Iranian Journal of Educational Society

The Effectiveness of Schema Therapy on Ambivalence in Emotional Expression, Self-Differentiation, Metallization and Sensitivity to Rejection in Patients With Borderline Personality Disorder Culture in Damavand Schools

Fariba Farmanbar[1] , Alireza Maredpour[2]*, Mohammad Malekzadeh[3]

1. Department of Psychology, Yasuj Branch, Islamic Azad University, Yasuj, Iran
2. Department of Psychology, Yasuj Branch, Islamic Azad University, Yasuj, Iran (Corresponding Author)
3. Yasuj University of Medical Sciences, Social Determinant of Health research center, Yasuj, Iran
❖ **Corresponding Author Email**: ali.mared@yahoo.com

Research Paper	Abstract

Article Cite:
Farmanbar F, Maredpour A, Malekzadeh M, (2022). The Effectiveness of Schema Therapy on Ambivalence in Emotional Expression, Self-Differentiation, Mentalization and Sensitivity to Rejection in Patients With Borderline Personality DisorderCulture in Damavand SchoolsIranian Society of Sociology of Education. 8(2): 245-261.

Purpose: The present study was conducted with the aim of the effectiveness of schema therapy on ambivalence in emotional expression, self-differentiation, subjectivity and sensitivity to rejection in patients with borderline personality disorder in Shiraz city in 1401.

Methodology: The research method was semi-experimental with a pre-test-post-test design with control and follow-up groups. The statistical population of the research was made up of all people with borderline personality disorder who referred to counseling centers in Shiraz, and among them, 50 people were randomly selected in the experimental group (25 people in each group) and the control group (25 people) were appointed. The experimental group was trained in 12 sessions of 60 minutes using schema therapy, and the control group remained on the waiting list. The tools used in this research include borderline personality questionnaire (Claridge and Brooks, 1984), ambivalence in emotional expression (King and Emmons, 1990), self-differentiation (Skorn and Friedlander, 1998), mentalization (Fonagy, 1991) and sensitivity to rejection. (Downey and Feldman, 1996).

Findings: The analysis of the information obtained from the implementation of the questionnaire was done in two descriptive and inferential sections (variance analysis with repeated measurements). The results showed that schema therapy training has an effect on the components of ambivalence in emotional expression (positive emotion expression, intimacy expression and negative emotion expression) of people with borderline personality disorder. Schema therapy training has an effect on self-differentiation and its components (emotional reactivity, my place, lack of emotional escape and integration with others) in people with borderline personality disorder. Schema therapy training has an effect on the mentalization of people with borderline personality disorder. The results showed that schema therapy training has an effect on sensitivity to rejection in people with borderline personality disorder. In this way, this treatment has been able to increase self-differentiation and mentalization of patients with borderline personality disorder and reduce negative emotional expression and sensitivity to rejection.

Conclusion: According to the findings of the present study, schema therapy can be suggested as an effective method to increase self-differentiation and mentalization and reduce negative emotional expression and sensitivity to rejection in patients with borderline personality disorder.

Detailed Abstract

Purpose: Borderline personality disorder (BPD) is a complex mental health condition characterized by emotional dysregulation, unstable relationships, and identity disturbances. The present study aimed to investigate the effectiveness of schema therapy as an intervention for individuals with BPD, specifically focusing on its impact on ambivalence in emotional expression, self-differentiation, mentalization, and sensitivity to rejection. The research aimed to contribute to the existing literature by examining the potential benefits of schema therapy in improving these specific areas of functioning in patients with BPD.

Methodology: The study utilized a semi-experimental design with a pre-test-post-test control group and follow-up. The sample consisted of individuals with a diagnosis of borderline personality disorder who sought treatment at counseling centers in Shiraz. From the eligible participants, 50 individuals were randomly assigned to either the experimental group or the control group. The experimental group received a 12-session schema therapy intervention, with each session lasting 60 minutes, while the control group remained on a waiting list for treatment. Several validated measures were used to assess the targeted variables, including the Borderline Personality Questionnaire, Ambivalence in Emotional Expression Scale, Self-Differentiation Scale, Mentalization Scale, and Sensitivity to Rejection Scale.

Findings: The results of the study revealed significant improvements in the experimental group compared to the control group in several domains. Specifically, individuals who received schema therapy demonstrated a significant reduction in ambivalence in emotional expression, including positive emotion expression, intimacy expression, and negative emotion expression. Moreover, schema therapy was associated with substantial enhancements in self-differentiation, as evidenced by reduced emotional reactivity, improved sense of self in relationships, decreased emotional cutoff, and enhanced emotional connection with others. The findings also indicated that schema therapy had a positive impact on the mentalization abilities of individuals with BPD, suggesting improved capacity for understanding one's own and others' mental states. Additionally, schema therapy was found to significantly reduce sensitivity to rejection in patients with BPD, indicating increased resilience to perceived rejection or criticism.

Conclusion: The findings of this study contribute to the growing body of research on schema therapy as an effective intervention for individuals with borderline personality disorder. The results suggest that schema therapy can lead to improvements in ambivalence in emotional expression, self-differentiation, mentalization, and sensitivity to rejection in patients with BPD. These findings highlight the potential of schema therapy as a valuable treatment approach for addressing the core features and impairments associated with BPD. The study supports the use of schema therapy as a means to enhance emotional regulation, interpersonal functioning, and overall psychological well-being in individuals with borderline personality disorder. Further research is warranted to explore the long-term effects and mechanisms of change underlying the benefits of schema therapy in this population.

Keywords: ambivalence in emotional expression, self-differentiation, mentalization, sensitivity to rejection, schema therapy