

Brandon, R.A. (2000). Early recollections as a trigger technique for identifying early maladaptive schemas. *Dissertation Abstracts International*, 61 (03): 1626B.

This study investigated identification of Early Maladaptive Schema (EMS) using early recollections (ER) as a trigger technique. The influence of ERs on Schema Questionnaire (SQ) scores (SQ as a measure of EMS) was assessed. It was theorized that triggering accesses latent EMS which would cause an increase in SQ scores. Distressing ERs which are reflective of early developmental stages of the participants were thought to serve as an appropriate triggering technique of this latent material. Contrary to the hypothesis, ER triggering did not result in significant increases in the SQ scores. A subgroup analysis by age however, revealed an effect in traditional college age participants. Second, the study investigated the effects of triggering on participants' affect levels. It was hypothesized that triggering as measured by increased SQ scores would result in an increased level of affect. The study investigated the affect change that resulted from the SQ change. Theoretically, triggered schemas result in increased affect in the participant. While triggering as measured by SQ changes did not occur, there were significant changes in affect levels as measured by the Visual Analog Scale (VAS). The effect was greatest in the beyond traditional college age participants. Third, the study explored the participants' self-assessments of 3 types of schema content in their ERs. According to Beck's content specificity theory certain schema patterns are characteristic of specific diagnostic groups. The participants' self-ratings of their ER schema content did not correlate with their Defectiveness/Dependency SQ scores, since triggering did not occur. However, the results do reflect a positive relationship between the participants' self-reported dysphoric schema content as measured by ERs and their reported mood states. Further results and the implications of the findings are discussed in detail in the text.