



The Comparison of the Effectiveness of Schema Therapy and Acceptance and Commitment Therapy on Emotion Cognitive Regulation and Early Maladaptive Schemas in Women with Suicidal Ideation (with Emphasis on Culture)

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Citation: Feyzolahi, S., Narimani, M., & Mousazadeh, T. (2023). The comparison of the effectiveness of schema therapy and acceptance and commitment therapy on emotion cognitive regulation and early maladaptive schemas in women with suicidal ideation in Ardabil (with emphasis on culture). *Journal of Woman Cultural Psychology*, 15(57), 1-17.

DOR: [20.1001.1.29811287.1402.15.57.1.8](https://doi.org/20.1001.1.29811287.1402.15.57.1.8)

ARTICLE INFO

Received: 18.06.2023

Accepted: 09.09.2023

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Keywords:

Schema therapy
Acceptance and
commitment therapy
Emotion cognitive
regulation
Early maladaptive
schemas
Suicidal ideations

Abstract

The purpose of this study was to compare the effectiveness of schema therapy and acceptance and commitment therapy on emotion cognitive regulation and early maladaptive schemas in women with suicidal ideation in Ardabil (with emphasis on culture). The statistical population included all women with suicidal ideation who referred to Ardabil Sanitary General Centers. The research sample embraced 60 subjects whom were selected via purposive sampling procedure and were assigned randomly in two experimental and one control groups, twenty participants each. The research was semi-experimental study using pre-test, post-test with control group and two months' follow-up period. To collect data Early Maladaptive Schemas Questionnaires (Yong, 2003); Short form of the Cognitive Emotion Regulation Questionnaire of Garnefski and Kraaij, (2004) were implemented. experimental groups were exposed to schema therapy and acceptance and commitment therapy respectively for 8 sessions 90 minutes each and control group received none. The Data were analyzed by applying Multivariate Analysis of Covariance (MANCOVA), Univariate Analysis of Covariance(ANCOVA) and Bonferoni post hoc test. The results showed that schema therapy and acceptance and commitment therapy were effective on emotion cognitive regulation and early maladaptive schemas promotion in women with suicidal ideation ($p < 0.001$). The Bonferoni post hoc test results also indicated that there was no significant difference between the schema therapy and acceptance and commitment therapy in both groups. The results were persistent after the follow-up period.



Extended abstract

Introduction: Suicidal ideations (SI), often called suicidal thoughts or ideas, is a broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide. Some SI definitions include suicide planning deliberations, while others consider planning to be a discrete state. Suicide as a complex, multidimensional, qualitative, fluid and contextual phenomenon has various social, psychological and cultural dimensions. Suicide is one of the main public health concerns in countries around the world. Awareness of several cognitive and emotional factors that are involved in the women pathology of Suicidal ideations can play an important role in improving the mental health and quality of life of these women. Two of these factors that have attracted the attention of many researchers and therapists were Emotion Cognitive Regulation and Early Maladaptive Schemas. Separate studies indicated a significant direct relationship between emotion cognitive regulation and early maladaptive schemas with suicidal behaviors and thoughts. One of the things that can guarantee the mental health of such women with suicidal ideation is performing therapeutic interventions to improve their emotion cognitive regulation and early maladaptive schemas. Two of these effective interventions in enriching the lives of these women is Schema Therapy and ACT. Schema therapy and ACT is two of the approaches that claim effectiveness and treatment in the field of emotional issues and problems. Studies showed that schema therapy is effective in improving emotion cognitive regulation and early maladaptive schemas. According to these cases the purpose of the research was to compare the effectiveness of schema therapy and acceptance and commitment therapy on emotion cognitive regulation and early maladaptive schemas in women with suicidal ideation with emphasis on culture.

Method: The statistical population included all women with suicidal ideation who referred to Ardabil Sanitary General Centers. The research sample embraced 60 subjects whom were selected via purposive sampling procedure and were assigned randomly in two experimental and one control groups, twenty participants each. The research was semi-experimental study using pre-test, post-test with control group and two months' follow-up period. To collect data Early Maladaptive Schemas Questionnaires (Yong, 2003); Short form of the Cognitive Emotion Regulation Questionnaire of Garnefski and Kraaij, (2004) were implemented. The experimental groups were exposed to schema therapy and acceptance and commitment therapy respectively for 8 sessions 90 minutes each and control group received none. The Data were analyzed by applying Multivariate Analysis of Covariance (MANCOVA), Univariate Analysis of Covariance(ANCOVA) and Bonferoni post hoc test.

Results: The results showed that schema therapy and acceptance and commitment therapy were effective on emotion cognitive regulation and early maladaptive schemas promotion in women with suicidal ideation ($p < 0/001$). The Bonferoni post hoc test results also indicated that there was no significant difference between the schema therapy and acceptance and commitment therapy in both groups. The results were persistent after the follow-up period.

Conclusion: Findings showed that schema therapy and ACT significantly improved emotion cognitive regulation and early maladaptive schemas in women with suicidal



ideation. In explaining these results, it could be said that In schema therapy sessions, the therapist through psychological training to women with suicidal thoughts, introduced them to various ineffective strategies of emotion regulation such as (depression and anxiety), false thoughts such as suicidal thoughts. Therefore, women with suicidal thoughts learned ways to control suicidal thoughts. The schema therapy approach is based on the belief that the unique circumstances one experiences as a child play an important role in creating a set of beliefs about oneself and others that persist throughout life and relate to one's relationship with oneself and others. Therefore, schema therapy seeks to identify these schemas and try to correct or change them and thus improve the early maladaptive schemas. The results showed that ACT improved emotion cognitive regulation and early maladaptive schemas in women with suicidal ideation. ACT caused us to focus on the current situation and to use the opportunities to move towards values despite unwanted events. Psychopathology is caused by emotion cognitive regulation and early maladaptive schemas is effective in suicidal ideation. Also, Mindfulness (One of the treatment techniques is ACT) could reduce individuals' reactive behavior when confronted with suicidal ideation and as a result, it improved emotion cognitive regulation and early maladaptive schemas in women with suicidal ideation. It is recommended to use these two therapeutic method in psychological and therapeutic centers to improves emotion cognitive regulation and early maladaptive schemas.

Authors Contributions: Sara Feyzolahi: Brainstorming about the topic, guidance for collecting data, content analysis, submitting and editing the article; Dr. Mohammad **Narimani:** Overall framework design, cooperating in content analysis and corresponding author; Dr. Tavkkol Mousazadeh: Collecting data and compiling primary content. All authors discussed, and validated the final manuscript.

Acknowledgments: The authors offer their tanks to all the participants in this study.

Conflict of Interest: The authors declared there are no conflicts of interest in this article.

Funding: This article did not receive any financial support.