

**Sava, F.A. (2009). Maladaptive schemas, irrational beliefs, and their relationship with the five-factor personality model. *Journal of Cognitive and Behavioral Psychotherapies*, 9, 135-147.**

This paper examined the relationship between the Five-Factor model of personality and some maladaptive schemas and irrational beliefs as suggested by the Cognitive-Behavioral Therapy (CBT) framework. Data were gathered from 154 undergraduate students who completed four measures: DECAS Personality Inventory (a Romanian validated instrument for the Five-Factor model of personality), YSQ - L2 (Young Schema Questionnaire), ABS-2 (Attitudes and Beliefs Scale 2), and GABS-SV (General Attitudes and Beliefs Scale - Short Version). Emotional stability and agreeableness were negatively related to maladaptive schemas and irrational beliefs. While emotional stability was negatively associated with almost all schemas and irrational beliefs, agreeableness was inversely linked with schemas involved in externalizing psychopathology, such as mistrust, abandonment, entitlement and domination.