

Emotion regulation as a mediator in the relationship between early dysfunctional schemas and emotional dependence in young Spaniards (pp. 111-123)

Nerea Etxaburu¹, Janire Momeñe¹, Marta Herrero¹, Leticia Olave²,
Itziar Iruarrizaga² and Ana Estévez¹

¹*University of Deusto (Spain)*; ²*Complutense University of Madrid (Spain)*

Several studies show that emotional dependence is a relevant problem because of its consequences in all areas of life. Early cognitive schemas and difficulties in emotional regulation are some of the factors involved in its aetiology. The aims of the present study were to analyse the relationship between these variables, hypothesising that difficulties in emotional regulation mediate the relationship between early dysfunctional schemas and emotional dependence. The sample consisted of 711 young Spanish participants aged between 18-30 years, with an average age of 21.32 years ($SD= 2.94$). The results showed a positive correlation between the three variables and that difficulties in emotional regulation mediated the relationship between early dysfunctional schemas and emotional dependence in the case of Abandonment, Dependence, Subjugation, Emotional inhibition, Insufficient self-control, Defectiveness and Self-sacrifice. This study gives us a clearer picture of how these variables are related and provides information that could be of great use in assisting people with emotional dependence.

<https://doi.org/10.51668/bp.8324105n>