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 parents  Together with only one biological parent  Living alone or other | 61 (34.86)  57 (32.57)  57 (32.57) |  |
| **Educational status** (n=175)  In comprehensive school  In upper secondary education or higher education  other | 57 (32.57)  55 (31.43)  63 (36.00) |  |
| **Number of psychiatric diagnoses** (n=176)  One  More 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 Rejection  Impaired 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 |
| EMSs  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 | 0.512  0.534  0.493  0.507  0.676  0.665  0.497  0.466  0.191  0.563  0.447  0.347  0.280  0.067  0.374  0.276  0.635  0.572 | <0.001  <0.001  <0.001  <0.001  <0.001  <0.001  <0.001  <0.001  0.012  <0.001  <0.001  <0.001  <0.001  0.381  <0.001  <0.001  <0.001  <0.001 | 0.421  0.497  0.514  0.447  0.497  0.492  0.446  0.532  0.238  0.565  0.387  0.283  0.246  0.106  0.332  0.263  0.569  0.511 | <0.001  <0.001  <0.001  <0.001  <0.001  <0.001  <0.001  <0.001  0.002  <0.001  <0.001  <0.001  0.001  0.165  <0.001  <0.001  <0.001  <0.001 |
| The Schema Domains  Disconnection and rejection  Impaired autonomy and performance  Excessive responsibility and standards  Impaired limits | 0.663  0.679  0.638  0.327 | <0.001  <0.001  <0.001  <0.001 | 0.570  0.605  0.597  0.333 | <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