Table 1. Descriptives of the study population, symptoms of depression and anxiety, and Early Maladaptive Schemas (EMSs) and the four Schema domains

|  | n (%) | Md (IQR) |
| --- | --- | --- |
| **Gender** (n=176)Male Female | 56 (31.82)120 (68.18) |  |
| **Living arrangements** (n=175)Together with both biological parentsTogether with only one biological parentLiving alone or other | 61 (34.86)57 (32.57)57 (32.57) |  |
| **Educational status** (n=175)In comprehensive schoolIn upper secondary education or higher educationother | 57 (32.57)55 (31.43)63 (36.00) |  |
| **Number of psychiatric diagnoses** (n=176)OneMore than one | 123 (69.89)53 (30.11) |  |
| **Main group of psychiatric diagnosis** (n=176)Depression (F32-F33)Anxiety disorder (F40-F42)Bipolar disorder (F31)Psychotic disorder (F29)Eating disorder (F50)Attention Deficit/Hyperactivity disorder (F90)Conduct disorder (F91)Identity disorder (F93.89)Personality disorder (F60)Asperger syndrome (F84.5)Other *(incl. e.g., Z00.4; encountering health services for examination and investigation and Z61.8-Z65.8; persons with potential health hazards related to socioeconomic and psychosocial circumstances)* | 80 (45.45)30 (17.05)2 (1.14)3 (1.70)6 (3.41)12 (6.82)1 (0.59)2 (1.14)1 (0.59)4 (2.27)35 (19.89) |  |
| **Number of visits during the assessment period** |  | 5.00(4.00) |
| **Age** (n=176) |  | 17.50 (5.00) |
| **BDI** (n=176) |  | 26.43(18.00) |
| **OASIS** (n=176) |  | 11.00 (7.50) |
| **EMSs** (n=173–176)Emotional deprivation Abandonment Mistrust/Abuse Social Isolation Defectiveness Failure Dependence Vulnerability Enmeshment Subjugation Self-sacrifice Emotional inhibition Unrelenting standards Entitlement Insufficient self-control Approval-seeking Negativity/pessimism Punitiveness  |  | 2.20 (2.00)3.40 (2.40)2.60 (1.80)2.80 (2.04)2.40 (2.40)3.40 (2.40)2.00 (1.49)2.20 (1.80)1.40 (1.20)2.40 (2.00)3.60 (1.85)2.40 (1.80)3.10 (2.00)1.70 (1.05)2.80 (1.60)3.40 (1.80)3.90 (2.00)3.40 (1.85) |
| **EMS domains** (n=170–173)Disconnection and RejectionImpaired Autonomy and Performance Excessive Responsibility and Standards Impaired Limits  |  | 2.85(1.44)2.67(1.24)2.98(1.21)2.73(1.07) |

BDI= the Beck Depression Inventory II, OASIS= the Overall Anxiety Severity and Impairment Scale. Md= Median, IQR= Interquartile Range

Table 2. Spearman correlations for the 18 Early maladaptive schemas (EMSs) and their four domains with depressive and anxiety symptoms.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | BDI *ρ* | p | OASIS*ρ* | p |
| EMSsEmotional deprivationAbandonmentMistrust/AbuseSocial IsolationDefectivenessFailureDependenceVulnerabilityEnmeshmentSubjugationSelf-sacrificeEmotional InhibitionUnrelenting StandardsEntitlementInsufficient Self-controlApproval SeekingNegativity/PessimismPunitiveness | 0.5120.5340.4930.5070.6760.6650.4970.4660.1910.5630.4470.3470.2800.0670.3740.2760.6350.572 | <0.001<0.001<0.001<0.001<0.001<0.001<0.001<0.0010.012<0.001<0.001<0.001<0.0010.381<0.001<0.001<0.001<0.001 | 0.4210.4970.5140.4470.4970.4920.4460.5320.2380.5650.3870.2830.2460.1060.3320.2630.5690.511 | <0.001<0.001<0.001<0.001<0.001<0.001<0.001<0.0010.002<0.001<0.001<0.0010.0010.165<0.001<0.001<0.001<0.001 |
| The Schema DomainsDisconnection and rejectionImpaired autonomy and performanceExcessive responsibility and standardsImpaired limits | 0.6630.6790.6380.327 | <0.001<0.001<0.001<0.001 | 0.5700.6050.5970.333 | <0.001<0.001<0.001<0.001 |

BDI= the Beck Depression Inventory II, OASIS= the Overall Anxiety Severity

Table 3. General linear models for the Schema domains and depressive and anxiety symptoms controlled with associated background factors.

|  | **BDI** | **OASIS** |
| --- | --- | --- |
|  | **F** | **p** | **η2p** | **F** | **p** | **η2p** |
| **Corrected model predictor** | 28.791 | <0.001 | 0.547 | 19.672 | <0.001 | 0.452 |
| **Disconnection and Rejection** | 8.252 | 0.005 | 0.047 | 0.348 | 0.556 | 0.002 |
| **Impaired Autonomy and Performance** | 13.353 | <0.001 | 0.074 | 8.143 | 0.005 | 0.046 |
| **Excessive Responsibility and Standards** | 2.779 | 0.097 | 0.016 | 9.558 | 0.002 | 0.054 |
| **Impaired limits** | 9.357 | 0.003 | 0.053 | 3.683 | 0.057 | 0.022 |
| **Gender** | 3.414 | 0.066 | 0.020 | 4.022 | 0.047 | 0.024 |
| **Educational level** | 3.580 | 0.060 | 0.021 | 1.930 | 0.167 | 0.011 |
|  | R2=0.547, Adj. R2=0.528 | R2=0.452, Adj. R2=0.429 |

BDI= the Beck Depression Inventory II, OASIS= the Overall Anxiety Severity