

Freeman, N. (1999). Constructive thinking and early maladaptive schemas as predictors of interpersonal adjustment and marital satisfaction. *Dissertation Abstracts International*, 59(9-B), 5081.

The current study investigates the use of Seymour Epstein's Cognitive Experiential Self Theory and Jeffrey Young's Schema theory as explanatory models for nonrational cognitive processing. It was hypothesized that the measured intelligence of the experiential system, coupled with the prominence of early maladaptive schemas, would predict the degree of interpersonal adjustment and marital satisfaction. It was predicted that higher Constructive Thinking and lesser endorsement of early maladaptive schemas would predict better interpersonal adjustment and greater marital satisfaction. Specific correlations between the subscales of the instruments were also predicted. Subjects included 194 Christian adults who completed the Constructive Thinking Inventory, Interpersonal Problem Inventory, Schema Questionnaire, and Marital Quality Index. The subjects were derived from a marriage conference, a liberal arts Christian university, and Christian churches in southern California. The data were submitted to a Pearson bivariate correlation and t tests for equality of means. Significant correlations of strong magnitude occurred for the majority of measures, with the exception of Marital Quality, which showed a few modest correlations. Females tended to exhibit lower Constructive Thinking, and higher scores on the Schema Questionnaire than males. A gender interaction effect occurred, such that scores on the Schema Questionnaire were predictive of Marital Quality only for females. The results supported the hypothesis that higher endorsement of Constructive Thinking, and lesser endorsement of early maladaptive schemas were predictive of greater interpersonal adjustment. Hypotheses regarding specific correlations among subscales were not sustained.