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Master Thesis Defense

Entitled

The Role of Early Maladaptive Schemas in the Development of Depression, Anxiety and Academic Burnout

by

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Abstract

While a number of studies have focused on the morbidity of psychiatric populations, little research has sought to understand the role of stress and psychological health of young people. In the United Arab Emirates, the conceptualization of mental health is still developing. Personal factors resulting from unmet childhood needs that, in turn, affect the extent to which individuals experience elevated levels of stress, burnout and mental health concerns in later life may be a worthwhile avenue to explore. The present study aimed to explore the contribution of early maladaptive schemas (EMS), derived from the Schema Therapy Model, in the later development of anxiety, depression, and academic burnout in a sample of 100 female young adults residing in the United Arab Emirates. Using descriptive, independent t-tests and discriminant function analyses findings revealed a predictive relationship between EMSs and the later development of high academic burnout, depression and anxiety. Specifically, subjugation showed the highest predictive significance for high burnout rates. Vulnerability to harm and illness was significantly predictive of symptoms of severe depression, while enmeshment was highly predictive of symptoms of anxiety. The outcomes of this study may be used to inform the design of treatment foci for those experiencing these mental health conditions and, more widely, the design of mental health awareness initiatives among young adults.

Keywords: Mental health, EMS, Schemas, Academic Burnout, Anxiety, Depression.