	.442	5.274	.0001
Social Isolation/Alienation	.510	6.386	.0001
Defectiveness/Shame	.488	5.998	.0001
Aspects of Satisfaction			
Marital Satisfaction	-.522	-6.430	.0001
Satisfaction of Communication	-.470	-5.573	.0001

The ambivalent attachment style had significant association with marital satisfaction ($p < .0001$), satisfaction of communication ($p < .0001$) and idealistic distortion ($p < .0001$). The avoidant attachment style had a significant association only with marital satisfaction ($p < .028$). Table 3 shows the results that support assumption 3.

Each first domain early maladaptive schema had significant association with each aspect of satisfaction ($p < .001$) but only the ambivalent attachment style could mediate between the *first domain of early maladaptive schemas* and aspects of satisfaction ($p < .01$) except conflict resolution ($p > .05$). In the final step, the Sobel Test indicated that the ambivalent style is a mediator between early maladaptive schemas in the domain of Disconnection and Rejection and marital satisfaction and satisfaction of communication (Table 4).

Table 3

The arly maladaptive schemas in the domain of Disconnection and Rejection are significantly associated with marital satisfaction and satisfaction of communication when insecure attachment styles mediate

Independent variable	Dependent variable	β	T	P value
Abandonment/In stability	marital satisfaction	-.360	-4.018	.0001
	satisfaction with communication	-.352	-3.677	.0001
Emotional deprivation	marital satisfaction	-.448	-5.407	.0001
	satisfaction with communication	-.370	-4.411	.0001
Mistrust/Abuse	marital satisfaction	-.382	-4.442	.0001
	satisfaction with communication	-.328	-3.660	.0001
Social Isolation/ Alienation	marital satisfaction	-.345	-3.857	.0001
	satisfaction with communication	-.273	-2.968	.004
Defectiveness/ Shame	marital satisfaction	-.361	-4.089	.0001
	satisfaction with communication	-.346	-3.670	.0001

Table 4

The results of the Sobel test shows that the ambivalent attachment style can mediate between Early Maladaptive Schemas and Aspects of Satisfaction

Independent variable	Dependent variable	Test statistic	Std. Error	P value
Abandonment/In stability	marital satisfaction	-3.389	.060	.0007
	Satisfaction with communication	-3.170	.064	.0015
Emotional deprivation	marital satisfaction	-2.932	.057	.003
	satisfaction with communication	-2.730	.052	.006
Mistrust/Abuse	marital satisfaction	-3.397	.074	.0006
	satisfaction with communication	-3.006	.075	.0026
Social Isolation/	marital satisfaction	-3.301	.063	.0009

Alienation	satisfaction with communication	-2.697	.063	.0069
Defectiveness/ Shame	marital satisfaction	-3.378	.05	.0007
	satisfaction of communication	-3.133	.053	.0017

Discussion

In this study we explored the relationship between early maladaptive schemas and marital satisfaction and examined whether this relation was mediated by adult attachment styles. Results showed that the ambivalent attachment style mediates the relationship between early maladaptive schemas in the domain of disconnection and aspects of marital satisfaction.

The way of cognition is an important aspect of human relationship and communication. The way we understand each other may lead to misinterpret situations. These misinterpretations appear in psychopathology as misunderstanding, distorted beliefs, false ideas, unrealistic goals and expectations (Antoine et al., 2008). Poor interpersonal skills, unclear or conditional relationship, cavil, blaming, showing negative emotions repeatedly, having negative thoughts and cognitive distortions could lead to marital maladjustment and dissatisfaction (Nakonezny, Shull & Rodgers, 1995).

The present study is concentrated in the disconnection and rejection domain of early maladaptive schemas due to its role in relationship satisfaction. The results of this study in the field of the relationship between schemas and a couple's relationship and their satisfaction were in line with the findings of Arieti & Bemporad (1980), Clifton (1993), Keyes et al. (2002), Kachadourian et al. (2004), Hamamci (2005), Rijkeboer & deBoo (2010) and Chatav & Whisman (2009).

The results of this study unlike those of previous studies show a relationship between a secure attachment style and marital satisfaction (Murray et al., 2000; Simpson et al., 1992; Fraley & Shaver, 2000; Davila

et al., 1999; Kachadourian et al., 2004; Butzer & Campbell, 2008) and suggested a relationship between the ambivalent attachment style and aspects of marital satisfaction.

Several studies have found that marital discord, divorce, and separation lead to poor psychological and physical health outcomes (Bretherton & Mulholland, 1999). Marriage satisfaction makes life happy and leads to an appropriate compatibility between husband and wife in various aspects of life (Asgari, 2001). Despite probable links between early maladaptive schemas and marital satisfaction, there has been little research in this area. Throughout the literature there is evidence that shows early maladaptive schemas are related to insecure attachment styles and marital satisfaction. In this study, using the mediator model the relationship between early maladaptive schemas and marital satisfaction was examined while attachment was mediated. The mediator which was investigated in this study could be organized into positive, constructive relationship behaviours and negative or problematic relationship behaviours. According to previous studies and literature, we argue that attachment styles could serve as a “conceptual bridge” linking early maladaptive schemas with the satisfaction of relationships. On the other hand, Young (1994) has defined early maladaptive schemas as pervasive cognitive themes that tend to develop during childhood, affect self-perception, and strongly influence personal relationships.

The most important limitation of this study is that it is a cross-sectional research design. Cross-sectional research provides only a brief snapshot of the variables in a relationship. While a longitudinal research design would provide a better representation of this relationship. Despite the limitations, this study provides valuable information about marital satisfaction and the factors that could affect it. Understanding this relationship has important implications in psychotherapy.

Conclusion

The ambivalent attachment style is a mediator between the first domain of early maladaptive schemas and marital satisfaction, satisfaction of communication and idealistic distortion.

References

- Antoine, P., Antoine, C., & Nandrino, J. L. (2008). Development and Validation of the Cognitive Inventory of Subjective Distress. *International Journal of Geriatric Psychiatry*, 23(11), 1175-1181.
- Arieti, S., & Bemporad, J. R. (1980). The psychological organization of depression. *American Journal of Psychiatry*, 137(11), 1360-1365.
- Asgari, H. (2001). *The role of mental health in marriage and life and divorce*. Tehran: Goftegou Press.
- Ball, S. A. (2007). Cognitive-behavioral and schema-based models for the treatment of substance use disorders. In: Riso L. P., duToit P. L., Siein D. J., & Young J. E. (editors). *Cognitive schemas and core beliefs in psychological problems: A scientist practitioner guide*. Washington, DC: American Psychological Association.
- Bowlby, J. (1988). Developmental psychiatry comes of age. *American Journal of Psychiatry*, 145(1), 1-10.
- Bouchard, S., Sabounn, S., Lussier, Y., & Villeneuve, E. (2009). Relationship quality and stability in couples when one partner suffers from borderline personality disorder. *Journal of Marital and Family Therapy*, 35(4), 446-456.
- Bretherton, I., & Mulholland, K. A. (1999). Internal working models in attachment relationships: A construct revisited. In: Cassidy, J., Shaver, P. R. (editors). *Handbook of attachment: Theory, research and clinical applications*. New York: Guilford Press. pp. 89-114.
- Butzer, B., & Campbell, L. (2008). Adult attachment, sexual satisfaction, and relationship satisfaction: A study of married couples. *Personal Relationships*, 15(1), 141-154.

- Cecero, J. J., Nelson, J. D., & Gillie, J. M. (2004). Tools and tenets of schema therapy: Toward the construct validity of the Early Maladaptive Schema Questionnaire-Research Version (EMSQ-R). *Clinical Psychology and Psychotherapy, 11*(5), 344-357.
- Chatav, Y., & Whisman, M. A. (2009). Partner schemas and relationship functioning: A states of mind analysis. *Behavior Therapy, 40*(1), 50-56.
- Clifton, C., Jr. (1993). Thematic roles in sentence parsing. *Canadian Journal of Experimental Psychology, 47*(2), 222-246.
- Collins, N. L., & Feeney, B. C. (2000). A safe haven: An attachment theory perspective on support seeking and caregiving in intimate relationships. *Journal of Personality and Social Psychology, 78*(6), 1053-1073.
- Davila, J., Karney, B. R., & Bradbury, T. (1999). Attachment change processes in the early years of marriage. *Journal of Personality and Social Psychology, 76*(5), 783-802.
- Ellis, A. (1986). Rational-emotive therapy applied to relationship therapy. *Journal of Rational-Emotive Therapy, 4*(1), 4-21.
- Fournier, D. G., Olson D. H., & Druckman J. M. (1983). Assessing marital and premarital relationships: The PREPAE/ENRICH Inventories. In: Filsing, E. E. (editor). *Marriage and Family Assessment*. Newsbury, CA: Sage. pp. 229-250.
- Fowers, B. J., & Olson, D. H. (1989). ENRICH marital inventory: a discriminant validity and cross-validation assessment. *Journal of Marital Family Therapy, 15*(1), 65-79.
- Fraley, R. C., & Shaver, P. R. (2000). Adult romantic attachment: Theoretical developments, emerging controversies, and unanswered questions. *Review of General Psychology, 4*(2), 132-154.
- Gallo, L. C., & Smith, T. W. (2001). Attachment style in marriage: Adjustment and responses to interaction. *Journal of Social and Personal Relationships, 18*(2), 263-289.

- Greef, P. A., & Malherb, L. H. (2001). Intimacy and Marital Satisfaction in spouse. *Journal of Sex and Marital Therapy*, 27(3), 247-257.
- Hamamci, Z. (2005). Dysfunctional relationship beliefs in marital conflict. *Journal of Rational-Emotive Cognitive-Behavior Therapy*, 23(3), 245-261.
- Hazan, C., & Shaver, P. (1987). Romantic love conceptualized as an attachment process. *Journal of Personality and Social Psychology*, 52(3):511-524.
- Hazan, C., & Shaver, P. (1994). Attachment as an organizational framework for research on close relationships. *Psychological Inquiry*, 5(1), 1-22.
- Kachadourian, L. K., Fincham, F., & Davila, J. (2004). The tendency to forgive in dating and married couples: The role of attachment and relationship satisfaction. *Personal Relationships*, 11(3), 373-393.
- Kenny, D.A., Kashy, D., & Bolger, N. (1998). Data analysis in social psychology. In D. Gilbert, S. T. Fiske, & G. Lindzey (Eds), *Handbook of social psychology* (4 ed., Vol. 1, pp. 233-265). New York McGraw-Hill.
- Keyes, C. L. M., Shmotkin, D., & Ryff, C. D. (2002). Optimizing well-being: The empirical encounter of two traditions. *Journal of Personality and Social Psychology*, 82(6), 1007-1022.
- Mahdavian, F. (1997). *The influence of communication training on marital satisfaction and mental health* (Unpublished M.A. Dissertation]. Tehran, Iran: University of Iran, Psychiatry Institute.
- Murray, S. L., Homes, J. G., & Griffin, D. W. (2000). Self-esteem and the quest for felt security: How perceived regard regulates attachment processes. *Journal of Personality and Social Psychology*, 78(3), 478-498.
- Nakonezny, P. A., Shull, R. D., & Rodgers, J. L. (1995). The effect of no fault divorce law on the divorce rate across the 50 states and its

- relation to income, education, religiosity. *Journal of Marital and Family*, 57(2), 477-488.
- Rijkeboer, M. M., & DeBoo, G. M. (2010). Early maladaptive schemas in children: Development and validation of the schema inventory for children. *Journal of Behavior Therapy and Experimental Psychiatry*, 41(2), 102-109.
- Riso, L. P., Dutoit, P. L., Stein, D. J., & Young, J. E. (2007). *Cognitive schema and core beliefs in psychological problems: A scientist practitioner guide*. Washington D. C.: American Psychological Association.
- Salkovskis, P. M., & Rimes, K. A., (1997). The cognitive-behavioral approach to health anxiety (hypochondriasis). *Revista de Psicopatologia y Psicologia Clinica*, 2, 113-122. [Spanish]
- Seeman, T. E., & Crimmins, E. (2001). Social environment effects on health and aging: Integrating epidemiologic and demographic approaches and perspectives. *Annals of the New York Academy of Sciences*, 954(1), 88-117.
- Simpson, J. A., Rholes, W. S., & Nelligan, J. S. (1992). Support seeking and support giving within couples in an anxiety-provoking situation: The role of attachment styles. *Journal of Personality and Social Psychology*, 62(3), 434-446.
- Sobel, M. E. (1982). Asymptotic Confidence Intervals for Indirect Effects in Structural Equation Models. *Sociological Methodology*, 13, 290-312.
- Taniguchi, S.T., Freeman, P. A., Taylor, S., & Malcarne, B. (2006). A study of married couples' perception of marital satisfaction in outdoor recreation. *Journal of Experimental Education*, 28(3), 253-256.
- Tucker, J. S., & Anders, S. (1999). Attachment style, interpersonal perception accuracy, and relationship satisfaction in dating couples. *Personality and Social Psychology Bulletin*, 25(4), 403-412.

- Yoosefi, N., Etemadi, A., Ahmadi, A. Bahrami, F., Fatehizade, M., & Beshlideh, K. (2009). *Validating of early maladaptive schema scale (EMSS)* [Unpublished Doctoral Dissertation]. Isfahan, Iran: University of Isfahan.
- Young, J. E., Brown, G. (1990). *Young Schema Questionnaire*. New York: Cognitive Therapy Center.
- Young, J. E. (1999). *Cognitive therapy for personality disorder*. Sarasota, FF: Professional Resources Press.
- Young, J. E., Klosko, J., & Weishaar, M. E. (2003). *Schema therapy: A practitioner's guide*. New York: Guilford press.

Received: 14 / 8/ 2013

Revised : 9 / 11/ 2014

Accepted: 16 / 11/2014