



## THE EFFECTIVENESS OF COMBINATION OF SCHEMA THERAPY AND PARENTING STYLES UPON PARENT – ADOLESCENT INTERACTION

Mohsen Saeidmanesh<sup>1\*</sup>, Azade Choob foroush zadeh<sup>2</sup>, Tayyebah Ardestani<sup>3</sup>

1. *PHD, Department of Psychology, University of Science and Arts, Yazd, Iran*
2. *Assistant Professor, Department of Psychology, Ardakan University, Yazd, Iran*
3. *Child and adolescent clinical psychology graduate student, University of Science and Arts, Yazd, Iran*

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### ABSTRACT

The main factor in parenting is building a proper and effectual relationship with children. Having a good command of the principles of establishing an appropriate and sound interaction plays a key part in raising a sound character. Adolescents' behavioural problems are directly associated with strong familial interaction patterns, therefore the manner of interaction between parents and adolescents is highly significant. Parenting style is a combination of parent's approach and treatment manner towards their children, thereby maladaptive schemas, as cognitive variables playing a key role in thinking, emotion, behaviour and the type of interaction with others, are possible to impact the relationship between a parent and her/his child. Accordingly correcting the aforesaid approaches and learning new ways of interaction by parents, can improve their relationship with children. The present study aims at measuring/analysing the impact of training parents with a combination of techniques, provided by the remedial schema therapy, and some new parenting styles, on bettering the interaction between parents and their adolescents. This research is a Quasi-experimental design with control group. The statistical population of this study were all adolescent 12-18 years with their parents domiciled Qom city in 2016-2017. Based on available sampling 30 Mothers, 23 Fathers and 30 their adolescent were chosen. Young Schema Questionnaire (YSQ), Baumrind Parent Styles Questionnaire and Parent-Child relationship Srvey (PCRS) were administered as pre-and post test. YSQ was Developed by Young & Brown (1990-2001) and evaluate 15 Schemas. Alpha choronbache for this Questionnaire is 95%. Baumrind Questionnaire was Developed by Baumrind (1972) and evaluate Parent Styles. Alpha choronbache for authoritative style is 78%, authoritarian style 86% and permissive style 81%. PCRS was Developed by Fine, Moreland & Schwebel (1983) and evaluate adolescents' opinion about relation with their parents. Alpha choronbache for mother's scale is 61-94% and father scale is 89-94%. afterward recreating participants into two groups of control and experimental. experimental group past 10 sessions 60 minutes schema therapy teaching and 5 sessions 60 minutes parent styles teaching. after administer post test. Co-variance analysis was used to analyze the Data. Results show that schema therapy and parenting style Teaching, can improve the interactions between parents and their adolescents. Results Co-variance analysis show that there is a significant difference between sexperiment and control groups in the interaction measures. about Positive affect ( $p < 0.001$ ), irritation ( $P < 0.001$ ), relationship ( $p < 0.001$ ) identification ( $p = 0.027$ ), about increase irritation scale, may that of short curriculum and also enforcement post test in the school exam time that develops anxiety, anger and irritation. also there is a significant difference in the generalized interaction survey ( $P < 0.001$ ). accordingly, Schema therapy and parenting style Teaching times was affected upon parent-adolescent interactions meaningfully. to teach techniques schema therapy and parent styles combinationally, can improve parent-adolescent interactions.

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### Introduction

Adolescence is the most stressful period of human development, which has the most behavioral inconsistencies. Adolescent conflict is one of the inconsistencies of this period that can lead to negative social outcomes such as substance abuse or the occurrence of abnormalities Be psychological and behavioral (1). Emotional distress in adolescents is created by problems and contradictions in family relationships, peers and themselves (2). In other words, behavioral problems in adolescents are

**Corresponding Author:** Mohsen Saeidmanesh, PHDDepartment of Psychology, University of Science and Arts, Yazd, Iran.  
E-mail: [M.saeidmanesh@yahoo.com](mailto:M.saeidmanesh@yahoo.com)

directly related to the patterns of interaction within the family. What is worthwhile is to find patterns of repeated interaction of incompatibility that have led to behavioral problems in adolescents. Many of the psychological problems of the child are rooted in interactions, especially the mother-child interaction. Correct and effective communication between parents and their children is the most important principle of parenting. Adequate knowledge and understanding of the principles of good communication and optimal interaction in the development of the healthy personality of children is important (3). Parental Negative Behavior When it comes to adolescence, it becomes more important when it comes to childhood. This negotiation period calls for a participatory approach and more responsible parenthood in such a way that attachment, poor parenting relationships, difficult discipline, or poor monitoring of family relationships are related to juvenile delinquency (4). According to Bamirand's theory, parenting styles, each of which combine two factors of parental support and control, include three powerful styles (high support and control), tyranny (low support and high control), and lacks (high protection and control Down). Of course, Martin and Macbie have added a diminutive style (support and control) to previous styles (5). In the meantime, the authoritative style has positive effects on the child's adaptation. The children in these families have a self-confident, optimistic, adaptive, and independent personality (6). While other styles may put the child at risk of negative consequences. In an easy livelihood and lack of discipline and discipline due to lack of parental supervision, children are not able to regulate their violent provocations, and in the autocratic style, the extreme control of parents Causing insecurity in the child, and he turns into aggressive behaviors in order to compensate for this insecurity. Therefore, authoritarianism can predict maladaptive behaviors such as aggression, delinquency and anti-social behaviors (4). Therefore, due to the constructive role of parents in nurturing children and the basis of cognitive-emotional development, interaction and proper interaction between parents and children, the role of child-rearing practices and their significance are evident (7).

On the other hand, their parents' ways and their disciplinary methods are influenced by their personality traits and their belief system. Cognitive processes, parenting style, attitude and perception of child behavior can be important factors in parental parenting style. In other words, the style of parenting is based on the style that the parents themselves have grown with, as well as their own beliefs and values (8). Among the cognitive variables, schemas play a major role in thinking, feeling, behavior, and how to communicate with others, that is, behaviors are formed from schemas (9). Initial maladaptive schemas are a comprehensive pattern of memories, emotions, cognitive, and physical feelings about oneself and others that are created during childhood or adolescence and repeated throughout life (10). In other words, adolescents are influenced by the behavior of their parents, obviously affect the attitudes and views of the parents. In the schema, the main purpose is to weaken the early maladaptive schemas and, if possible, create a healthy schema (11). In this method, the cognitive, behavioral and emotional dimensions of treatment are used. For example, in the emotional dimension, using empirical emotional bound telescopic empirical strategies, it is challenged to identify emotional exhaustion, the emotional needs that have led to the formation of maladaptive schemas, or the use of behavioral patterns Increasing the motivation to change behavior and replacing healthy behaviors will help to improve the schema (12). Many studies have so far done in the field of teaching parenting practices and the effects of schema therapy each separately:

In a study conducted by Military and colleagues (1393), the effectiveness of teaching parenting practices on conflict resolution strategies on the parents of middle school students in Kerman city was studied and found that teaching parental practices to parents on conflict resolution strategies for children has a meaning Has a man (7). Shokoohi Yekta (1394) found out that the educational program changed the parenting style of the parent but did not affect the parent-child relationship (13). Also, Rollow (2016) found in his research that schema therapy improves the quality of life and reduces mental health and mental health (14). Naderi (1395), in another study on a number of mothers, found that combination therapy of schema therapy and attachment therapy in mothers was effective in reducing behavioral problems in children (15). Given the damage that each schema can have on interactions and relationships, it is possible to identify these schemas and influence the relationship between parent and child, they are trying to correct and treat them. So getting mothers acquainted with their childhood schemas and the use of therapeutic techniques can lead to a correction of their relationship with their children. Because reforming attitudes and learning new ways of engagement by parents can reduce adolescent behavioral problems, while many parenting programs are aimed at building a warm and rich relationship between parents and children. Apparently, so far, the research incorporating these three variables has not been performed and, given that similar research has not been done in combination, and according to the results of these, either alone may be effective in all aspects of communication between parents and adolescents. Therefore, the purpose of this study was to examine the effectiveness of the combination of shamotherapy techniques and parenting methods on parenting and adolescent interactions.

### **Methods and Materials**

The present research is a type of purpose, a part of applied research and according to the data collection method, is a quasi-experimental research and a pre-test-post-test design with control group. The statistical population includes all 12-18 year-olds and their parents resident in Qom, the statistical population of this study. A sample of 30 adolescents including 14 boys and 16 girls with their parents were selected by available sampling method in 1395.

### **Research Tool**

The instrument used in this study was a questionnaire. For this purpose, Yang Schema Questionnaire was used to assess the early maladaptive schemas and parenting practices of BaMarind to determine the parenting style, parenting and teenagers Fine et al. Interacting questionnaire to investigate the relationships between parents and adolescents, and the viewpoint that adolescents had in relation to the method Their parents are being completed by teenagers.

#### **Young Schema Questionnaire**

Young's Schema Questionnaire (YSQ Yang & Brown, 1990 and 2001) is a self-reporting tool for scanning. A person evaluates himself on a six-level Likert scale based on the description of each sentence. The questionnaire contains 75 articles that measure 15 schemas. The 6-point grading scale from 1 is totally incorrect to 6 exactly equivalent. Each scale has 5 substances that measure the type of initial maladaptive schema. A disease that has 3 or 4 high scores (5 or 6) in a schema is clinically meaningful that it has the schema (9). Somewhere else, the average of any sub-scale above 25 indicates the inefficient schema (16). Yang et al. Reported the reliability of this questionnaire by internal consistency and screening on a sample of 564 American students (0.95 and 0.81), respectively. Also, in Iran, Yousefi, Abedini, Shahri Gari and Fath Abadi, the validity and reliability of the initial maladaptive schema questionnaire were examined on a sample of 579 people in two stages. The reliability of this study was Cronbach's alpha and two half- 0 and 0.81 respectively. Cronbach's alpha for all samples was above 0.81 and for the whole questionnaire was 0.91. The standardization of this questionnaire was carried out at universities in Tehran and the internal consistency with the Cronbach's alpha in the female population was 0.97 and in the male population 0.98 (16).

#### **Barnyard Parenting Style Questionnaire**

The Dianna Bamirand Parenting Style Questionnaire, developed in 1972, has three subscales of the lexical (10), descriptive (10) and decisive (10 words) subcategories and a total of 30 entries. The pattern for answering questions is based on a 5-point Likert scale, and with scores for each mode, three distinct scores are obtained (17). A scale from zero completely equivalent to 4 is perfectly in favor. Ten expressions refer to the scale of liberation, the ten statements refer to the authoritarian scale, and the ten statements refer to the logical authority scale (18). The reliability of this questionnaire was reported by the method of re-examination among the mothers group for an ebullient approach of 0.81, dictation 0.86 and a decisive 0.78. Esfandiari has also tested the test's reliability on a sample of 120 mothers in a one-week trial, with a margin of 0.69, a tyranny of 0.77 and a decisive one of 73.0, respectively. The content validity of the test was confirmed by 10 psychologists and psychologists (17).

#### **Parent-Teen Interaction Questionnaire (PCRS)**

This questionnaire is a 24-item tool designed by Fein, Moreland and Schoebel (1983) to measure teens' perceptions of their relationship with their parents. It has two forms: one for measuring the relationship between the child-mother and one for measuring the relationship between child-father and the same questions. Father's form has affective affinity subsets, paternalistic intercourse, communication, or intercourse, anger and a mother's form with affective affinity subscales, disturbance, role, identity, communication, and dialogue. Answers to questions are based on a 7-point Likert scale. 1 is equivalent to almost no and 7 is equivalent to a large amount. For scoring, the scores of each single question in each subscale are summed up by the number of questions per agent. The total score is the mean of subscales. Of course questions 9 -13 and 14 are scored in reverse order. A higher score indicates a better relationship with the parent. The low score shows a low relationship, in other words a conflict with the parent. The validity of the parents-teenage score scales with alpha coefficients ranged from 0.89 to 0.94 for the father and alpha subscales of 0.96 and 0.61-0.94 for the maternal subscales and 0.91 for alpha Has a great inner consistency (19).

### **Research Methodology**

At first, the consent form was submitted to the participants for satisfaction and readiness to participate in this research. After signing the form and a brief explanation about the topic and how to fill it, the questionnaires were delivered to the sample as pre-test. In other words, 60 questionnaires including Young's Scheme and parental parenting practices (30 fathers and 30 mothers) and 30 parent-adolescent interaction questionnaires were distributed to the adolescent of each family. It should be noted that the adolescent questionnaire was delivered to the adolescent's trust in the adolescent and his confidence in hiding his views toward his parents. 15 patients were randomly assigned to the experimental group and 15 subjects were selected as the control group. Since the relationship between mother and child is a primary relationship and the mother has the highest educational load and that access to mothers is easier than fathers, in this study, mothers were selected as representatives of the parents and the educational process was limited to mothers Done. Accomplished.

Educational intervention was conducted for the experimental group in the form of ten sessions of one-hour schema therapy and five sessions of one-hour child education training. Since most of the mothers participating in the plan were employed, their further attendance at the training sessions was not possible. . One week after the completion of the training, the post-test was carried out. The interactive questionnaire was also provided to the adolescents to complete the post-test two weeks later.

#### **Data analysis method**

SPSS software version 20 was used to investigate the findings and statistical methods such as multivariate covariance analysis, Lavin, mean and standard deviation were used for their analysis.

**Results**

Shows the results of covariance analysis. Suggesting that there is a significant difference between the experimental group being trained and the control group that received no intervention on the overall scale of interaction. (P = 0.001 and F = 709/24). This is a course that improves interactions between parents and adolescents.

The results of covariance analysis with the deletion of pre-test showed that there was a significant difference between the four intervention scales between the experimental group that was trained and the control group that received no intervention. (P = 0.001 and F = 35.293), in the pain scale (P <0.001 and F = 39.304), the correlation scale (P <0.001 and F = 58.064) and the replication scale (0.027) P = and 5.402F =).(Table 1)

**Table 1.** results of covariance analysis

Interactions	Group	Average-Pretest	Average - Post-Test	F	Pv
Positive affection	Replication	78.86	85.6	35.23	0.001
	Control	78.93	74.20		
Anxiety	Replication	2.59	4.16	39.30	0.001
	Control	2.16	7.16		
Relationship	Replication	37.60	42.60	58.06	0.001
	Control	35.26	33.33		
Replication	Replication	14.66	11.26	14.66	0.027
	Control	15.93	13.46		

**Discussion**

Or the findings show that there is a significant difference between the pre-test and post-test scores of interactions in all four subscales and the overall score of interactions. This means that the combined training course on schema therapy and parenting practices has been effective in improving parenting and adolescent interactions. However, there is a significant increase in the level of psychosis, which can be due to the short duration of training sessions and the need for past More time to improve. On the other hand, post-exam is conducted in the period of adolescent exams, due to the restrictions and deprivations made by the parents during this period, the anger of anger increased and the exam creates anxiety and excessive psychosis. The results of this study were compared with the results of military research and its colleagues (1393) that the effectiveness of teaching parenting practices on conflict resolution strategies on the parents of middle school students in Kerman city and found that teaching parental practices to parents on solving strategies The conflict of the children has a meaningful effect, is consistent (7). Also, the results of this study are consistent with the findings of Madlow et al. (2016), which conducted research on adolescents aged 10 to 18 years old and found that parental interventions, both group and individual, have positive effects on adolescent challenge behaviors (20). The findings of this study coincide with the results of Naderi's (1395) research on a number of mothers who found that combination therapy of schema therapy and attachment therapy in mothers was associated with reduced behavioral problems in children (15). But the results are not consistent with the glorious findings of the Unique (1394), which focused on parenting education and the relationship with adolescence, and found that the curriculum did not change the parenting style of the parent but affected the parent / child relationship. 13). In this research, we used sham health and parenting practices in mothers' education and the results of this training showed a significant difference between the experimental and control groups. In researches of each of these variables separately, such as a single glorious research, there was no significant relationship between parenting and communication with adolescents, with improved communication between them. Other research focused more on children's behavioral problems, less interactions, or not combined. Regarding the relationship between schema and parenting, for example, we can say that the behaviors in the abandonment / destabilization scheme include extreme dependence on important people of life, monopoly, controlling and blaming, so that others and important individuals do not leave their lives alone. Otherwise, emotional instability, distrust of relationships, and lack of intimate relationship with people can be attributed to the use of a despicable style of interrogation of their children. Or a strict schema of stubborn standards pushes people and makes them constantly distract from themselves and others, and they must and should not be the subject of unfair rules (9). Therefore, these features reinforce the use of autocratic style in child-rearing. The use of this style may increase anger, decrease communication and positive affection, and, in general, negative interactions between parents and children. So awareness of the existence of schemas and their detrimental effects on life and relationships can create incentives to adjust them. The schema of therapy and the use of cognitive and emotional techniques modulate the early maladaptive schemas so that the person improves their mental health by expressing thoughts and evacuating emotions, including anger, with a greater sense of ability. In this research, we tried to provide the first step in the field of schema training in the field of recognition of mothers from the schema and its concept and its harmfulness in the lives of individuals, relationships and decisions, and then, by providing therapeutic techniques, reduce the intensity of the schemas. , In particular, to have a better relationship with their children. On the other hand, by teaching parenting styles, it is possible to increase the level of awareness of parents in their cognition,

as well as the critical period of puberty and adolescence, through educational interventions, to improve interactions between them and ultimately to the health of the community. The health of each society depends on the health of the children and the future of the health care provider and their health depends on the health of the parents, especially their mothers. Among the limitations of this study, the majority of mothers are employed in this research and the time limit for forming educational sessions. Moreover, the use of available samples has limited the generalization of the results to the statistical community. It is suggested that more samples be used in future studies. For more comfort and responsiveness, respondents should be made standard and, at the same time, shorter questionnaires. And training sessions on both mothers and fathers, and the results will be compared. It is also recommended to establish and run various workshops and training programs to improve the relationships between parents and children.

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