

The mediating role of early maladaptive schemas between parenting styles and depression symptoms

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Several studies have identified a relationship between early parenting styles and the development of depression symptoms. The aim of this study was to analyze whether early maladaptive schemas (EMS) (Young, 1999) act as mediators between the domains of early parental styles proposed by Young (1999), and the development of symptoms of depression. A sample of 310 Uruguayan university students completed the questionnaire. The following assessment instruments were applied: the Young Parenting Inventory (YPI; Young, 1999), the Schema Questionnaire-Short Form (SQ-SF; Young & Brown, 1994), and the Brief Symptom Check List (LSB-50; De Rivera & Abuín, 2012). The results of multiple regression analysis showed that for both parents the EMS of abandonment, social isolation and insufficient self-control mediate the relationship between early perceived parenting styles (from the domains of Disconnection and rejection and Impaired autonomy) and symptoms of depression for both parents. These results confirm the findings of previous research indicating that EDT mediates the relationship between parental styles and symptoms of depression.