



Research on Early Maladaptive Schemas in Romantic Relationships in Turkey: A Systematic Review Study

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Abstract

This study aimed to comprehensively review and combine research on "early maladaptive schemas in romantic relationships" carried out in Turkey. For this reason, postgraduate theses on early maladaptive schemas in romantic relationships in our nation were thoroughly and methodically reviewed. The results of the studies that met the study group's inclusion and exclusion criteria were then disseminated. Thirteen graduate theses conducted between 2017 and 2023 were found after the YÖKTEZ database was searched between November 2023 and December 2023 to identify the research's study group. Twelve graduate theses were selected to make up the research group for this study based on the inclusion and exclusion criteria. The theses and articles that made up the study group were examined using the "Research Evaluation Form" that the researchers had created. The studies were evaluated based on the variables that were investigated using PRISMA Control items, the types of postgraduate theses, the institutes where they were published, the study groups and sizes, the data collection tools, and the years of publication. Recommendations were made after the research findings were examined in the context of the literature.

Keywords: Early maladaptive schemas, romantic relationships, systematic review

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Türkiye’ de Romantik İlişkilerde Erken Dönem Uyumsuz Şemalar İle İlgili Araştırmalar: Bir Sistematiik Derleme Çalışması

Özet

Bu araştırmada, Türkiye’ de “romantik ilişkilerde erken dönem uyumsuz şemalar” konusunda yapılmış çalışmaları sistematiik bir şekilde incelemek ve derlemek amaçlanmıştır. Bu sebeple romantik ilişkilerde erken dönem uyumsuz şemalar konusunda ülkemizde yapılmış lisansüstü tezler kapsamlı ve yapılandırılmış bir şekilde taranmış, çeşitli hariç tutma ve dahil etme kriterleri göz önünde bulundurularak; çalışma grubuna dahil edilen araştırmaların bulguları paylaşılmıştır. Araştırmanın çalışma grubunu belirlemek amacıyla YÖKTEZ veri tabanından Kasım 2023- Aralık 2023 tarihleri arasında taranmış ve 2014-2023 yılları arasında yapılmış 13 lisansüstü teze ulaşılmıştır. Hariç tutma ve dahil etme kriterleri ile; 12 lisansüstü tez ile bu çalışmanın araştırma grubu belirlenmiştir. Çalışma grubunu oluşturan tezlerin incelenmesinde araştırmacılar tarafından oluşturulan “Araştırma Değerlendirme Formu” kullanılmış ve PRISMA Kontrol maddelerinden de yararlanılarak çalışmalar, yayınlanma yıllarına, lisansüstü tezlerin türlerine, yayımlandıkları enstitülere, çalışma gruplarına ve grup büyüklüklerine, veri toplama araçlarına ve araştırılan değişkenlere göre incelenmiştir. Araştırma sonuçları alinyazın ışığında tartışılarak önerilerde bulunulmuştur.

Anahtar Kelimeler: Erken dönem uyumsuz şemalar, romantik ilişkiler, sistematiik derleme

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1. Introduction

In the literature of psychology, the concept of schema has started to be used widely in studies. Schemas are patterns that enable the individual to organize and react to mixed stimuli and experiences coming from the environment (Rafaeli et al., 2020, p. :14). Schemas facilitate the evaluation, interpretation and reorganization of an event experienced by the individual (Yılmaz, 2020, p. :19). Schema therapy is a holistic therapy developed by Young and colleagues for cases where cognitive therapy is insufficient in the treatment of personality disorders. It includes the process of blending cognitive, gestalt therapy with object relations and attachment institutions (Young et al., 2009, p. :23). While schemas guide the individual in his/her life and help him/her to adapt, on the other hand, they may interrupt his/her adaptation process. Those who are in the role of maladaptive schemas are called early maladaptive schemas (Yanık, 2015, p. :6).

Maladaptive schemas start in childhood and adolescence and continue to develop in later periods of life. Although they are functional in childhood and their negative aspects are not obvious, negative side of schemas emerge in adulthood, especially in terms of relationships. It consists of memories, emotions and cognitions of the individual. Schemas show resistance to change. Individuals have difficulty in changing schemas because they are familiar. With the effect of recognition, it is better to stay in the known place and choose it (Young et al., 2009, p. :23).

Rafaeli et al., 2013 stated the factors that are effective in the formation of maladaptive schemas. Failure to meet the needs needed in childhood by the caregiver causes maladaptive schemas. Giving these needs too much, not being able to draw healthy boundaries, not supporting the development of autonomy are also the reasons. It is stated that the innate temperament and modelling of important people in the child's life also cause the formation of schemas. Especially in the literature, studies conducted between temperament and schemas (Calvete, 2014; Halvorsen et al., 2009) revealed the effectiveness of temperament. In addition, exposing the child to challenging lives creates maladaptive schemas. In fact, a relationship between stressful life events and schemas was found in the study carried out in our country (Yigit & Erden, 2015, p. 51). Studies by McCarthy & Lumley (2012) and Thimm (2010) also found that parental abuse and neglect had an impact on the separation and rejection schema area (p. 292).

Depending on the unmet needs of individuals, 5 schema areas and 18 schemas develop. Separation and rejection schema develops as a result of unmet needs such as trust, commitment and belonging. There are 5 schemas in this area. In the abandonment schema, the person thinks that he/she will be abandoned by others and left alone. It can occur especially in people who have experienced abandonment by their parents. In the insecurity schema, the idea that others will take advantage of him/her and abuse him/her is dominant. In emotional deprivation, he/she always feels lonely no matter what. He/she can never feel supported and protected. In the defectiveness schema, the person sees himself/herself as deficient and faulty. He/she may avoid establishing close relationships because he/she is afraid of others seeing this aspect of him/her. In social isolation, the individual divides the world into himself and others and does not feel that he belongs anywhere (Young et al., 2009, p. :34).

The schema area of impaired autonomy and failure is formed when needs such as autonomy, autonomy and independent decision-making are not met. There are 4 schemas in this domain. In the dependency schema, the individual has difficulty in doing an independent job alone and needs someone's help. In the vulnerability schema, the person experiences intense anxiety, thinking that he/she will experience a bad event and will not be able to get out of this situation.

In the nesting schema, there is no successful identity development, and the individual cannot do anything without consulting his/her parents. In the failure schema, the individual sees himself/herself as unsuccessful and incompetent. He/she experiences negative internal dialogue about himself/herself. When he compares himself with other people, he sees himself incompetent in every field, especially in talent and communication (Klosko & Young, 2019, pp. :91-121).

The damaged boundaries schema also occurs when the family is too giving, overprotective and healthy boundaries cannot be drawn. There are 2 schemas in this area. In justification schema, the individual sees himself/herself as superior to others and thinks that he/she has privilege. In inadequate self-control, there is a problem in controlling impulses. Tasks that require labour and patience result in failure. The schema area of orientation towards others consists of 3 schemas and develops in situations where it is not possible to express the feelings and thoughts of the individual. In the submissiveness schema, the individual obeys and fulfils the wishes of the other party because he/she is afraid of authority. In the self-sacrifice schema, the needs of

the other person are at the center instead of his/her own needs and he/she does this willingly. In the approval seeking schema, the individual does everything in his/her life to get approval from others and his/her self-confidence depends on how they react to him/her (Young et al., 2009, p. :35-36).

In the overstimulation inhibition schema area, the child's natural behavior and the need for play are prevented. There are 4 schemas in this area. In the pessimism schema, the individual always sees the negative sides of life and is anxious and alert. In emotional inhibition, logic is always at the centre and emotions are thought to be unnecessary. In the high standards schema, there is striving and perfectionism until the work is the best. In punishment, when a mistake is made, they think that they and the other person must be punished. It is very difficult to forgive (Rafaeli et al., 2020, p. :37).

The area and degree of schemas in individuals are different for everyone. Schemas ensure their continuation by enabling people to react in accordance with their own areas (Butler et al., 2002, p. :1232). Ways of coping are used in the continuation of schemas. In schema delivery, behaviors and thoughts are created in accordance with the schema. One goes according to the flow of the schema as he/she wants. In schema avoidance, the individual avoids events and objects that will remind him/her of the schema. In schema compensation, the individual tries to behave and think in the opposite way of the schema (Young et al., 2009, p. :33). Although these ways of coping are good for the person in a short time, their damaging effects begin to be seen in the future (Sempértegui et al., 2013, p. :434).

Researchers state that thoughts and attitudes in partner selection are influenced by maladaptive schemas (Hayes & Parsonnet, 2016). In romantic relationships, the quality and satisfaction of the relationship are affected by schemas. Individuals tend to unconsciously find people who trigger their schemas more attractive. Individuals experience the state of going to stimuli that remind old life events or patterns with the effect of familiarity. The triggering of schemas in romantic relationships is expressed as schema chemistry. By choosing individuals who will help to maintain the schemas, the basis of the relationship problems to be experienced is laid (Roediger & Stevens, 2016). Which schemas the partners have and how they use coping responses to the schemas negatively affect the satisfaction to be obtained from romantic relationships. As a matter of fact, studies (Dumitrescu & Rusu, 2012; Yigit & Çelik, 2016) have

revealed the existence of a negative relationship between maladaptive schemas and relationship satisfaction. It can be said that maladaptive schemas are associated with most problems in individuals' lives and form the basis of problems such as depression, anxiety, perfectionism and attention seeking (Rafaeli et al., 2013). In the literature, it is seen that schemas have been studied with many variables.

In our country, it has been observed that the subject of study has expanded in recent years. In our country, the concept of schema has been studied with parenting styles (Hamamci & Kapçı, 2010, p. :131), relationship sensation (Yigit & Çelik, 2016, p. :85), self-esteem (Bozduğan, 2023, p. :70), indecision (Söylemez, 2019, p. :74), death anxiety (Geçit, 2018, p. :48), social anxiety and rejection (Zörer, 2015, p. :100), depression and anxiety (Gürkan, 2012, p. :58). Abroad, schemas have been studied with variables such as abuse (Calvete, 2014, p. :740; Lumley & Harkness, 2007, p. :649; Specht et al., 2009, p. :260), violence (Calvete et al., 2007, p. :794), marital satisfaction (Tavakol et al, 2016, p. :210), body satisfaction (Braitman, 2001, p. :88), depression and neglect (Schwartz, 2023, p. :33), substance use disorder (Tobi, 2021, p. :54), intimacy in romantic relationships (Stiles, 2004, p. :57), attachment (Farr, 2010, p. :72), forgiveness and revenge (Brock, 2014, p. :37), risky sexual behaviours (Switzer, 2006, p. :18).

Based on the studies conducted in the literature, this study, in which the information of the studies on maladaptive schemas in romantic relationships is synthesized, is important in order to see the studies on the subject, the related topics and the results as a whole. In this sense, systematic reviews are valuable as they provide information about the development and methods of the subject and shed light on new topics for experts in the field (Goodfellow, 2009). It is thought that this study will increase the areas of studies on schemas by guiding new researchers about unstudied topics. The aim of the study is to systematically analyze the researches conducted in Turkey on early maladaptive schemas in romantic relationships. In this direction, answers to the following sub-research questions were sought.

Theses on maladaptive schemas in romantic relationships in Turkey;

1. What is the year-by-year distribution like?
2. How is the distribution according to their types?
3. How is the distribution according to the institutes where they were published?

4. How is their distribution according to the measurement tools used?
5. What are the sample groups studied and how are they distributed according to their size?
6. What are the variables used? How is their distribution?

2. Method

In this study, postgraduate theses published in Turkey on "early maladaptive schemas in romantic relationships" were reviewed and their results were analyzed. We choosed systematic review study design. Systematic review helps to see the advantages and disadvantages of the subject studied by sorting, classifying and presenting a general framework in a chronological order and provides guidance for future studies (Erkuş 2019; Hatipoğlu 2021).

Systematic reviews are studies in which previous studies on a scientific subject are analyzed according to the inclusion and exclusion criteria and the results are synthesized and presented (Aslan, 2018; Karaçam, 2013). Based on the studies in the literature, this review study on maladaptive schemas in romantic relationships is valuable in terms of seeing and understanding the subjects studied, the research groups involved and the results as a whole. The research is limited to the studies included in the study, the results of the research and the method used.

2.1. Research Design

In the systematic review study, the studies in the YÖKTEZ database were scanned by considering the inclusion-exclusion criteria created by the researcher (Table 1), and data were collected by document analysis method. Document analysis, which is a qualitative research method, is the systematic and careful analysis of written documents related to the subject under investigation (Kıral, 2020). In the research, studies that did not meet the criteria were excluded and research was conducted with studies that met the criteria.

2.2. Study Group of the Research

The study group of this research consists of 12 postgraduate theses on "Early maladaptive schemas in romantic relationships" between 2017-2023, which were accessed by searching the YÖKTEZ database with preset keywords.

2.3. Data Collection Tool

In this research, the "Research Evaluation Form", which was created by the researcher by taking the opinions of two experts in the field, was used to examine the sources in a systematic way. With the form created, it was aimed to look at the research study systematically and to increase the validity and reliability of the research. In the research, the evaluation form included 8 categories such as author of the research, the year of publication, the study group of the research, the scales used in the research, the variables examined in the research, the type of the research and the main findings.

2.4. Process

In the formation of the study group of this research, the Turkish studies published on this subject were determined by using the keywords "early maladaptive schemas" and "romantic relationships" in the postgraduate theses in the YÖKTEZ database between 20-11-2023 and 29-12-2023, and the studies to be included in the study group were determined by considering the inclusion criteria in Table 1.

Table 1.

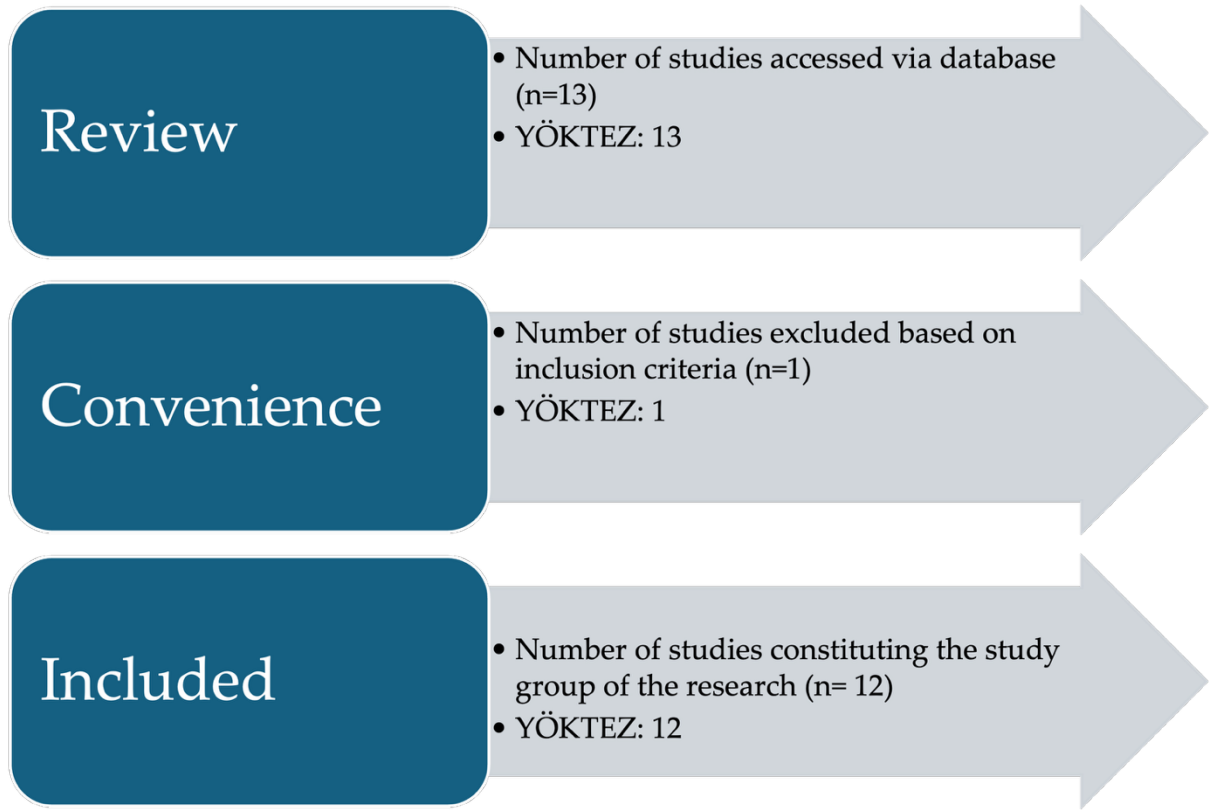
Inclusion Criteria

-
1. Graduate theses with "Early maladaptive schemas" and "Romantic relationships" in the research title were included in this study.
 2. Graduate theses in the YÖKTEZ database were included in this study.
 3. Graduate theses with full text access permission were included in the study.
 4. Theses published between 2017-2023 were included in this study.
 5. Only studies written in "Turkish" language were included in the study.
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As a result of the literature review, 13 postgraduate theses were reached. Considering the inclusion criteria, 12 postgraduate theses that met the criteria were included in the review. The PRISMA flow diagram for the process of determining the studies examined in the review and selecting the studies used in the research group is as shown in Figure 1.

Figure 1.

PRISMA Flow Diagram Showing the Stages for Identification and Selection of Documents



3. Result

The postgraduate theses conducted in Turkey on "early maladaptive schemas in romantic relationships" and prepared in "Turkish" were analyzed according to the years of publication, research method, institute and thesis type, study groups and size of the groups, measurement tools, data analysis methods and variables studied. Information about the distribution of the studies is presented in the tables below.

As a result of the literature review, 13 postgraduate theses were reached. When the inclusion criteria were taken into consideration, the study was conducted with 12 postgraduate theses that met the criteria. The studies analyzed in the review study are shown in Table 2 in detail.

Table 2.

Reviewed studies in the scope of current research

Thesis Type	Author and Year	Thesis Title	Topics	Scales Used	Participants	Key Findings
Doktora Tezi	Kubin Mete, 2023	İstismar-ihmal öyküsü ve romantik ilişkilerde bağlanma: Bilişsel duygu regülasyonu ve erken dönem uyumsuz şemaların rolü	Çocukluk İstismarı , Romantik İlişkilerde Bağlanma , Duygu Regülasyonu , Erken Uyumsuz Şemalar	Childhood Trauma Scale , Cognitive Emotion Regulation Scale , Young Schema Scale Short Form , Inventory of Experiences in Close Relationships	Romantik ilişkisi olan 304 üniversite öğrencisi	Çocukluk travmalarının, kopukluk ve reddedilme ile hasarlı özerklik şema alanını pozitif olarak yordadığı belirlenmiştir. Kopukluk ve reddedilme ile özerklik şema alanının, çocukluk travmaları ile kaygılı bağlanma arasındaki ilişkiye tam aracılık ettiği bulunmuştur.
Yüksek Lisans Tezi	Ünal, 2023	Genç yetişkinlerde romantik ilişki istismarı: Erken dönem uyumsuz şemalar ve toplumsal cinsiyet rolü algıları	Romantik İlişki İstismarı , Toplumsal Cinsiyet Rollerı Algısı , Erken Uyumsuz Şemalar	Gender Role Formation Scale , Young Schema Questionnaire Short Form , Romantic Relationship Assessment Scale	Romantik ilişkisi olan 477 genç yetişkin	Erken dönem uyumsuz şemalardan duygusal yoksunluk ve iç içe geçme/bağımlılık şemalarının romantik ilişki istismarı mağduriyeti ile daha yüksek düzeyde ilişkili olduğu sonucuna varılmıştır.
Yüksek Lisans Tezi	Mardikyan, 2022	Üniversite öğrencilerinde erken dönem uyumsuz şemalar ve öz-şefkat düzeyleri ile romantik ilişkilerdeki irrasyonel inançlar arasındaki ilişkinin incelenmesi	Öz-Şefkat , Romantik İlişkilerde İrrasyonel İnançlar , Erken Uyumsuz Şemalar	Self-Compassion Scale , Young Schema Questionnaire Short Form , Irrational Beliefs in Romantic Relationships Scale	Romantik ilişkisi olan 160 üniversite öğrencisi	Erken dönem uyumsuz şemaların tüm alt boyutları ile Öz-Şefkat Ölçeği arasında ve romantik ilişkilerdeki irrasyonel inançların alt boyutlarından iraksak düşünme, sosyal zaman kullanımı, zihin okuma, fiziksel yakınlık ve cinsiyet farklılıkları arasında istatistiksel olarak anlamlı ilişkiler bulunmuştur.
Doktora Tezi	Ertürk, 2022	Romantik ilişkilerde ilişki istikrarı: Borderline kişilik örgütlenmesi, ilişkilerde manipülasyon ve flört şiddeti bağlamında bir inceleme	İlişki İstikrarı , Borderline Kişilik Örgütlenmesi , Erken Uyumsuz Şemalar , Duygusal Manipülasyon , Flört Şiddeti	Relationship Stability Scale , Borderline Personality Inventory , Young Schema Questionnaire Short Form , Attitudes Towards Violence in Close Relationships Scale , Manipulation in Human Relationships Scale	Romantik ilişkisi olan 499 yetişkin	Bozuk sınırlar, özerklik ve kopukluk alanlarına ait uyumsuz şema alanları ile borderline kişilik arasında, borderline kişilik ile istismar, şiddet, manipülasyon arasında pozitif ilişkiler bulunmuştur. İlişki memnuniyeti ile diğer yönelimli olma ve kopukluk alanları arasında negatif korelasyon tespit edilirken, ilişki yatırımı ile kontrol ve diğer yönelimli olma alanları arasında pozitif korelasyon bulunmuştur. Uyumsuz şemaların Borderline Kişilik Örgütlenmesi'nin

oluşumunda etkili bir rol oynadığı keşfedilmiştir.

Yüksek Lisans Tezi	Demir, 2022	18 yaş ve üzeri bireylerde erken dönem uyumsuz şemalar ve bağlanma stilleri ile romantik ilişki eğilimleri arasındaki ilişki: Şema Terapi Modeli çerçevesinde bir inceleme	Romantik İlişki Eğilimleri , Yetişkin Bağlanma Stilleri , Erken Uyumsuz Şemalar , Şema Terapi	Multidimensional Relationship Scale , Young Schema Questionnaire Short Form , Experiences in Close Relationships Inventory	Romantik ilişkisi olan 451 yetişkin	Romantik ilişki eğilimlerinin erken dönem uyumsuz şemalar tarafından anlamlı şekilde yordandığı gözlenmiştir.
Yüksek Lisans Tezi	Ar, 2021	Romantik ilişkilerde çatışmanın erken dönem uyumsuz şemalar ve bilişsel esneklik ile ilişkisi	Romantik İlişkilerde Çatışma Çözüm Tarzları , Bilişsel Esneklik , Erken Uyumsuz Şemalar	Romantic Partner Conflict Scale , Young Schema Questionnaire Short Form , Cognitive Flexibility Inventory	Romantik ilişkisi olan 455 yetişkin	Çatışma çözüm tarzlarının tüm alt boyutlarının erken dönem uyumsuz şemalarla ilişkili olduğu ve uyumsuz şemaların sosyodemografik değişkenlere göre değiştiği sonucuna varılmıştır.
Yüksek Lisans Tezi	Savaş, 2021	Romantik ilişki inançları ve romantik ilişki doyumunun erken dönem uyumsuz şemalar perspektifinden incelenmesi	İlişki Doyumu , İlişki İnancı , Erken Uyumsuz Şemalar	Relationship Beliefs Scale , Young Schema Questionnaire Short Form , Relationship	Romantik ilişkisi olan 457 yetişkin	Erken dönem uyumsuz şemalardan alınan puanlar arttıkça ilişki doyumunun azaldığı gözlenmiştir. Başarısızlık şeması hariç diğer tüm şemaların ilişki inançlarını olumlu yönde etkilediği bulunmuştur.
Yüksek Lisans Tezi	Karahisar, 2021	Üniversite öğrencilerinde erken dönem uyumsuz şemalar ve yetişkin ayrılık kaygısı ile romantik ilişki odaklı obsesif-kompulsif belirtiler arasındaki ilişkinin incelenmesi	Romantik İlişki , Yetişkin Ayrılık Kaygısı , Erken Uyumsuz Şemalar , Obsesyonlar ve Kompulsiyonlar	Adult Separation Anxiety Questionnaire , Young Schema Questionnaire Short Form , Scale for Obsessive-Compulsive Symptoms Focused on Romantic Relationships	Romantik ilişkisi olan 160 üniversite öğrencisi	Erken dönem uyumsuz şemalar ve yetişkin ayrılık kaygısı arasında anlamlı bir ilişki bulunmamıştır. Ancak, uyumsuz şemalar ile romantik ilişki obsesyonları ve kompulsiyonları arasında istatistiksel olarak anlamlı bir ilişki bulunmuştur.
Yüksek Lisans Tezi	Kılıçarslan, 2021	Genç yetişkinlerde romantik ilişkilerdeki irrasyonel inançlar, stresle başa çıkma tarzları ve erken dönem uyumsuz şemalar arasındaki ilişkinin incelenmesi	İrrasyonel İnançlar , Stresle Başa Çıkma Tarzları , Erken Uyumsuz Şemalar	Scale for Irrational Beliefs in Romantic Relationships , Young Schema Questionnaire Short Form , Coping Styles with Stress Scale	Romantik ilişkisi olan 407 genç yetişkin	Aktif başa çıkma tarzlarının Kopukluk, Bozuk Özerklik ve Yüksek Standartlar şema alanlarındaki puanlarla negatif yönde, pasif başa çıkma tarzlarının ise bu şemalarla pozitif yönde korelasyon gösterdiği anlamlı bir ilişki gözlenmiştir.
Yüksek Lisans Tezi	Batman Kavak, 2020	Üniversite öğrencilerinde erken dönem uyumsuz şemalar ile romantik ilişkilerdeki obsesif-kompulsif belirtiler ve ilişki	İlişki Doyumu , Romantik İlişkilerde Obsesif-Kompulsif Belirtiler , Erken Uyumsuz Şemalar	Romantic Relationship Obsessions and Compulsions Scale , Young Schema Questionnaire Short Form , Relationship Satisfaction Scale	Romantik ilişkisi olan 411 üniversite öğrencisi	Romantik ilişkilerdeki obsesyonlar ve kompulsiyonlar ile Kopukluk ve Reddedilme, Bozuk Özerklik ve Performans, Bozuk Sınırlar, Diğer Yönelimli Olma, Aşırı Tetiktelik ve

		doyumunun incelenmesi			Engelleme, ve Baskılama şemaları arasında pozitif bir ilişki bulunmuştur.
Yüksek Lisans Tezi	Bayar, 2021	Yetişkin bireylerde erken dönem uyumsuz şemalar, romantik ilişkilerdeki bağlanma stilleri, ilişki doyumu ve başa çıkma mekanizmaları arasındaki ilişki	İlişki Doyumu , Başa Çıkma Mekanizmaları , Erken Uyumsuz Şemalar , Bağlanma Stilleri	Experiences in Close Relationships Inventory , Young Schema Questionnaire Short Form , Relationship Satisfaction Scale , Young Avoidance and Compensation Scale	Erken dönem uyumsuz şemalar ile ilişki doyumu arasında negatif bir ilişki bulunmuştur. Uyumsuz şemaların cinsiyet, ilişki durumu ve eğitim geçmişine göre değiştiği de belirlenmiştir.
Yüksek Lisans Tezi	Tok, 2017	Üniversite öğrencilerinde erken dönem uyumsuz şemalar, romantik ilişkilerdeki obsesif-kompulsif belirtiler ve ilişki doyumunun incelenmesi	İlişki Tarzı , Başa Çıkma Tarzı , Erken Uyumsuz Şemalar , Romantik İlişki	Multidimensional Relationship Scale , Young Schema Questionnaire Short Form , Multidimensional Coping Inventory in Close Relationships	Başa çıkma tarzları ve ilişki tarzları alt boyutları ile uyumsuz şemalar arasında bir ilişki bulunmuştur. İlişki doyumu, özgüven ve atılacaklık puanlarının ceza ve yüksek standartlar şemalarında daha yüksek olduğu bulunmuştur. Başa çıkma tarzları puanlarının da bu şemalarda daha yüksek olduğu bulunmuştur.

Note: The studies examined within the scope of the research are listed according to their publication years.

Table 3 shows the distribution of the postgraduate theses examined within the scope of the study according to their publication years. When Table-3 is examined, it is seen that only 1 (8.3%) postgraduate thesis was published in 2017 and there were no other thesis studies until 2020. In 2020 (8.3%), only 1 (8.3%) thesis was published. In 2021, 5 (41.6%) and in 2022, 3 (24.9%) postgraduate theses were published. In 2023, 2 (16.6%) postgraduate theses were published. When we look at the table, the most postgraduate thesis studies were conducted in 2021 (41.6%) and 2022 (24.9%). In 2021, the most studies were carried out in other years. It is seen that thesis studies, especially in the last 3 years, have increased rapidly compared to previous years.

Table 3.

Distribution of Theses by Publication Years

Years	n	%
2017	1	8.3
2018	0	0.0
2019	0	0.0
2020	1	8.3
2021	5	41.6
2022	3	24.9
2023	2	16.6
Total	12	100

When Table 4 is analysed, 2 of the theses were prepared at doctoral level (17%) and 10 of them were prepared at master's level (83%). According to the results, it was found that most of the theses on early maladaptive schemas in romantic relationships were at master's level.

Table 4.

Distribution of Graduate Theses by Type

Type	n	%
Doctoral Thesis	2	17
Master Thesis	10	83
Total	12	100

Table 5 shows the information about the postgraduate theses on early maladaptive schemas in romantic relationships according to the institutes in which they were published. When the results are analysed, it is seen that 7 of the theses were published in postgraduate education institute (58.3%), 2 of them were published in social sciences institute (16.6%), 2 of them were published in educational sciences institute (16.6%) and 1 of them was published in health sciences institute (8.3%). According to this finding, it can be said that the theses on early maladaptive schemas in romantic relationships were mostly conducted in the postgraduate education institute, while the least number of studies were conducted in the institute of health sciences.

Table 5.

Distribution of Graduate Theses by the Institute of Publication

Institute Name	n	%
Health Sciences Institute	1	8.3
Educational Sciences Institute	2	16.6
Social Sciences Institute	2	16.6
Graduate School of Education	7	58.3
Total	12	100

Information about the sample group of the studies is given in Table 6. When the table is examined, it is seen that the study sample on early maladaptive schemas in romantic relationships differed as "university students", "young adults" and "adult individuals". When we look at the table, it is seen that most of the studies were conducted with adults and least with young adults. The distribution of the study group can be a guide for future research. New researches can be carried out with samples that have not been studied or have been studied less.

Table 6.

Distribution of Studies by Sample Group

Study Groups	n	%
University Students	4	33.3
Young Adults	2	1.6
Adults	6	50
Total	12	100

Table 7 gives information about the sample size of the analysed studies. According to the table, it is seen that the maximum sample group size in 8 studies is between 401-600 (67%) people. It is seen that the sample size of 3 studies was between 0-200 (25%) people and the sample size of 1 study was 201-400 (8.3%) people. It can be said that the majority of the studies on early maladaptive schemas in romantic relationships were conducted by collecting data from people between 401-600. In addition, it is seen that the studies differ according to the sample size.

Table 7.

Distribution of studies by sample size

Sample Size of Study Group	n	%
0-200	3	25
201-400	1	8.3
401-600	8	67
Total	12	100

The information about the scales used by the analysed studies to collect data is given in the table above. Table 8 shows that "Young Schema Scale" (34.2%) (Jeffrey Young, 2003) was used the most in relation to maladaptive schemas in romantic relationships. This scale was used in all theses on maladaptive schemas in romantic relationships. Experiences in close relationships inventory (Fraley, 2000) (8.5%) was used in 3 different studies, multidimensional relationship scale (5.7%) (Büyükşahin, 2005) was used in 2 different studies, irrational beliefs in relationships scale (5.7%) (Sarı & Korkut Owen, 2015) was used in 2 different studies, It is possible to see that obsessive-compulsive symptoms scale (5.7%) (Doron, 2012) was used in 2 different studies, Relationship beliefs scale (5.7%) (Gizir, 2012) was used in 2 different studies and Relationship Satisfaction Scale (5.7%) (Curun, 2000) was used in 2 different studies. In addition to these scales, the information on the scales used 1 time is also given in the table.

Table 8.

Distribution of Studies by Data Collection Instruments

Data Collection Instrument	n	%
Young Schema Questionnaire Short Form	12	34.2
Experiences in Close Relationships Inventory	3	8.5
Multidimensional Relationship Scale	2	5.7
Irrational Beliefs Inventory in Relationships	2	5.7
Obsessive-Compulsive Symptoms Scale	2	5.7
Relationship Beliefs Scale	2	5.7
Relationship Satisfaction Scale	2	5.7
Cognitive Emotion Regulation Scale	1	2.8
Childhood Trauma Scale	1	2.8

Gender Role Inventory	1	2.8
Relationship Stability Scale	1	2.8
Evaluation of Romantic Relationship Scale	1	2.8
Borderline Personality Inventory	1	2.8
Attitudes Toward Relationship Violence Scale	1	2.8
Manipulation in Interpersonal Relationships Scale	1	2.8
Self-Compassion Scale	1	2.8
Romantic Partner Conflict Scale	1	2.8
Total	35	100

Information about the variables analysed in the study on maladaptive schemas in romantic relationships is given in Table 9. It is seen that the most researched variable in the studies is early maladaptive schemas (30%), which is included in 12 studies, and then relationship satisfaction (7.5%) is the most researched variable. Coping styles (5%), irrational beliefs in romantic relationships (5%), obsessions and compulsions (5%) were investigated in 2 studies each. It is also seen that there are variables analysed 1 time in the studies. Coping with stress, Cognitive flexibility, Conflict resolution styles, Self-compassion, Adult attachment styles, Emotion regulation, Romantic relationship tendencies, Dating violence, Emotional manipulation, Borderline personality organisation, Relationship style, Relationship stability, Perception of gender roles, Romantic relationship abuse, Attachment styles, Relationship beliefs, Attachment in romantic relationship, Childhood abuse, Adult separation anxiety variables were examined 1 time each (2%. 5%) of the studies examined the relationship between romantic relationship and maladaptive schemas. Based on the table, romantic relationships and maladaptive schemas, relationship satisfaction, coping styles, irrational beliefs, obsessions and compulsions were the most studied topics.

Table 9.

Variables Examined in Studies

Variables Examined	n	%
Early Maladaptive Schemas	12	30
Relationship Satisfaction	3	7.5
Coping Styles	2	5
Irrational Beliefs in Romantic Relationships	2	5
Obsessions and Compulsions	2	5
Adult Separation Anxiety	1	2.5
Childhood Abuse	1	2.5
Attachment in Romantic Relationships	1	2.5
Relationship Beliefs	1	2.5
Attachment Styles	1	2.5
Romantic Relationship Abuse	1	2.5
Perception of Gender Roles	1	2.5
Relationship Stability	1	2.5
Relationship Style	1	2.5
Emotional Manipulation	1	2.5
Dating Violence	1	2.5
Romantic Relationship Tendencies	1	2.5
Emotion Regulation	1	2.5
Adult Attachment Styles	1	2.5
Self-Compassion	1	2.5
Conflict Resolution Styles in Romantic Relationships	1	2.5
Cognitive Flexibility	1	2.5
Coping Styles with Stress	1	2.5
Total	40	100

In Table 10, information about the research methods of the studies on early maladaptive schemas in romantic relationships in Turkey is given. According to the table, 11 studies were conducted using quantitative method and 1 study was conducted using mixed method. Qualitative method was not used in the analysed studies. It was determined that the thesis study conducted with mixed method was a doctoral thesis.

Table 10.

Research Methods Used in Studies

Research Design	n	%
Quantitative	11	91.6
Mixed	1	8.3
Total	12	100

4. Discussion and Conclusion

When the studies were evaluated on a year basis, it is seen that the most thesis studies on the subject were conducted in 2021. It was found that 5 (41.6%) of the total 12 studies belonged to 2021. It was noteworthy that most of the theses analyzed (83%) were master's theses (n=10). In all these studies analyzed within the scope of the research, quantitative method was used. Relational survey design was used within the quantitative method. In one thesis, both quantitative and qualitative studies were conducted using mixed method. There were no qualitative studies in the theses analyzed. When the sample group of the studies was analyzed, it was seen that most of the studies were conducted with adult individuals. In the research, it was observed that there were few studies conducted with university students. It is seen that maladaptive schemas have been studied with many variables on the basis of romantic relationship. It is seen that the studies examined in this study generally focus on the variables of maladaptive schemas and relationship satisfaction, relationship stability, coping styles, irrational beliefs. It was observed that all of the studies examined in the research used the Young schema scale to measure maladaptive schemas.

Early maladaptive schemas are lifelong disruptive themes consisting of factors such as not fully meeting basic needs in childhood and adolescence, traumatic experiences and temperament (Klosko & Young, 2019). When maladaptive schemas are triggered in interpersonal relationships, the individual may use unhealthy coping strategies to avoid negative emotions. Thus, they may experience problems in communication (Thimm, 2010). In studies on romantic relationships, it is seen that individuals develop maladaptive schemas according to the degree of satisfaction of needs in childhood and reflect these schema patterns to their close

relationships (Bartholomew & Shaver, 1998; Hazan & Shaver, 1994). Due to this situation, issues such as mate selection, intensity of emotions, and relationship satisfaction are in the prioritized subject area of maladaptive schemas along with romantic relationships. In this study, it was aimed to systematically examine the thesis studies on "early maladaptive schemas in romantic relationships" in Turkey and the thesis studies were reported regularly.

When the studies were evaluated on a year basis, it is seen that the most thesis studies on the subject were conducted in 2021. It was found that 5 (41.6%) of the total 12 studies belonged to 2021. Especially in the last 3 years, research on the subject has increased in our country (Borges & Dell'Aglio, 2020; Eken & Cihangir Çankaya, 2022). It is thought that the field of use of schema therapy has expanded and gained intensity in recent years, so it is thought to be used effectively in studies. Schema therapy is a holistic therapy and has been used more in recent years as some therapies have been inadequate. Although its effectiveness increases due to more permanent changes in individuals with the change of schemas, more studies have started to be carried out in recent years as the subject areas studied have expanded.

It was noteworthy that most of the theses analyzed (83%) were master's theses (n=10). In our country, it is more difficult to enter a doctoral program than a master's program and the education period lasts longer. Therefore, it is more likely to study a subject at master's level (Coşkun et al., 2014). When the number of master's and doctoral graduates of the last 3 years is examined in the YÖK information system, it is seen that the number of master's graduates is 4 times higher than the number of doctoral graduates. The low number of doctoral graduates may explain the low number of doctoral theses in this field.

In all these studies analyzed within the scope of the research, quantitative method was used. Relational survey design was used within the quantitative method. In one thesis, both quantitative and qualitative studies were conducted using mixed method. There were no qualitative studies in the theses analyzed. Quantitative studies provide convenience to researchers in terms of generalization of results and practicality of application. However, it is thought that the use of qualitative and mixed methods to identify the problem and create solution suggestions will contribute more to the schema and romantic relationships (Uzun et al., 2018). It is thought that research in which qualitative and quantitative studies are used together will contribute to the literature in terms of originality and allow in-depth examination

of the sample (Tiftik, 2021). The use of different research methods on a subject provides richness in the field by answering different questions of the subject (Cook & Cook, 2016). In addition, considering that romantic relationships are specific to individuals, interviewing the individuals in the sample group one by one will provide information to the researcher about the presence of other variables that will affect the relationships. It will guide those who will conduct new studies in the field about variables and study group.

When the sample group of the studies was analyzed, it was seen that most of the studies were conducted with adult individuals. It may have been effective that maladaptive schemas are grounded in childhood and adolescence and their negative aspects emerge in relationships, especially in adulthood (Rafaeli et al., 2013). In the research, it was observed that there were few studies conducted with university students. It is thought that examining maladaptive schemas on the basis of romantic relationships especially in emerging adulthood will contribute to the literature. In this period, the importance of dating relationships increases, and the individual puts the individual with whom he/she has a romantic relationship in an important place. Problems related to romantic love with intense emotions can be experienced. (Steinberg, 2017). In the research conducted, it was found that most emotional, academic, romantic and economic problems were experienced in emerging adulthood (Erkan et al., 2012). Therefore, it is thought that increasing studies with university students will provide new information.

It is seen that maladaptive schemas have been studied with many variables on the basis of romantic relationship. It is seen that the studies examined in this study generally focus on the variables of maladaptive schemas and relationship satisfaction, relationship stability, coping styles, irrational beliefs. In studies conducted abroad (Dumitrescu & Rusu, 2012; Mihić et al., 2008), relationship satisfaction, coping styles, attachment variables were found to be related to maladaptive schemas. It was concluded that maladaptive schemas were related to or predicted most of the variables examined in the study. If the schemas are maintained in romantic relationships, the individual experiences conflict within himself/herself and decreases his/her satisfaction in the relationship. In studies on romantic relationships, it has been observed that more work has been done with satisfaction and stability in the relationship due to the increase

in separations recently (Ertürk & Arikan, 2022). It is thought that the variables are overstudied in the studies due to the fact that they are also included in the romantic relationship ground.

It was observed that all of the studies examined in the research used the Young schema scale to measure maladaptive schemas. It is thought that the development of other scales suitable for the sample group and in which schemas in romantic relationships can be studied will expand the field of studies on the subject. In addition, scales were predominantly used in the analyzed studies. Due to the lack of qualitative studies, scales are used too much in the studies.

This study is a systematic review that aims to examine the studies on maladaptive schemas in romantic relationships in Turkey. Systematic review is important in terms of shedding light on new research topics by determining the level of knowledge on a particular subject, how it has developed over time and the deficiencies in the literature (Yilmaz, 2021). In this context, 12 graduate theses were examined in detail with the PRISMA report with various inclusion/exclusion criteria, the findings were shown in tables and the results were discussed and suggestions were presented to the researchers. In the process of organizing the study, the researchers did not take sides (BIAS) in a way that would affect the course of the study in a certain direction, and the results were discussed in the light of the literature. It is thought that the data presented in this study will be useful to see the gaps in the subject areas to be studied on maladaptive schemas in romantic relationships. Researchers can reach deeper information by conducting qualitative and mixed studies on this topic. Thus, they can contribute to the enrichment of this subject in the literature. More studies can be conducted with university students and adolescents in terms of sample group. In the PDR units of universities, information about maladaptive schemas within the framework of romantic relationships can be provided. Awareness of the client can be ensured through individual therapies when needed. Activities can be carried out on the effectiveness of maladaptive schemas in pre-marital information, couple therapies and communication issues, and the awareness of adults on this issue can be increased. In addition, it is thought that providing information about the first period experiences that cause maladaptive schemas, especially to parents, will help at the level of prevention work.

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