

# Fluctuaties van vroege maladaptieve schema's in het dagelijks leven

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Masterpsycholoog en promovendus Pro Persona Expertisecentrum Depressie

**VGcT Najaarscongres 2023**

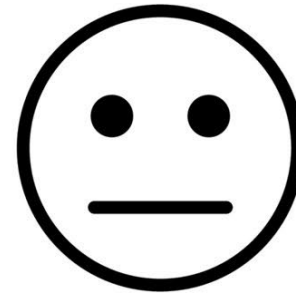
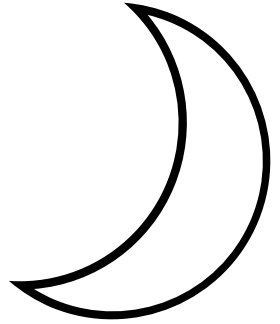
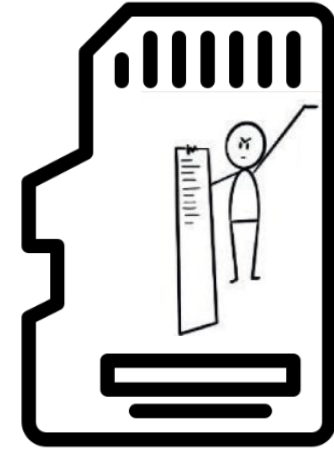
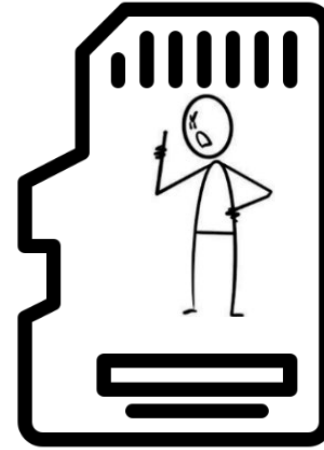
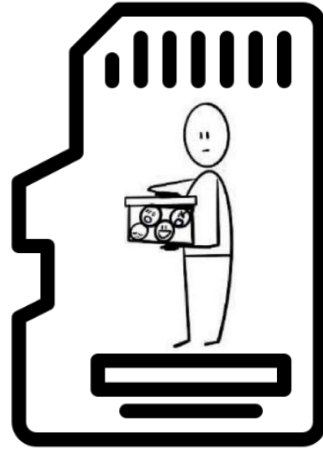
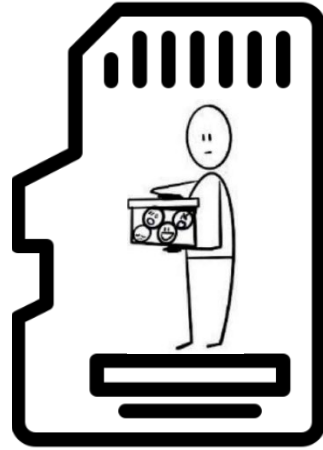
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# Theoretische achtergrond

## Depressie

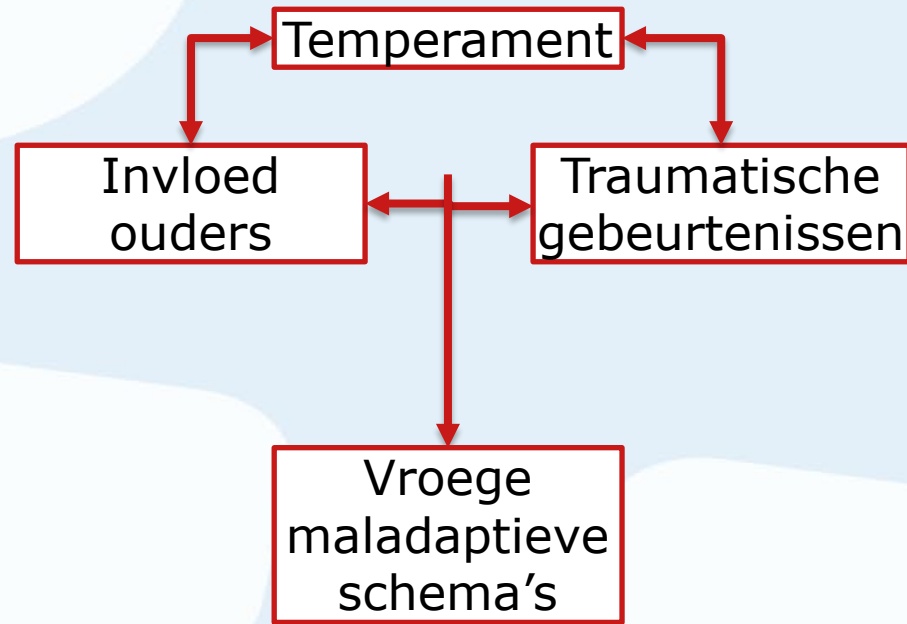
- Behandelopties:
  - Cognitieve gedragstherapie
  - Interpersoonlijke therapie
  - Farmacotherapie
  - ...
  - Schematherapie!



*Spijker et. al., 2002 De Graaf, Ten Have, Van Gool, & Van Dorsselaer, 2012.*

# Theoretische achtergrond

## Vroege maladaptieve schema's



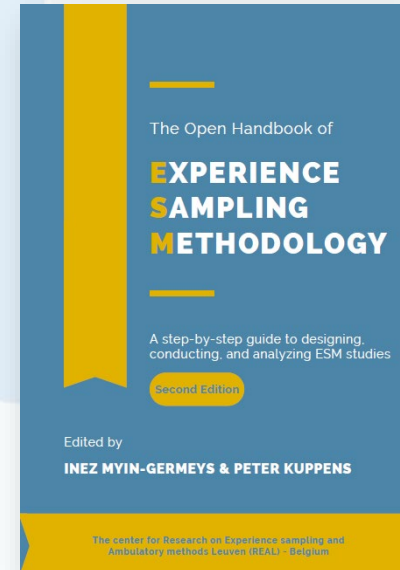
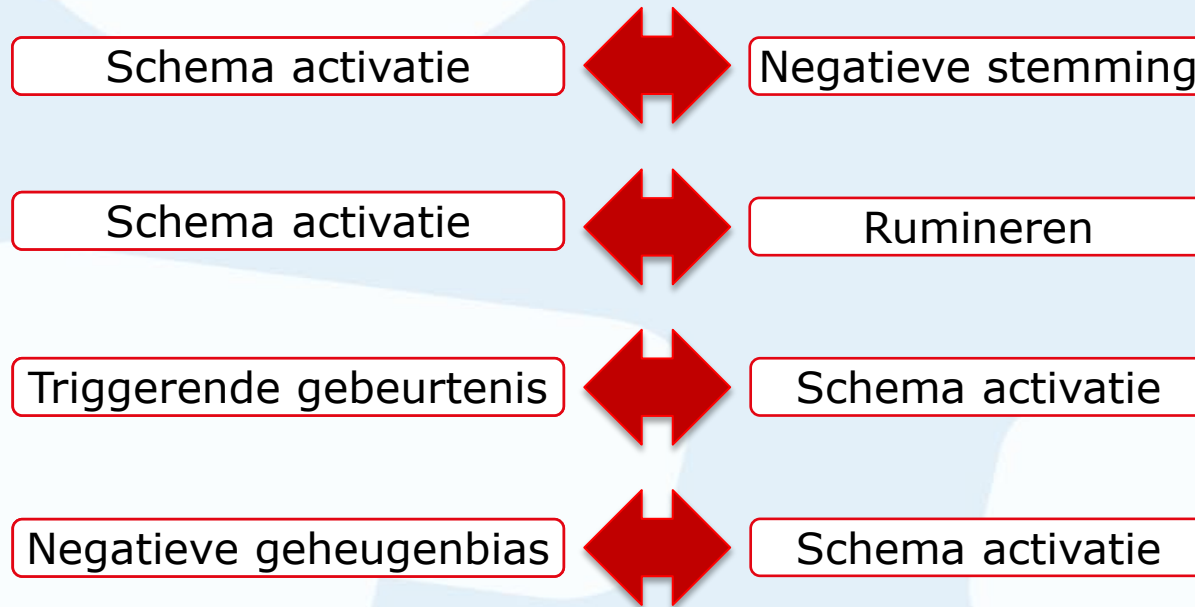
*"Stabiele constructen die mentale en emotionele representaties van zichzelf en anderen bevatten."*

Young, Klosko, & Weishaar, 2003; Arntz & Van Genderen, 2009.

# Methode

## Hypotheses

Theorie → Onderzoek



*Myin-Germeys & Kuppens, 2022.*

# Methode

## Meten van schema's in dagelijks leven

### Hoe meten we vroege maladaptieve schema's?

YSQ – 53 M200

Jeffery Young, Ph.D.

Name \_\_\_\_\_ Date \_\_\_\_\_

**Instructions:** Listed below are statements that people might use to describe themselves. Please read each statement, then rate it based on how accurately it fits you over the past year. When you are not sure, base your answer on what you emotionally feel, not on what you think to be true.

A few of the items ask about your relationships with your parents or romantic partners. If any of these people have died, please answer these items based on your relationships when they were alive. If you do not currently have a partner but have had partners in the past, please answer the item based on your most recent significant romantic partner.

Choose a score from 1-6 on the rating scale below that best describes you, then write your answer on the line before each statement.

### Young Schema Questionnaire

1. \_\_\_ I haven't had someone to nurture me, share him/herself with me, or care about everything that happens to me.
2. \_\_\_ I find myself clinging to people I'm close to because I'm afraid they'll leave me.
3. \_\_\_ I feel that people will take advantage of me.
4. \_\_\_ I don't fit in.
5. \_\_\_ No man/woman I desire could love me once he or she saw my defects or flaws.
6. \_\_\_ Almost nothing I do at work (or school) is as good as other people can do.
7. \_\_\_ I do not feel capable of getting by on my own in everyday life.
8. \_\_\_ I can't seem to escape the feeling that something bad is about to happen.
9. \_\_\_ I have not been able to separate myself from my parent(s) the way other people my age seem to.
10. \_\_\_ I think that if I do what I want, I'm only asking for trouble.
11. \_\_\_ I'm the one who usually ends up taking care of the people I'm close to.
12. \_\_\_ I am too self-conscious to show positive feelings to others (e.g., affection, showing care).
13. \_\_\_ I must be the best at most of what I do; I can't accept second best.
14. \_\_\_ I have a lot of trouble accepting "no" for an answer when I want something from other people.
15. \_\_\_ I can't seem to discipline myself to complete most routine or boring tasks.
16. \_\_\_ Having money and knowing important people makes me feel worthwhile.
17. \_\_\_ Even when things seem to be going well, I feel that it is only temporary.
18. \_\_\_ If I make a mistake, I deserve to be punished.
19. \_\_\_ I don't have people to give me warmth, holding, and affection.
20. \_\_\_ I need other people so much that I worry about losing them.
21. \_\_\_ I feel that I cannot let my guard down in the presence of other people, or else they will intentionally hurt me.
22. \_\_\_ I'm fundamentally different from other people.
23. \_\_\_ No one I desire would want to stay close to me if he or she knew the real me.

1

- 16 items
- 1 per Vroege Maladaptieve Schema's
- Factor analyse (N=70)

# Methode

## Ecological Momentary Assessment (EMA)

Day  
0



- Young Schema Questionnaire-80
- Self-Referent Encoding Task

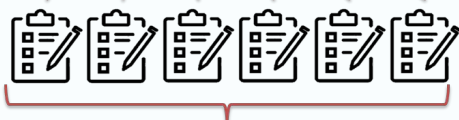
1

2

3

4

5



- Negatieve stemming
- Ruminatie
- Triggerende gebeurtenis
- Schema activatie sterkte

# Resultaten

Algemene  
associaties

Primaire  
associaties

Secundaire  
associaties

## 16-item VMS-maat

- Pearsons correlatie: 0.709
- Sterke correlatie met baseline YSQ

## Intra-Class Correlatie

- Negatieve stemming: ICC = 0.21
- Ruminatie: ICC = 0.18
- Schema activatie: ICC = 0.49

*"Zeer hoge ICC's geven aan dat de variabele binnen een persoon niet veel varieert, wat zou betekenen dat frequente metingen overbodig zijn. Bolger en Laurenceau (2013) stellen dat ICC's variërend van 0,2 tot 0,4 typisch zijn in ESM-onderzoeken"*



# Resultaten

- Multilevel analyse
- N=90
- Algemene bevolking

Algemene associaties

Primaire associaties

Secundaire associaties

Schema activatie

0.10

Negatieve stemming

\*\*\*

Schema activatie

0.16

Ruminatie

\*\*\*

\*\*\* =  $<0.001$

# Resultaten

Algemene  
associaties

Primaire  
associaties

Secundaire  
associaties

Triggerende gebeurtenis

0.00

Schema activatie

Negatieve geheugenbias

0.00

Schema activatie

# Discussie

## Nieuwe 16-item VMS-maat

- Haalbaar
- Eerste indicatie validiteit

## Hoge ICC schema activatie

- State-trait discussie
- Eigenschappen sample (vloer effecten?)

## Vroege maladaptieve schema's

- Gerelateerd aan negatieve stemming en rumineren
- Fluctueert in het dagelijks leven

# Discussie

## Klinische implicaties

- 'Stabiele' VMS fluctueren ook
- VMS kan meerdere keren per dag worden gemeten
- Een 16-item VMS vragenlijst kan in de toekomst gebruikt worden

## Toekomst

- Groep cliënten met een depressie
- Directioneel onderzoek



# Dank voor jullie aandacht!



Michèle Schmitter, MSc.



Prof. dr. Jan Spijker



Prof. dr. Ger Keijser



Prof. dr. Indira Tendolkar



Dr. Janna Vrijsen

Met dank aan het hele onderzoeksteam!

Vragen of ideeën?

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*Pro Persona*  
**RESEARCH**  
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