Attachment Styles & Early Maladaptive Schemas

Reviewing the Evidence

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Attachment Styles & EMS: Evidence to Date

Meta-analysis (Karantzas, Younan, & Pilkington, 2022)

- Review of 15 studies, 3,300+ participants
- 64% community samples; 36% clinical/forensic samples
- Age range 18.5 years to 49 years
- All used either a dimensional or categorical measure of attachment (none used AAI)
- All used a version of the Young Schema Questionnaire



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Attachment Styles & Schemas: Evidence to Date

Meta-analysis (Karantzas, Younan, & Pilkington, 2022)

- What is the odds that attachment anxiety is associated with EMS?
  - Approximately 3 times
- What is the odds that attachment avoidance is associated with EMS?
  - Over 2 times



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Attachment Styles & EMS

	Anxiety	Avoidance
Disconnection/Rejection	.49	.31
Abandonment	.51	.15
Mistrust/abuse	.35	.31
Emotional deprivation	.34	.33
Defectiveness	.41	.31
Social isolation/alienation	.40	.30
Impaired Autonomy/Performance	.34	.23
Dependence/incompetence	.31	.17
Vulnerability/harm illness	.33	.29
Enmeshment	.20	.15
Failure	.31	.19
Impaired Limits	.17	.18
Entitlement/grandiosity	.16	.17
Insufficient control/self-discipline	.21	.15
Other-Directedness	.32	.12
Subjugation	.44	.13
Self-sacrifice	.22	.09
Approval seeking	.40	.30
Overvigilence/Inhibition	.23	.25
Negativity/pessimism	.46	.65
Emotional inhibition	.22	.39
Unrelenting standards	.20	.11
Punitiveness	.32	.27



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