

Hedley, L.M., Hoffart, A., & Sexton, H. (2001). Early maladaptive schemas in patients with panic disorder with agoraphobia. *Journal of Cognitive Psychotherapy: An International Quarterly*, 15, 131-142.

The present study explored the relationships among Early Maladaptive Schemas (EMS), beliefs about loss of control, a fear of bodily sensations, and avoidance in patients undergoing cognitive therapy. Fifty-nine patients (43 women and 16 men) being treated for panic disorder with agoraphobia (PDA) participated in the study. Two EMS that are seen as being central in PDA [vulnerability to harm (VH) and functional incompetence/dependency (DI)], beliefs about loss of control, a fear of bodily sensations, and avoidance were measured at treatment start and at six months follow-up. The data were analyzed using structural modeling techniques. The VH schema influenced beliefs about loss of control, a fear of bodily sensations, and avoidance. Beliefs about loss of control, in turn, predicted a fear of bodily sensations. DI was predicted by VH and did not influence other aspects of PDA. The results were largely in consort with the theoretical suppositions of schema theory and indicated that the VH schema may contribute to the maintenance of PDA.