

P-129 - EARLY MALADAPTATIVE SCHEMAS AND SOCIAL ANXIETY: THE MODERATING EFFECT OF AVOIDANT VS. OVERCOMPENSATION COPING

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Introduction: The Schema Therapy model proposes that early maladaptive schemas (EMS) play a key role in the development and maintenance of many psychological disorders. Although the identification of these schemas has received much attention in disorders such as depression and personality disorders, the studies focused on social anxiety are scarce. Therefore, a primary aim of this study was to evaluate the relationships between early maladaptive schemas and social anxiety. On the other hand, according to the Schema Therapy, once developed, the role of schemas in the development of psychological disorders depends largely on how the individual copes with those schemas. Therefore, a second aim was to evaluate the moderating role of coping styles (overcompensation and avoidance) in the relationships between the schemas and social anxiety.

Method: 539 students of Bizkaia (Basque Country) aged between 18 and 25 years ($M = 20.44$, $SD = 3.90$) completed measures of social anxiety (Caso-A30; Caballo et al., 2010), Early Maladaptive Schemas (YSQ-3; Young, 2005) and coping styles (YRAI-1 and YCI-1 -1; Young, 2003).

Results: Results showed that social anxiety is associated with several schemas: Subjugation, Pessimism, Emotional Inhibition, Grandiosity (negative relationship), Abandonment, Enmeshment, and Self-Sacrifice. Moreover, the relationship between the schema of emotional deprivation and social anxiety is moderated by the coping style of overcompensation, whereas the relationship between enmeshment and sacrifice schemas and social anxiety is moderated by avoidance. Finally, we discuss the implications of these results for understanding social anxiety and its treatment.