

Thimm, J.C. (2010). Relationships between early maladaptive schemas and psychosocial developmental task resolution. *Clinical Psychology and Psychotherapy, 17*, 219-230.

In schema therapy, early maladaptive schemas (EMS) are hypothesized to be the result of adverse relational experiences in childhood that hinder the resolution of important psychological developmental tasks. The purpose of the present study was to examine the relationships between EMS and the resolution of the developmental tasks that are described in Erikson's scheme of personality development. One hundred and forty-five adult psychiatric outpatients completed measures of EMS and resolution of psychosocial development tasks at two occasions. Results from correlational and regression analyses showed that EMS are generally associated with unsuccessful psychosocial task resolution. Furthermore, schema change predicted changes in the resolution of developmental tasks. These findings give support to Young's theory of schema development.