COMPARING EARLY MALADAPTIVE SCHEMAS AND DEPRESSIVE SYMPTOMS WITH LIFE SATISFACTION AMONG EPILEPTICS

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ABSTRACT

Objectives: The aim of this study was (a) to explore, the relationship between early maladaptive schemas, and life satisfaction among epileptics. (b) To compare, early maladaptive schema and depressive symptoms among male and female epileptics. (c) To check, the effect of early maladaptive schema, depressive symptoms and demographic variable on life satisfaction of epileptics.

Methodology: This Correlational study was conducted on epileptic patients from to December 2023 to March 2024 in Foundation University Medical College Rawalpindi. Sample of the current study was comprised of 176 epileptic patients. The sample was purposefully selected from Fauji Foundation Hospital Rawalpindi Pakistan. The questionnaire, Urdu version of young schema questionnaire short form (YSQ-SF), Urdu version of the satisfaction with life scale (SWLS), and the back depression inventory (BDI) were used to analyze the effect of early maladaptive schemas and depressive symptoms with life satisfaction among epileptics.

Result: Results of study shows a negative relationship between early maladaptive schemas, and life satisfaction among epileptics. Results showing that for male early maladaptive schema was (mean±SD =135.76±33.04) and Depressive symptom was (mean±SD =135.76±33.04), while early maladaptive schema for male was (mean±SD =*138.52±28.05*) and depressive symptom for female was (mean±SD =*138.52±28.05*). Furthermore, age, gender, and living environment were positive predictors of life satisfaction among epileptics (β = 8.748 age, β = 605, β =.832 gender, β =.09 living environment).

Conclusion: The results of the current study indicate that individuals with stronger early maladaptive schemas tend to have lower life satisfaction. The study also found that female epileptics scored higher on measures of early maladaptive schemas and depression, and reported lower life satisfaction compared to others. Additionally, certain demographic factors like age and gender positively influence life satisfaction, the presence of depressive symptoms and early maladaptive schemas negatively impact it.

Keywords: Early Maladaptive Schemas, life satisfaction, Epileptics, generalized Seizer, focal Seizer, depressive symptoms.

INTRODUCTION

Epilepsy is one of the most pervasive neurological disorders in the world is epilepsy, which is affecting approximately 50 million of the people in whole world, and of these 125,000 die each year making it one of the most common neurological diseases globally.[1] Epilepsy is characterized by the uncountable and unpredictable seizures, the brain abruptly allows burst of electric discharge which may cause hindrance in daily basis activities such as social, personal, occupational, and functioning area of individuals with epilepsy.[2] Epileptic seizers are classified into focal and generalized seizers

reflecting the spread of seizer activity on the brain, these epileptic seizers can result in neurological, physiological, social and cognitive consequences as a result of loss of consciousness.[3,4]

Early maladaptive schemas are maladaptive thinking patterns which are perceived and experienced by stimulants present in the surrounding of an individual.[5] Early maladaptive schemas developed during childhood would be adaptive in one's later life, due to their noxious effects on one's psychological processes, the maladaptive ones have remarkable association with functional neurological disorder.[6]

Early maladaptive schema related to neuropsychiatric comorbidities of psychological problems, such as depression which is most common is an additional factor that negatively impacts the life satisfaction of epileptic patients. Research study conducted by Mohd Farooq sheikh and colleagues (2020) suggested that there is indirect evidence which pointed out the presence of some specific bacterial strains that might be responsible for causing depression among epileptic patients. [7] Research study by Hideki Azuma investigate the life satisfaction in patients with epilepsy and its correlation with psychosocial impact, depression, seizers related items, and living circumstances. [8] Furthermore, research by Annemarie, et, al (2021), suggested that EMS play vital role in development of psychological distress and it is an important area to target when treating individual with psychological distress.[9] Research study conducted by Weixi Kang (2023), reported that life satisfaction and SRH are valid measures of well-being in people with epilepsy.[10]

Individuals with epilepsy face number of psychological and physical challenges in their daily life. One of the major issues faced by epileptics is the faulty thought processes, such as disturbed thinking, holding negative beliefs about their selves, lack of social support from their family, friends and significant relationships which in turns leads to further adjustment problems and lack of life satisfaction. It is evident that maladaptive schemas are more common among epileptics, with negative thoughts about oneself and hopelessness about their future. Current study explored the present study was design to see the relationship of early maladaptive schemas and depressive symptoms with life satisfaction among male and female epileptics. Moreover, it considered as an important statement that what are the age, gender, depressive symptoms, and life satisfaction based differences exist among epileptics.

There were following objectives of the current study.

- To explore, the relationship between early maladaptive schemas, and Life satisfaction among epileptics.
- To compare, early mal adaptive schema, and depressive symptoms among male and female epileptics.
- To check, the effect of early maladaptive schema, depressive symptoms and demographic variable on life satisfaction of epileptics.

METHODOLOGY:

The current Correlational study aimed to explore relationship of early maladaptive schemas and depressive symptoms with life satisfaction among epileptics from December 2023 to March 2024 in Foundation University Medical College Rawalpindi. The sample was purposefully selected from Fauji Foundation Hospital Rawalpindi Pakistan. Sample was further divided according to their (age group, gender, type of seizure and living environment).

The young schema questionnaire short form (YSQ-SF), the back depression inventory (BDI), and the satisfaction with life scale (SWLS) were used to analyze the relationship of early maladaptive schemas and depressive symptoms with life satisfaction among epileptics. Demographic information was obtained through the form comprising of items which composed of age, gender, seizure type and marital status.

The young schema questionnaire short YSQ-SF consisting of 75-item questionnaire was utilized for exploring 15 early maladaptive schemas and getting data about person's early maladaptive schemas, which are entitled by 5 domains: disconnection and rejection, impaired autonomy and performance, impaired limits, other directedness and over-vigilance and inhibition (Ali & Praveen, 2020). In the current study reported reliability of YSQ-SF is .96. [11]

The back depression inventory (BDI), consists of 21 self-report items widely used to screen for depression and to measure behavioral manifestations and severity of depression. [12]

The satisfaction with life scale consists of 5 items design to measure global cognitive judgments of satisfaction with one's life. [13]

SPSS version 21 and T-test was used to analyze the current study. Demographic characteristic were analyzed by frequency percentages. Independent sample t-test and regression analysis were used to analyze formulated objectives.

RESULTS:

A total number of 176 participants 84(47.5%) were males and 92(51.4%) were females (table-I). The age of participants ranged from 15 to 60 years (mean±SD =32.95±3.87). About 52.5% of the participants were aged 15-30 years, 46.3% were age 30-60 years.

Table-1; Descriptive statistics (n=176).

Demographic variables		*n (%)*
Age	15-30	94 (52.5%)
	30-60	82 (46.3%)
Gender	Male	84 (47.5%)
	Female	92 (51.4%)
Living environment	Urban	30 (16.9%)
	Ruler	146 (82.0%)
Family	Joint	41 (22.8%)
	Nuclear	135(76.1%)
Seizure type	Generalized type	83 (46.6%)
	Focal type	93 (52.2%)

The majority of the participants (82.0%) were residents in a city while, 16.9% the participants were residents in rural areas. About 76.1% of the participants were belong to nuclear family system, 22.8% of the participants were belong to joint family system. Socioeconomic status analysis showing that 14.3% of the participants from low socioeconomic class, 59.8% participants from middle class and 24.2% participants from high socioeconomic class. About 46.6% of the participants were generalized type seizer and 52.2% of the participants were focal type seizer epileptics.

Table-II: Relationship between early maladaptive schemas, and Life satisfaction among epileptics (n = 176).

Variables	*1*	*2*	*3*	*4*	*5*
Disconnection and Rejection	.69**	.62**	.64**	.61*	.41
Impaired Autonomy and Performance		.58**	.57**	.55**	-.38**
Impaired Limits			62**	.68**	-.15**
Other Directedness domain				.56**	-.40**
Over vigilance and inhibition					-.30**

Table-II results indicate that disconnection and rejection schema sub- domain was negatively correlated with life satisfaction while early maladaptive schema domain (Impaired Autonomy and Performance, Impaired Limits, Other Directedness domain, and Over vigilance and inhibition*)* are significantly positively correlated with the domains of life satisfaction among epileptics

Table-II: Comparing early maladaptive schema, and depressive symptom among male and female epileptics. (n = 176).

Parameter	Male (84)	Female (91)
YSQ-F (mean±SD)	135.76±33.04	*138.52±28.05*
DS (mean±SD)	31.57±5.15	*82.81±21.11*

Note. YSQ-SF = Young Schema Questionnaire Short Form; DS = The Scale of life satisfaction; BDI= Depressive symptoms.

Table-II results show, that there was noted a significant difference in the score of mood and psychological well-being for autumn and spring seasonal changes among university students. Early maladaptive schema for male was (mean±SD =135.76±33.04), and early maladaptive schema for male was (mean±SD =*138.52±28.05*), which means that there was a significant differences in the score of male and female epileptics for early maladaptive schema. Study results suggested that female epileptics relatively high scored on early maladaptive schemas as compared to male epileptic patients. Similarly, results shows that Early

maladaptive schema for male was (mean±SD =135.76±33.04), and early maladaptive schema for male was (mean±SD =*138.52±28.05*), which means that there was a significant differences in the score of male and female epileptics for early maladaptive schema. Similarly, results shows that Early maladaptive schema for male was (mean±SD =135.76±33.04), and early maladaptive schema for male was (mean±SD =*138.52±28.05*), which means that there was a significant differences in the score of male and female epileptics for early maladaptive schema.

Table-II: Comparing the effect of early mal adaptive schema, depressive symptom and demographic variable on life satisfaction of epileptics (n = 176).

Variables	Unit of measurement	*Un-standardized coefficient*		*Standardized coefficient*	t	*P-values*
Life satisfaction		B	Std.error	β	t	p
Constant		52.437	6.493		8.076	.000
Age	Number	8.748	15.989	0.027	.547	0.585
Gender	Dummy(1=Female, 2=Male)	605.832	42.504	0.050	0.943	0.347
Living environment	Dummy(1=urban, 2=ruler)	.09	.431	.007	.060	.952
DS	scaled	-.851	.41	.006	-.60	.311
EMS	DR	.07	.23	.015	.20	.771
	IAP	-.01	.21	.002	-.05	.95
	IL	-.19	.20	.016	-.50	-.606
	OD	-.16	.40	.021	-.26	.791
	OVI	-.22	.34	.021	-.52	.591

EMS=scale of early maladaptive schema, DS= depressive symptoms. DR= Disconnection and rejection IAP= Impaired autonomy and performance IL=Impaired limits OD= Other directedness OVI=Over-vigilance and inhibition

Table-IV results show, Multivariate regression analysis was computed early maladaptive schema, depressive symptoms, age gender and living environment with life satisfaction among epileptics. The results showing that age, gender, and living environment were positive predictors of life satisfaction among epileptics (β = 8.748 age, β = 605, β =.832 gender, β =.09 living environment). While Depressive symptoms and early maladaptive schema were negative predictors of life satisfaction among epileptics β = -.851(depressive symptoms), and five domain of early maladaptive schema among epileptics β =.07(Disconnection and rejection β =,-.01(Impaired autonomy and performance), β = -

.19(Impaired limits), β = -.16 (Other directedness), β = -.22 (Over -vigilance and inhibition).

DISCUSSION:
From the forgoing discussion it was established in this study that there was a relationship of early maladaptive schemas with life satisfaction and depressive symptoms among epileptics**.** Descriptive statistics results indicated that 176 participants age range 15-60 answered the questionnaires. Participants were 47.5% and 41.4% males and females respectively supported with study conducted by Beghi E (2020) demonstrated that incidence of epilepsy were slightly higher in men as compared to women. The current data showed that there was a relationship of early maladaptive

schemas with life satisfaction and depressive symptoms among epileptics. Result of the present study suggesting that except (disconnection and rejection) schema domain all other four schemas domain (impaired autonomy and performance, impaired limits, other directedness and over-vigilance and inhibition) were negatively correlated with life satisfaction among epileptics. Results of present study is consistent with the findings of previous study conducted Similar result was documented by Kai-Hung Chen et al. (2019) demonstrated that all five domain early maladaptive schemas (disjunction and rejection, impaired restrictions, another direction, and vigilance) has significantly with depressive severity. (15)

Results in table-III, shows that there was noted a significant differences in the participants score on EMS and BDI when compare, early mal adaptive schema, and depressive symptoms among male and female epileptics. The mean score YSQ-SF (Urdu version of young schema questionnaire short form), was calculated for early maladaptive schema was for male (mean±SD =22.95±3.87), and for female, mean score YSQ-SF (Urdu version of young schema questionnaire short form), was calculated for early maladaptive schema was (mean±SD =31.57.±5.15), which means that there was a significant differences for the score of male and female on life satisfaction. Our results suggest that early mal adaptive schema, and depressive symptoms among male and female epileptics showing that female epileptics exhibited more maladaptive schemas. This study in line with previous research conducted by shafique et al concluded thta there were variety of early maladptive schema were noted in female with middle socio-economic status.16

Similarly the mean score YSQ-SF (Urdu version of young schema questionnaire short form), was calculated for early maladaptive schema was for male (mean±SD =22.95±3.87), and for female The mean score YSQ-SF (Urdu version of young schema questionnaire short form), was calculated for early maladaptive schema was (mean±SD =31.57.±5.15), which means that there was a significant differences for the score of male and female on life satisfaction. Our results suggest that early mal adaptive schema, and depressive symptoms among male and female epileptics showing that female epileptics scored high on BDI as compared to male epileptics. The results were in line with previous research conducted by Andrzej et al (2022), investigated that

female gamer presented greater EMS associated with emotional deprivation and defectiveness than female gamer. (¹⁷) The results were also line with previous research by Huiiun, Liu (2020), showing that there were higher level of social isolation and loneliness were found to be prospectively associated with increased depressive symptoms for female as compared to male.(18)

Results in table-IV, shows that demographic variable depressive symptoms and early maladaptive schema, were predictors of life satisfaction of epileptics. Demographic variable age, gender, marital status and living environment were the predictors of life satisfaction among epileptics. Table-IV results shows that age was a significant predictor of life satisfaction among epileptics. Results of the present study were in line with the findings of a study by Ji, LJ, et al. (2020) reported that age has significant effect on life satisfaction. (¹⁹, ²⁰)

Table-IV indicates the effect of early maladaptive schemas on life satisfaction among epileptics. The finding revealed that disconnection and rejection has positive effect on life satisfaction ($\beta = .07$, p >.01), while rejection impaired autonomy and performance has negative effect on life satisfaction ($\beta = -.01$, p > .01), impaired limits has negative impact on life satisfaction ($\beta = -.11$, p > .01), other directedness has negative effect on life satisfaction ($\beta = -.11$, p > .01) and over-vigilance and inhibition has negative effect on life satisfaction ($\beta = -.20$, p > .01).which shows that except disconnection and rejection all schema domains are negatively correlated with all subscales of life satisfaction while except impaired limits schema domains all schema domains negatively correlated with sub domain of quality of life. These results are consistent with previous study conducted by conducted demonstrated that adverse childhood experience prone individual to develop early maladaptive schema that had partial effect on life satisfaction and happiness.²¹,²² Moreover researches showing that life satisfaction depressive symptoms were found to positive predictor of life satisfaction.²³,²⁴

CONCLUSION:

From the forgoing discussion it was established in this study that there was relationship of early maladaptive schemas with life satisfaction and depressive symptoms among epileptics. Results of the current study concluded that early maladaptive

schema and depressive symptoms were related in positive direction and female epileptics' shows high scored on early maladaptive schema and depression and less satisfied with their life. Moreover results shows that age, gender, living environment were positive predictors while depressive symptom and early maladaptive schema were negative predictors of life satisfaction among epileptics.

Limitation and suggestion of the study

There are certain limitations in the current study. Some flaws in the research have been presumed and recognized and are required for further review: The current study included epileptic patients covering only limited areas of Rawalpindi Pakistan. In order to generalize the results it is highly suggested that in future researches other areas of Rawalpindi may be covered. Research findings can be used to modify practical approaches in order to personally and professionally bring efficiency and productivity in rehabilitation of epileptics.

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