Family and health

Prediction Model of Family Performance based on Behavioral Brain Systems in Married Women: The Mediating Role of Early Maladaptive Schemas

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Abstract

Introduction: The family is composed of members who each have a role in this and the woman is the most effective member of the family who manages the family and its upbringing and development as a social institution and thus plays the most fundamental role. The aim of this study was to predict family performance based on behavioral brain systems mediated by early maladaptive schemas of women referring to counseling centers.

Methods: The present research method was descriptive-correlational and the statistical population of the present study included married women in District 1 of Tehran in 2019, from which 350 people were selected by convenience sampling. The tools of the present study include the McMaster Family Assessment Device; the Scale of Behavioral Inhibition / Activation Systems, and the Young Schema Questionnaire-Short Form. After removing 26 distorted questionnaires, structural equation modeling, Amos software, and a significance level of 0.05 were used to analyze the data.

Results: The total path coefficient between behavioral inhibition system and family performance ($p<0.01$, $\beta=-0.234$) was negative and at the level of 0.01, and the total path coefficient between behavioral activation system and family performance ($p<0.01$, $\beta=0.263$) was positive and significant at the level of 0.01. The indirect path coefficient between the behavioral inhibition system and family performance ($p<0.01$, $\beta=-0.101$) was negative and significant at the level of 0.01.

Conclusion: The results of the present study showed that early maladaptive schemas mediate the relationship between the behavioral inhibition system and family performance in married women.

Keywords: behavioral brain systems, family performance, schema, women

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Introduction:
Family is one of the most important institutions of society and shaper of human personality. The desirability, satisfaction, contentment, quality and optimal functioning of the family are very effective factors in the prosperity, growth and progress of the family members, and achieving a healthy society depends on the health of the family and the realization of a healthy family, provided that its members enjoy mental health and have a good relationship with is each other (1). Nowadays, the study of family as a social institution and the main cell of society or the smallest basic unit of society has been the focus of many sociologists, anthropologists and social psychologists. Considering the effects of the expansion of industry and the growth of urbanization in various dimensions and fields related to the family, this has become more important and has prompted researchers to investigate this institution in order to investigate human issues. In the current conditions of societies where there are many social, political and cultural pressures and the pressure caused by work and theoretical and value clashes, the family must be a safe and reliable place for its members, otherwise the mental health of the family members and ultimately the mental health of the society will suffer. Danger occurs (2).

Family performance is the effort and ability that family members show to establish balance in the family system, which shows their coordination with changes in the system, the successful resolution of existing conflicts between members, and their unity at the same time. Now that the boundaries and privacy between people are not lost, the extent to which the disciplinary laws and principles of this small institution rule becomes apparent, and its purpose is to maintain and continue this system (3) and thus this system By solving issues and problems in the form of communication and response and emotional fusion and the behaviors and performance of members, it forms its dimensions (4). The family is made up of members, each of whom has a role in this, and the woman is considered the most effective member of the family, who manages the family and educates and develops it as a social institution, thus playing the most fundamental role. does It is for this reason that having a healthy society and family depends on the women of that society. It is for these reasons that it is very important to pay attention to issues and issues related to women in family consolidation (5).

Fulfillment of the emotional and physical needs of the child in the family and through the manifestations of the child's attachment sufficiently leads to the formation of adaptive schemas about himself and others that feel valuable, independent, competent, loved and It brings care to the person and determines the reaction of people to the social context (6); However, early family relationships, which indicate the inefficiency and incompetence of parents in providing structure and emotional relationships that are significant and adequate (7), lead to the emergence of initial incompatible schemas (8). Primary maladaptive schemas are formed based on unsatisfied emotional needs in childhood in five general areas, which are: 1- cutting and rejection; 2- Impaired self-management and performance; 3- Impaired restrictions; 4- Disorientation and 5- Listening to excessive ringing and inhibition (9). The interaction of a person's genetic predispositions and environmental factors, which includes the person's relationship with parents and other important people in life, causes the formation of deep and stable cognitive structures, which are called

primary maladaptive schemas. These schemas include ideas and beliefs about oneself and others (10), which can affect a person's perception of the reality of the external world, cognitive and emotional processing, and interpersonal relationships (11). According to Keshavarz Afshar et al., taking into account that the functioning of the family affects the person's behavior in childhood, and on the other hand, early maladaptive schemas are formed in childhood, and also, primary maladaptive schemas affect the family function in women. So, it can be understood that the family has a tremendous impact on a person (12).

Biological-cognitive differences in emotional regulation of people (13) can be considered as a person's ability to transfer emotion or plan tolerance mechanisms for managing emotion in family and social relationships (14) so that performance It forms the family. In addition to environmental variables such as family functioning, personality theories also try to explain systematic differences among people in emotions and emotions, cognition and behavior in different situations and over time. As some theorists have tried to explain these individual differences in emotional response and motivational processes by resorting to genetics and neurophysiological processes. According to his personality structure, when faced with stressful events, each person shows certain reactions and emotions according to his cognitive evaluation (15). Among the personality and biological theories proposed in this field is the theory of sensitivity to reinforcement, which assumes that the activator and inhibitory systems of behavior are distinct neurological systems with sensitivity to reward and punishment, that excite and motivate a person. controls and is the basis of personality differences (16). The first system is the behavioral activation system that responds to conditioned stimuli, reward and lack of punishment. The activity and increased sensitivity of this system causes positive emotions to be called, approach and active avoidance. The second system is the behavioral inhibition system that responds to conditioned stimuli of punishment and lack of reward, as well as to new stimuli and intrinsic fear stimuli. The activity of this system causes the emotional state of anxiety and behavioral inhibition, passive avoidance, silence, increased attention and arousal. The third system is the fight-avoidance system, which is sensitive to annoying stimuli. The two behavioral components of this system are efforts related to resistance and fight and flight (17).

The initial incompatible schemas affect the person's perception of the environment in such a way that with the cognitive manipulations that they create for the person through the distortion of cognitive processing, they distort his perception of reality and thus the person with an attitude Incorrect and unrealistic assumptions and expectations look at the events and the environment (18), primary incompatible schemas, inflexible and inefficient emotional cognitive patterns are very basic, which are influenced by the biological preparations of people and They are formed in the heart of interpersonal relationships and they show themselves in interpersonal relationships as well (19) and for this reason, it is possible to influence the emotional experience of people and cause disability in their personal and social life. affect their family functioning. The family as the most fundamental institution of the society, its formation and its functioning take place through the past and present social actions of the family members, and women play an essential role in this, and from this point of view, the examination of the basic influencing variables related to women on the importance and necessity of the current research.

Method:
The method of the current research was descriptive of the type of correlation and the statistical population included 600 married women who referred to Imam Khomeini and Qaitariye Farhangsara in the 1st district of Tehran in 2018, out of which 350 people were selected by the available sampling method, considering the number of 15 subjects. For each observed variable (20), which included 22 variables in the present study, including the subscales of each instrument, and the probability of dropping samples were selected. The criteria for entering the research include being a resident of Tehran, at least one year of cohabitation, age above 18 years, and the exclusion criteria include physical disability and chronic diseases, taking certain medications, and hospitalization during the past year due to physical and psychological conditions. Was. In the present study, ethical considerations including informed consent, confidentiality and confidentiality of the results were observed.

Short version of Young's Schema Questionnaire. The short version of Young's schema questionnaire (1998) contains 75 items and 5 schema domains of cut and rejection; Impaired self-management and performance; changeability; excessive listening and inhibition; It evaluates the impaired limitations and 15 schemas in a 6-point Likert spectrum from completely true about me=6 to completely false about me=1 (21). In Iran, Sadoqi et al. for this tool, the Cronbach's alpha coefficient for the whole tool is 0.94 and for the subscales in the range from 0.62 to 0.90, report and explanatory factor analysis with varimax rotation of interpretable scales for all fifteen the schema subscale proposed by Yang (22) was obtained. In the present study, Cronbach's alpha coefficient for 5 schematic areas of cut and rejection; Impaired self-management and performance; changeability; excessive listening and inhibition; The impaired limits were obtained as 0.90, 0.87, 0.77, 0.80 and 0.87 respectively.

Carver and White (1994) Behavioral Activation/Inhibition Systems Scale. The scale of Carver and White's behavioral inhibition/activation systems, which was made in 1994, includes 24 items, two subscales of behavioral inhibition and behavioral activation, including 3 subscales of drive, reward responsiveness, and entertainment seeking in a spectrum. A 4-point Likert scale from 1 to completely agree = 4 evaluates. In this tool, a higher score in the desired subscale means more inhibition or activation. Carver and White found Cronbach's alpha coefficients of 0.74 for the inhibition subscale and 0.73 for the activation subscale, and the correlation of the inhibition subscale with negative affectivity was 0.42 and the correlation of the activation subscale with positive affectivity was 31. They reported 0/0 (23). Amiri and Hosni for this tool, Cronbach's alpha coefficients are 0.65 to 0.87 and the correlation of the subscales of responding to reward, drive and seeking entertainment with the subscale of positive affect is equal to 0.36, 0.178 and 0.188 and the correlation They reported the behavioral inhibition subscale with the negative affect subscale of 0.21 as the concurrent validity of the tool (24).

McMaster Family Assessment Questionnaire. The McMaster Family Assessment Questionnaire made by Epstein et al. (1983) contains 60 items, 6 problem solving subscales; Relationship; roles; emotional companion; emotional intercourse; It evaluates behavior control and overall performance in a 4-point Likert scale from 1 completely disagree to 4 completely agree (3). In

Iran, Yousefi has reported a Cronbach's alpha coefficient of 0.83 for this tool and the correlation of the subscales of this tool with the communication patterns subscale of the Communication Patterns Questionnaire of Christiansen and Salawi 1984 in a range from 0.31 to 0.46. 25). In the present study, Cronbach's alpha coefficient for the subscales of problem solving, communication, roles, emotional partner, emotional intercourse, behavior control and overall performance were 0.62, 0.66, 0.63, 0.64, 67 respectively. 0.0, 0.65 and 0.61 were obtained.

After obtaining the permission and presenting it to the cultural centers of region 1, which were chosen due to the ease of transportation, in a suitable room, brief explanations about the objectives of the research, obtaining informed consent, guaranteeing privacy, confidentiality and how to complete the questionnaires individually were given to Each of the women was presented. Data using Amos software, maximum likelihood estimation, measurement model through confirmatory factor analysis and structural model analysis through path analysis and chi-square goodness of fit indices with a probability value greater than 0.05; smoothed chi-square with a cutoff point less than 3; root mean square error of approximation with a cut point smaller than 0.08; goodness of fit index with a cut point smaller than 0.90; goodness of fit index with a cut point smaller than 0.95; and the comparative goodness-of-fit index with a cut point smaller than 0.95; It was analyzed by considering the fit values mentioned by Myers et al. in 2006 (26). A significance level of 0.05 should be considered for statistical tests.

Results:

In this research, there were 324 participants with an average and standard deviation age of 40.74 and 9.73. The participants declared the average and standard deviation of the years of life together with their spouses, respectively, 9.72 and 11.41. The level of education of 48 people (14.8%) of the participants is below diploma, 81 people (25%) have diploma, 10 people (1.3 %) have post diploma, 171 people (52.8%) have bachelor degree and 14 people (4.3%) was higher than bachelor's degree.

Table 1: Descriptive findings

Research variables	M	SD	1	2	3	4	5	6	7	8
1. Behavior inhibition system	19.54	3.80	-							
2. Behavior activator system - driver	10.94	3.11	0.06	-						
3. Behavior activation system - response to reward	17.07	2.09	-0.01	0.35**	-					
4. Behavior activator system - entertainment search	11.43	1.90	-0.06	0.42**	0.37**	-				

Research variables	M	SD	1	2	3	4	5	6	7	8
5. Schema - cut/rejection	59.21	15.75	-0.14*	0.07	0.08	0.02	-			
6. Schema - self-regulation/impaired functioning	46.34	12.14	-0.01	-0.06	-0.03	-0.09	0.66**	-		
7. schema - other orientation	30.72	8.78	-0.02	-0.10	0.03	-0.08	0.46**	0.47**	-	
8. Schema - listen to the bell/inhibition	26.80	8.15	0.19	-0.03	-0.13*	-0.05	0.57**	0.42**	0.53**	-

Research variables	M	SD	9	10	11	12	13	14	15	16
9. Schema - Disruptive limits	26.93	8.34	-							
10. Family function - problem solving	18.09	2.62	-0.15**	-						
11. Family function - communication	20.16	3.37	-0.27**	0.47**	-					
12. Family function - roles	22.36	3.62	-0.22**	0.38**	0.57**	-				
13. Family function - emotional companionship	18.01	2.71	-0.19**	0.36**	0.54**	0.56**	-			
14. Family function - emotional intercourse	22.10	4.73	-0.19**	0.32**	0.40**	0.50**	0.46**	-		
15. Family function - behavior control	22.18	4.23	-0.21**	0.18*	0.35**	0.39**	0.45**	0.35**	-	
16. Family performance - overall performance	31.77	5.01	-0.15**	0.51**	0.56**	0.53**	0.56**	0.39**	0.32**	-

P** <0.01; P* < 0.05

Table 1 shows that the behavior inhibition system is negatively correlated with the components of roles and emotional accompaniment of family functioning at a significance level of 0.05 and with the components of emotional intercourse and its overall performance negatively at a significance level of 0.01.

The driving component of the behavior activating system was positively correlated with the components of communication and emotional companionship of family functioning at a significance level of 0.01 and with the component of controlling its behavior positively at a significance level of 0.01. The reward response component of the behavior activating system was

positively correlated with the components of communication, emotional companionship and emotional intercourse at a significance level of 0.01 and with the components of behavior control and overall performance positively at a significance level of 0.05. The fun-seeking component of the behavior activating system was positively correlated with the components of problem solving, communication and emotional companionship at a significance level of 0.01. With the exception of the relationship between the other areas of orientation of primary maladaptive schemas and the components of problem solving and overall family functioning, the relationship of other domains of schemas with other components of family functioning was negative and significant at least at the 0.05 level.

Before analyzing the model, checking the values of elongation and skewness of the research variables on the one hand and evaluating the values of tolerance coefficient and variance inflation factor of the predictor variables on the other hand showed that the assumptions of normality and collinearity among the data of the current research are valid. Also, drawing the histogram diagram of information related to "Mehlnobais distance" showed that the assumption of normality of multivariate data distribution is also valid among the data of the current research.

As can be seen in Figure 1, in the present study, the primary maladaptive behaviors, behavioral activation system, and family functioning were latent variables and formed the measurement model of the present study. In this research, it was assumed that the underlying variable of the behavioral activation system is by the indicators of the driver, response to reward and entertainment seeking, the underlying variable of the primary maladaptive schemas is by the indicators of cut/rejection, self-management/impaired performance, other orientation, listening to Anxiety/inhibition and impaired and variable limits of family functioning are measured by indicators of problem solving, communication, roles, emotional companionship, emotional intercourse, behavior control and general functioning. The fit of the measurement model with the collected data was evaluated by using the confirmatory factor analysis method and by using version 24 of AMOS software and using the maximum likelihood (ML) estimation method. Table 2 shows the fit indices of the initial and modified measurement model.

Table 2: Fit indices of measurement and structural models

Fitness indicators	Measurement model		Cut point	structural model
	primitive	corrected		
chi square	284.50	246.82	285.47	-
Degree of freedom of the model	87	86	98	-
df^2/c	3.27	2.87	2.91	Less than 3
GFI	0.901	0.913	0.905	< 0.90
AGFI	0.858	0.874	0.865	<0.850
CFI	0.897	0.916	0.903	< 0.90

RMSEA	0.084	0.076	0.077	> 0.08

Table 2 shows that although the fit indices obtained from the confirmatory factor analysis support the fit of the primary measurement model with the compiled data (df/2.3=3.27, CFI=0.897, GFI=0.901 , AGFI = 0.858 and RMSEA = 0.084), despite this evaluation of the measurement model modification indices, it showed that it is possible to obtain better fit indices by creating covariance between the indicators of problem solving and control of family functioning (87/ 2=df/2, CFI=0.916, GFI=0.913, AGFI=0.874 and RMSEA=0.076). Table 3 shows the standard and non-standard factor loadings related to the indicators in the measurement model.

Table 3: parameters of the research measurement model in confirmatory factor analysis

The current variable is the indicator	b	β	SE	t
Family functioning - problem solving	1	0.565		
Family functioning - communication	1.732	0.759	0.178	9.70**
Family functioning - roles	1.815	0.740	0.190	9.57**
Family functioning - emotional companionship	1.424	0.776	0.145	9.82**
Family functioning - emotional intercourse	1.896	0.593	0.225	8.31**
Family functioning - controlling behavior	1.487	0.520	0.211	7.04**
Family functioning - overall functioning	2.461	0.726	0.260	9.46**
Behavioral Activation System - Driver	1	0.611		
Behavioral activation system - response to reward	0.947	0.589	0.148	6.42**
Behavioral activation system – entertainment seeking	0.965	0.655	0.151	6.38**
Schema - cut/reject	1	0.784		
Schema - self-regulation/disordered functioning	0.748	0.761	0.055	13.62**
Schema - other orientation	0.466	0.656	0.040	11.62**
Schema - Ringing/inhibition	0.490	0.710	0.039	12.69**
Schema - Disruptive Constraints	0.539	0.798	0.037	14.38**

Note: The unstandardized factor loadings related to problem solving, driver, and cut/rejection indicators were recorded with the number 1, so their standard error and critical ratio were not calculated.

Table 3 shows that the lowest factor load belongs to the indicator of behavioral control (β=0.520) and the highest factor load belongs to the indicator of impaired limitations (β=0.798) of the primary maladaptive schemas. Thus, considering that the factor loadings of all indicators were higher than 0.32, therefore, all of them had the necessary power to measure the current research variables.

After ensuring the acceptable fit of the measurement model with the collected data and ensuring the power of the indicators in measuring the underlying variables, the research hypotheses were tested using the structural equation modeling method. As Table 2 shows, all fit indices supported the acceptable fit of the structural model with the data (df/2=2.91, CFI=0.903, GFI=0.905, AGFI=0.865 and RMSEA = 0.077). Table 4 shows the path coefficients between the variables in the structural model.

Table 4: Path coefficients between research variables in the structural model

Routes	b	SE	β	sig
Direct pathway of behavioral inhibition system-family functioning	-0.061	0.025	-.0134	0.008
The direct path of the behavioral activation system-family functioning	0.281	0.122	0.271	0.001
Pathway of behavioral inhibition system-maladaptive schemas	1.176	0.283	0.282	0.001
Pathway of the behavioral activation system-maladaptive schemas	0.202	0.880	0.021	0.825
Path of maladaptive schemas-family functioning	-0.038	0.010	-0.354	0.001
Indirect pathway of behavioral inhibition system-family functioning	-0.045	0.014	-.0101	0.001
The indirect path of the behavioral activation system- family function	-0.008	0.036	-0.007	0.852
The path of the whole system of behavioral inhibition-family functioning	-0.106	0.025	-0.234	0.001
The path of the whole system that activates the behavior of the family	0.273	0.120	0.263	0.001

The above table shows that the total path coefficient (sum of direct and indirect path coefficients) between the behavioral inhibition system and family functioning (p < 0.01, β = -0.234) is negative and at the level of 0.01 and the total path coefficient It is positive and significant at the 0.01 level between the behavioral activation system and family functioning (p<0.01, β=0.263). Also, the above table shows that the path coefficient between initial maladaptive schemas and family

functioning (p<0.01, β=0.354) is negative and significant at the 0.01 level. Finally, Table 4 shows that the coefficient of the indirect path between the behavioral inhibition system and family functioning (p < 0.01, β = -0.101) unlike the indirect path coefficient between the behavioral activation system and family functioning is negative and in the 0.01 level is significant. Figure 1 shows the structural model of the research.

Discussion and Conclusion:
The results of the present study showed that among women referring to counseling centers, primary maladaptive schemas only mediate the relationship between the behavioral inhibition system and family functioning - that too in a negative way.

In explaining the present findings, it can be said that the conceptualization of activation and inhibition as separate functional systems indicates that the existing processes for obtaining positive and desirable results are different from the existing processes for trying to avoid the undesirable and negative results of family communication. Is. Behavioral activation and inhibition are not just opposite bases of a continuous dimension. Avoiding something is not the same as not approaching it, and an activated behavioral activation system does not indicate an inactive behavioral inhibition system. Considering this close relationship, this difference indicates that the processes that promote meaningful personal and family relationships are the processes that help people in the family environment to manage conflicts and tensions within the family. They are not the same, just as the processes that create negative and unfavorable interactions are not the same as the processes that destroy positivity. Therefore, behavioral activation and behavioral inhibition systems as separate systems can be beneficial to individual relationships and family functioning. On the one hand, the behavioral activator dimension is characterized by qualities that strengthen positive emotions and emotions (such as happiness and affection), and it flourishes in individual and family relationships, and on the other hand; It occurs with the absence of positive emotion and excitement and the presence of stagnation. On the one hand, the dimension of behavioral inhibition is characterized by negative emotions and emotions (such as anger and anxiety) and conflict in family relationships, although on the other hand, it is expressed by the absence of negative emotions and a sense of security and comfort in the relationship and family. .

So, for example, a very active behavioral inhibition system can prevent the activity of the behavioral activation system. Even when there are related motivations. A high level of anger towards one's spouse and other family members makes the signs of affection ineffective, and a high level of interest can resolve minor misunderstandings. Second, a specific stimulus can affect two systems at the same time, for example, by intensifying one of them, it can weaken the other. For example, the lack of marital understanding in family and sexual relationships seems to increase the effects of behavioral inhibition, while it destroys the effects of behavioral activation. Also, in a very rare case, certain events can activate both systems at the same time. As in the case of relationships that reinforce ambivalence by creating both positive and negative feelings. A long-term observation that involves a large amount of family members' interest in generating high levels of anger is an example of this possibility. Despite these features, the main point of principle one is

that the existence of positive results of the relationship in the family does not need to state the absence of negative results and so on. More detailed examinations of the many different outcomes that usually indicate social life and close relationships can show a better distinction between the outcomes related to the behavioral activation dimension, the behavioral inhibition dimension, and both.

Individual differences in brain/behavioral systems may affect how people react to family stressors and lead to different behaviors. Most activators of behavioral inhibitors cause higher negative emotions and this relationship increases when people are not able to understand and regulate their emotions (27); While the behavioral activator system leads the person to try and cope in removing obstacles and searching for pleasant goals, this system activates the reward-seeking behavior in spite of the existing danger or threat and causes positive emotions to be called. And the behavior changes. Since these positive emotions enable a person to endure distress and cognitive evaluation, it leads to the fact that a person tries and calculates the actions that he must perform to reduce or eliminate a stressor. Slow (28).

When these schemas are activated, they can affect a person's perception, reality and cognitive processing (29). Primary maladaptive schemas are emotional and self-centered cognitive patterns that expand during development and are repeated throughout life. Primary maladaptive schemas are durable, stable and resistant ways of looking at oneself and interacting with the surrounding world (30). Early maladaptive schemas are rooted in childhood and adolescence and later become maladaptive because they prevented emotional needs from being met during that period (31). Brain/behavioral systems that determine individual differences in people's personality cause various positive and negative consequences, including high levels of emotional reactivity and maladaptive coping styles (32) Inhibitory systems And behavioral activators cause people's emotional responses by influencing emotional regulation strategies. People with a more active behavioral activating system actually experience activating and approachable behaviors, and in terms of motivation, they experience more arousal and hope. The activity of this system occurs when a person faces different emotions and responds to the situation according to these emotions (33). People with high sensitivity of the behavioral inhibitory system may recognize the potential of negative events with higher readiness and may actively avoid such situations and are thus more prepared to form initial maladaptive schemas (34).

Early maladaptive schemas are rooted in childhood and adolescence and later become maladaptive because they prevented emotional needs from being met during that period (31). In this way, traumatic childhood events not only cause the formation of initial maladaptive schemas in people who become... He will be healthy. Childhood injuries, especially repeated interpersonal injuries between the caregiver and the child, interfere with the acquisition of appropriate emotional regulation skills (19). The failure of emotional needs affects the social-emotional development of adolescence and adulthood, including the development of negative cognitions about oneself and others, conditional relationships between stimuli related to injury and emotional disturbance, cognitions and memories that are initiated by unpleasant environmental stimuli and Underdeveloped emotional regulation (35). Children who have been traumatized in their childhood

usually have to endure a lot of emotional and physical pain, which prevents them from feeling safe. Therefore, these children are less likely to develop coping skills to cope with negative cognitions or emotions (36). In addition, people with cut-off and rejection schemas do not expect that their needs for security, stability, affection, empathy, sharing of feelings, acceptance and respect will be met in predictable ways. Schemas in the field of disturbed limits usually arise in families whose characteristic feature is negligence and confusion (9). In this way, such a person is not self-controlled and cannot tolerate failure sufficiently. On the other hand, they cannot control and delay the expression of their emotions and impulses. In the field of self-management schemas and impaired functioning, the person's expectations from himself and the environment interfere with his perceived abilities for separation, survival and independent functioning or successful completion of tasks (18). In the field of excessive attention and inhibition, families emphasize excellent performance and perfectionism. The schemas of the other-oriented field usually arise in families that accept the child with conditions, and in such conditions, the child must ignore important aspects of his personality in order to achieve the attention, love and acceptance of others. 9).

Ethical considerations:

The ethical considerations of the project were: providing written information about the research to the participants, assuring the volunteers of the confidentiality of the information and using it only for research purposes, voluntary participation and obtaining written consent from the participants.

Research limitations:

Among the limitations of the current research, variables such as socio-economic status were not controlled due to saving time and money, which limits the generalization of the research findings. Therefore, it is suggested that variables such as socio-economic status are also controlled in future researches. In addition to these, another and main limitation of this research was the use of only questionnaires, and the use of questionnaires from Western countries in terms of the lack of questionnaires in accordance with Iranian culture. It is suggested that in future researches, questionnaires should be made according to the cultural and social contexts of Iran, and in addition to questionnaires, observation and clinical interview should be used to measure the variables of this research.

Ethical considerations

Obtaining ethical permits and ethical charter IR.IAU.TMU.REC.1398.101 obtaining informed consent from all participants in the research, explaining the implementation method and purpose of the research and answering the questions of the participants were among the ethical considerations that were pursued in this research study. This article is taken from a doctoral thesis

Suggestions:

Schema-therapy is suggested according to the pre-preparations of women referring to counseling and psychotherapy clinics and centers for their family improvement.

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