Research paper

The Role of Emotional Schemas in Predicting Love Trauma Syndrome in People with Emotional Failure

Mosayebi Dorche, Esmat [*1]; **Issazadegan, Ali** [2]; **Soleymani, Esmail** [3]

1. Corresponding Author: PhD Student in Psychology, Psychology group, Faculty of Literature and Humanities, Urmia University, Urmia, Iran ✉
2. Professor, Department of Psychology, Faculty of Literature and Humanities, Urmia University, Urmia, Iran, ✉
3. Associate Professor, Department of Psychology, Faculty of Literature and Humanities, Urmia University, Urmia, Iran, Iran ✉

Abstract

The emotional failure can lead to functional impairment in people. Therefore, this study examined the role of emotional schemas in predicting the symptoms of love trauma in emotional failure people. The research method was descriptive-post-event and was done using the correlation (regression) method. First, Leahy's emotional schemas scale and love trauma syndromes presented online through a link to emotional failure people, 18-38 years old, in Isfahan city. A sample of 89 were grouped into 3 levels and tested by diagnostic analysis method. The findings showed from the achievement of two diagnostic functions, only the first function significantly explained the variance of the groups. The highest amount of structural coefficient in predicting the occurrence of love trauma syndrome in emotionally failure people was related to the constructs uncontrollability, emotional simplicity and shame/guilt. These results showed that these people have more emotional schemas that hinder the resolution of failure.

Keywords: Emotional failure, emotional schemas, love trauma syndrome

Introduction

One of the most challenging issues that occur to people throughout their lives today is the experience of emotional failure, which can lead to the experience of love trauma syndrome in a person (Carter, et al., 2019). Love trauma syndrome was introduced by Ross (1999) and refers to an unresolved fear of emotional failure that includes a set of symptoms such as sleep disturbances, worry, anger, conflict, distress, concentration problems, and hopelessness about the future (Del Pasio, et al., 2017). The occurrence of these symptoms delays the recovery of patients and disrupts their performance. Studies show that coping with emotions can effectively reduce the damage caused by loss, while most people with emotional failure have difficulty coping with the emotions caused by separation (Musabahi, et al., 2018). Findings in this regard show that emotion regulation strategies are related to emotional schemas (Leahy, 2012). Emotional schemas are the ways in which people experience their emotions (Leahy, 2015; translated by Zirk and Azadi, 2017), and they are a socio-cognitive model of emotion and emotion regulation, according to which people are different from each other in terms of emotion evaluation and interpretation (acceptability, shame, control, continuity, risk perception, appropriateness) (Leahy, 2012). Given that emotion regulation strategies play a role in both relationship quality and coping with separation (Johnson, 2019), and emotional schemas are also related to it, therefore, considering the extent of problems after emotional failure and it is important to

expand it in the society, to investigate more closely the factors affecting its improvement, and also to identify its aggravating factors. Therefore, this research has examined the role of emotional schemas in differentiating people with emotional breakdown according to the levels of experience of love trauma syndromes and aims to determine the discriminative contribution of these components using the diagnostic analysis method.

Method

The current research was of the correlation (regression) type, which was carried out using the diagnostic analysis method. For this purpose, among the people with emotional failure (18 to 38 years old) living in Isfahan city in 2020-2021 who were invited to participate in the research through a call on social networks, 89 of them were grouped in three levels, according to their scores in the love trauma syndrome questionnaire, responded to the emotional schemas scale. Further, their scores in the love trauma syndrome were taken as criterion variables, and their scores in emotional schemas as predictors of group membership and analyzed with spss22 software.

Tools

Emotional schemas scale (LESS-II): This scale has a general score in emotional schemas, and its fourteen dimensions with a 6-point Likert scale, designed by Leahy, (2012). The reliability of the total score of this scale was reported as 0.81, and its internal consistency coefficient was 0.86 for the whole scale and 0.70 to 0.83 for the subscales (Leahy, 2002).

Love Trauma Questionnaire (LTI): The ten- items questionnaire was designed to measure the intensity of the love blow with 4 options (from 0 to 3) to respond. The scores were classified into three levels with a cut-off point (clinical) of 20 (Ross, 1999). Its validity was reported 0.64 through the correlation coefficient with the Beck Depression Questionnaire, and the reliability was 0.81 (Dehghani, 2011). In this research, the reliability of this questionnaire was 0.83.

Results

The findings showed the achievement of two diagnostic functions that only the first one was able to explain 62% of the variance of the groups (chi-square: 54.75, p≥0.05). Therefore, their group membership is significant. In the following, the share of research variables for separating groups from each other in Table (1) is presented as a structural coefficient

Table 1: Structural matrix coefficients

rows	variable	Function1	Function2
		coefficient	coefficient
1	Less control	0.60*	-0.04
2	Simplistic of emotion	0.519*	0.03

3	Shame/Guilt	0.391*	0.205
4	Total of emotional Schemes	0.301[b]	0.197
5	Rationality	-0.199*	0.005
6	Rumination	0.155*	0.147
7	Confirmation	-0.145*	-0.055
8	Ability to understand	0.375	0.437*
9	Continuity of feeling	-0.041	-0.392*
10	Rejection of feelings	0.028	0.369*
11	Low emotional expression	0.156	0.312*
12	Insentience	0.015	0.300*
13	Blame others	0.131	0.299*
14	Poor consciousness	-0.121	0.281*
15	Higher values	0.164	0.172*

*largest absolute correlation between each variable and any discriminant function

b The variable in question was not used in the above analysis.

According to the findings the structures of emotional schemas such as less control, simplistic emotion, and shame/guilt have the highest correlation among the variables in the study with group membership. The following is the most important table for predicting the membership of respondents in the dependent variable groups in the main table (2).

Table 2: Predict group membership for respondents

			Predicted		Total
	Respondent	No emotional failure	Emotional failure with the ability to heal spontaneously	Emotional failure requires therapeutic intervention	
Original **Number**	No emotional failure	10	5	1	16
	Emotional failure with the ability to heal spontaneously	9	35	11	55
	Emotional failure requires therapeutic intervention	2	2	14	18
percentage	No emotional failure	62.5	31.3	6.3	100
	Emotional failure with the ability to heal spontaneously	16.4	63.6	20.0	100
	Emotional failure requires therapeutic	11.1	11.1	77.8	100

According to the findings of Table (2), 10 people were correctly in the group of people without emotional failure, 35 people were correctly in the group of people with emotional failure with the ability to recover, and also 14 people were correctly in the group of people. Therefore, it can be said that the accuracy of classification in terms of the diagnostic function obtained for the group of people with the need for therapeutic intervention is higher than in other groups.

Discussion and Conclusion

Since today's human being is less aware of what is happening inside him than in the past, therefore, he faces a deficiency in identifying, understanding, expressing, and regulating his emotions, therefore, when it occurs, he tries to control or ignore them, and if he does not succeed, he will feel shame/guilt for it, considering that all human issues occur in the social and interpersonal context, so the occurrence of love shock syndrome after emotional failure is understandable due to emotional schemas. One of the limitations of this research is the lack of access to people who were not present on social networks. It is suggested that the organizations and institutions related to the youth consider the role of emotional schemas and their mechanisms in their education.

References

Carter, K. Knox, D. & Hall, S. (2019). Romantic breakup: difficult loss for some but not for others. *Journal of Loss and Trauma*, 23(176): 1-17.

Del Palacio-González, A., Clark, D. A. and O'Sullivan, L.F. (2017). Distress severity following a romantic breakup is associated with positive relationship memories among emerging adults, *Emerging Adulthood*, 5(4): 259-267.

Rosse, R. B. (1999). *The love trauma syndrome: free yourself from the pain of a broken.* Perseus Publishing, a Member of the Perseus Books Group.

Mesbahi, E., AmirMajd, M., Ghamari, M., & Bazazian, S. (2019). Development of a model to predict emotional failure in students according to personal factors and initial maladaptive schemas and quality of love relationships. *Iranian Journal of Psychiatry and Clinical Psychology.* 25(1): 42-56. (Persian).

Leahy, R. L. (2002). A Model of Emotional Schemas. *Cognitive and Behavioral Practice*. 9, 177-190,

Leahy, R. L. (2012b). Leahy Emotional Schema Scale II(lessII). Unpublished manuscript, *American Institute for Cognitive Therapy*, NewYork.

Leahy, R.L. (2015). *Emotional Schema Therapy*. Translated by H. Zirak, R. Azadi. Published: Arjmand. Tehran. (Persian).

Johnson, S. M. (2019). *Attachment Theory in Practice_ Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families*. The Guilford Press.

Dehghani, M. (2011). Efficacy of short term dynamic psychotherapy on love trauma syndrome. *Iranian Journal of Psychiatry and Behavioral Sciences*. 5(2): 18-25.