

Provide Structural Models of Psychological Problems Based on the Field of Exclusion and Exclusion With the Role of a Tool That Wants To Experience and Feel Alone

Fateme Salman Nejad

PhD candidate of psychology, Department of Literature, Humanities and Social Sciences, Sciences and Research Branch, Islamic Azad university.

*Correspondence author

Fateme Salman Nejad

PhD candidate of Psychology
Department of Literature
Humanities and Social Sciences
Sciences and Research Branch
Islamic Azad university

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Abstract

Background and Aim: This study presented a structural model of psychological problems based on the exclusion and negative spontaneous thoughts with the role of non-experimental mediators and feelings of loneliness.

Materials and Methods: The present study was correlational, and the statistical population included all people with psychological symptoms who were referred to the clinics of Qom Counseling Center.

Results: The research sample was the Psychological Problems Questionnaire (Lovibond, P. F. Lovibond, S. H. 1995), the Early maladaptive Schemas Questionnaire (Young, J. E. 1990) and the feeling of loneliness (Russell, 1996) and the Acceptance and Editing Questionnaire 2 (Bavand et al., 2011). Completed. The test results showed that the research model fit path analysis well.

Conclusion: The study results of the mediating role of loneliness showed that the mediating role confirms both feelings of loneliness and experience, and therefore shows the role of mediation between rejection and experiential harm. Cuts with problems \neg . Have psychological ($p < 0.05$). The severity of the indirect effect of rejection and cutting on psychological problems was mediated by emotion-loneliness equal to 0.526 and mediated by experience equal to 0.284.

Keywords: loneliness, experiential avoidance, rejection, psychological problems

Introduction

According to researchers (Pinquart & Pfeiffer, 2020), psychological problems include depression, anxiety, and stress. Depression refers to a set of symptoms that cause changes in a person's mood, thinking, and activities (Zadok, Zadok, & p, 2015). Anxiety means a diffuse, unpleasant, and vague feeling of fear and anxiety of unknown origin and physiological arousal (Asnaani, Tyler, McCann, Brown, & Zang, 2020). Stress is our physiological, psychological response to pressures from a situation or life event called a stressor. It seems that one of the factors influencing the psychological symptoms of early maladaptive schemas is early maladaptive schemas. Early maladaptive schemas are the core beliefs about oneself and others that inefficiently distort external information processing

and disrupt mental health (Taylor & Harper, 2017). According to Yang's theory, early maladaptive schemas are central beliefs, themes, and patterns of self-destruction that are constantly repeated throughout life because the needs of early life are not met (5-6). Yang (Young, Klosko & ME, 2003) has classified the eighteen primary incompatible schemas into five main areas: The domain of rejection and disconnection; among the early maladaptive schemas mentioned by Young, J. E (Simpson et al., 2019). et al. Are rejection and disconnection schemes, which include abandonment/instability, mistrust/abuse, emotional deprivation, disability/shame, social isolation/alienation (Ghandehari & deghani, 2018).

Studies (Cámara & Calvete, 2012; Colman, 2010) have shown that early maladaptive schemas are a vulnerable factor for symptoms of depression and anxiety. Research (Bach & Bernstein, 2019; Costa, Tomaz, Pessoa, Miranda, & Galdino, 2020; Faustino & Vasco, 2020; Wong, Zulkefly, & Tan, 2020) has been demonstrated that early maladaptive schemas explain psychological problems among predictors.

However, it should be noted that the relationship between early maladaptive schemas and psychological problems is not a simple one. Rather, each of these variables may be affected by different factors that affect the relationship between these variables.

For example, loneliness and experiential avoidance may make this relationship indirectly meaningful. Early maladaptive schemas may indirectly predict psychological problems through loneliness (feeling lonely) and experiential avoidance (experiential avoidance).

Loneliness expresses a person's cognitive awareness of their shortcomings and inadequacies in the network of interpersonal relationships that lead to feelings of sadness, emptiness, apprehension, and depression, and anxiety (Mund & Johnson, 2021). Numerous studies (Abedi, Sepahvandi, & Mirdarivand, 2020) have shown that schemas explain and predict the domain (rejection and disconnection) of loneliness (Zhou, Li, Tian, & Huebner, 2020), and loneliness itself causes psychological symptoms such as depression and anxiety. (Madjar, Sarel-Mahlev, & Brunstein Klomek, 2021; Ng & Lee, 2020; Putnick, Uddin, Rohner, Singha, & Shahnaz, 2020; Rohner et al., 2020; Sun, Matsuoka, Oba, & Narumoto, 2021).

Another mediating variable in research is empirical avoidance. Experimental avoidance is defined as the unwillingness to stay in touch with unpleasant inner experiences (e.g., thoughts, feelings) that, along with the attempt to change the shape, frequency, or occurrence of those experiences or situations that give rise to unpleasant experiences. (Kirk, Meyer, Whisman, Deacon, & Arch, 2019) When early maladaptive schemas are activated, individuals consciously and subconsciously use mechanisms to resist the effects of early maladaptive schemas, one of which is empirical avoidance mechanisms. (Ghadampour, Hosseini Ramaghani, Moradi, Moradiyani Gizeh Rod, & Alipour, 2018; Ghasemi & Elahi, 2019; Leahy, 2007; RL, 2015) Evidence suggests that empirical avoidance also predicts pathological signs and symptoms. This process can play an important role in the development and persistence of psychological disorders following the experience of traumatic events (Spencer, Buchanan, & Masuda, 2020; Zeifman et al., 2020).

According to research on psychological problems, there are still various ambiguities about these variables that are considered the source of the problem. Also, according to the mentioned cases, rejection schemas are among the factors involved in psychological problems such as depression, anxiety, and stress. It appears that in addition to the direct relationships

of these variables, variables such as empirical avoidance and loneliness as mediating variables between the domain of schema rejection affect psychological problems. Therefore, the present study seeks to answer whether the field of rejection can predict psychological problems through empirical avoidance and loneliness.

Methodology

The statistical population is all people with psychological symptoms referred to ten clinics of Qom Counseling Center. In this study, 250 people were selected by convenience sampling and answered the psychological problems questionnaire, early maladaptive schemas questionnaire, loneliness questionnaire, and acceptance and practice questionnaire version 2.

Psychological Problems Questionnaire (DASS)

The Depression Anxiety Stress Questionnaire (DASS), Lovibond, P. F. and Lovibond, S. H is a set of three self-report scales to assess depression, anxiety, and stress negative emotional states. Each of the subscales of this questionnaire consists of 7 questions, the final score of each of which is obtained through the sum of the scores of the related questions. Each question is scored from zero (does not apply to me at all) to 3 (absolutely true for me) (Lovibond & Lovibond, 1995).

Abroad (Antony, Bieling, Cox, Enns, & RP, 1998), the scale was analyzed by a factor that the research results again indicated the existence of three factors of depression, anxiety, and stress. This study showed that these three factors measure 68% of the total variance of the scale. The study's eigenvalues of stress, depression, and anxiety were 9.07, 2.89, 1.23, and the alpha coefficient for these factors were 0.97, 0.92, and 0.95, respectively. The validity and reliability of this questionnaire in Iran (Samani & Joukar, 2007) have been assessed to validate the test for the Depression, Anxiety and Stress Scale of 0.80, 0.76, and 0.77, respectively, and Cronbach's alpha for the Depression, Anxiety and Scale. The stress was reported to be 0.81, 0.74, and 0.78, respectively.

Early Maladaptive Schema Questionnaire (EMSS)

Early Maladaptive Schema Questionnaire by Young. In this study, excision and excision schemas have been measured. J. E (E, 1990) was developed and contained 90 items that measure 18 primary incompatible schemas in five domains. These 90 articles are 25 articles related to rejection and disconnection, including 5 subscales.

The scores of this questionnaire are obtained by summing the scores of the subjects of each subscale. Each item is graded using a six-choice scale (1- It is completely false about me, up to 6- It is completely true about me). The scores of the initial maladaptive schemas are between one and six, which high score indicates the high rate of early maladaptive schemas in the subject (Monajem, 2013).

Also, in Iran, the validity and reliability of the Early Maladaptive Schema Questionnaire were examined on a sample of 579 people in two stages (first stage 394 people and

second stage 185 people). The validity of this questionnaire was reported by internal consistency and retesting on a sample of 564 American students 0.95 and 0.81, respectively (34). Its validity was reported by Cronbach's alpha method and halving in the whole sample 0.91 and 0.86, respectively, in girls 0.87 and 0.84 and boys 0.84 and 0.81 (Yousefi N et al., 2009).

Loneliness Questionnaire (UCLA)

The loneliness questionnaire was first developed by Russel (Russell, 1996) and consisted of 20 items. The answer to this questionnaire is 4 options, 10 negative sentences, and 10 positive sentences. In this questionnaire, he never has a score (1), rarely a score (2), sometimes a score (3), and always a score (4). But the score of questions 1,5,5,6,9,10,15,16,19,20 is the opposite. That is, never (4), rarely (3), sometimes (2), and always has a score of (1). The score range is between 20 (minimum) and 80 (maximum). Therefore, the average score is 50. A score higher than the mean indicates greater severity of loneliness (Sadeghi & Bavazin, 2019).

The final version of this questionnaire was administered to four groups of students, nurses, teachers, and the elderly in various self-report and interview methods. The alpha range was obtained from 0.89 to 0.94 (Russell, 1996). In Iran (Sudani M, Shojaeian M, & Nisi, 2012), the psychometric properties of this questionnaire were examined, and the reliability coefficient of Cronbach's alpha method was 0.81.

Experimental Avoidance Questionnaire

Acceptance and Practice Questionnaire Edition 2 (AAQ-II) (Acceptance and Action Questionnaire) The editors of this questionnaire have developed a weekly questionnaire (Bond et al., 2011) to measure psychological resilience, especially about empirical avoidance and the tendency to engage in action despite unwanted thoughts and feelings. The questionnaire measures the following: Not wanting to experience unwanted thoughts and feelings (I am afraid of my feelings); Inability to be in the present; Moving in the direction of inner values (painful memories deprive me of a satisfying life). The

questions of this questionnaire are ranked based on the degree of agreement on a seven-point Likert scale (never = 1, very rarely = 2, rarely = 3, sometimes = 4, more often = 5, almost always = 6, always = 7). Be. Higher scores on this scale indicate lower psychological flexibility and higher experiential avoidance. The reliability of the retest test of this questionnaire by Bavand et al. was 0.81, and its internal consistency was 0.84 (Bond et al., 2011). In Iran, Cronbach's alpha reliability coefficient of Admission and Practice Questionnaire, second edition, 0.89, and retest reliability coefficient of 0.71 were obtained (Karimi, Homayuni, & Homayuni, 2019).

Findings

This section presents the findings in two parts: data description and data analysis (inferential findings). The descriptive findings section described demographic and main variables using statistical indices of frequency, mean, standard deviation, skewness, and elongation. In the inferential findings section and the Pearson correlation test and structural equation modeling test were used to test the research hypotheses. Data analysis was performed using SPSS 26 and Smart PLS 3 statistical software.

The statistical sample of the study included 250 respondents, including 67% female respondents and 33% male respondents, of whom 71% were married, and 29% were single. In terms of education, 38% had a diploma or lower, 11% had a master's degree, 34% had a bachelor's degree, and 17% had a master's or doctoral degree. 27% of respondents were under 30 years old, 21% were between 30 and 40 years old, 32% were between 41 and 50 years old, and 20% were over 50 years old.

Describe the main variables and check the validity and reliability

Table 1 describes the main variables. The normality of the distribution of variables was evaluated by skewness and elongation tests, and validity and reliability were evaluated by the extracted mean-variance, Composite Reliability, and Cronbach's alpha indices.

Cronbach's alpha	Composite Reliability	Mean-variance extracted	Elongation	Skewness	The standard deviation	Average	Variables
0.91	0.94	0.70	-1.10	0.213	16.10	99.81	rejection and
0.97	0.97	0.67	-0.740	-0.183	12.45	60.54	loneliness
0.94	95	0.74	-0.199	0.409	4.72	33.24	Experimental
0.85	0.87	0.51	1.79	-1.42	15.49	80.14	Psychological

Table 1: Description of the main variables and review of validity and reliability

The study of means showed that the mean of rejection and disconnection equals 99.81. The mean of loneliness was 60.54, the mean of experimental avoidance was 32.24, and the mean of psychological problems was 80.14. Skewness and elongation values of all variables were obtained in the range of +2 to -2, which indicated that the data distribution pattern was normal.

Table 1 summarizes the results of the validity and reliability review. It should be noted that the validity of the questions was assessed with a factor load index, and a criterion of at least 0.40 for the validity of the questionnaire questions was considered in the confirmatory factor analysis. Accordingly, question 21 of the psychological problems questionnaire was removed from the analysis and model due to a factor load of less than 0.40. The mean extracted variance (AVE) measures the convergent validity, which according to the results of

all variables, has a value higher than 0.50, which means that the convergent validity is confirmed. Combined reliability and Cronbach's alpha are two methods of assessing reliability, which according to the results of all values obtained above 0.70, which indicates the reliability of the research questionnaires.

Psychology problems	Experimental avoidance	loneliness	rejection and disconnection	Variables
			0.84	rejection
		0.82	**0.45	loneliness
	0.86	**0.29	**0.61	Experimental
0.71	**0.39	**0.52	**0.47	Psychology

Attention: 05/0 ≥ p * and 01/0 ≥ p **

The Pearson correlation test results showed a significant relationship between the four main variables ($p < 0.05$). The direction of all relationships is positive. The results showed a positive relationship between the three variables of rejection and disconnection, loneliness, and experimental avoidance with the dependent variable of psychological problems. Comparison of coefficients shows that psychological problems have the strongest correlation with loneliness, with a coefficient of 0.52. Findings also showed that the mediating variable loneliness has a positive relationship with the independent variables rejection and disconnection. Also, the mediating variable of experimental avoidance has a positive relationship with the independent variable of rejection and disconnection ($p < 0.05$). Investigating the intensity of correlation between the three variables affecting psychological problems, rejection and disconnection, loneliness, and empirical avoidance, show that all correlations are less than 0.70. The strongest correlations are related to rejection and disconnection and experimental avoidance, with a coefficient of 0.61. Based on this, it can

be concluded that there are no multiple alignments, and the existence of correlations between independent and mediating variables will not be problematic.

To evaluate the divergent validity, Fornell and Larker methods were used, which can be deduced from Table 2. In Table 2, the principal diameter is related to the square root of the extracted mean-variance (AVE), and the other numbers are related to the correlation between the variables. As can be seen, all the root values of the mean-variance extracted of each variable are greater than the correlation of that variable with the other main variables and indicate divergent validity.

Model Test

The conceptual model of the research was tested using the structural equation modeling technique (SEM for short) and PLS3 software. Figure 1 shows the research model in the form of standard coefficients, and the significance of the relationship with the star is determined.

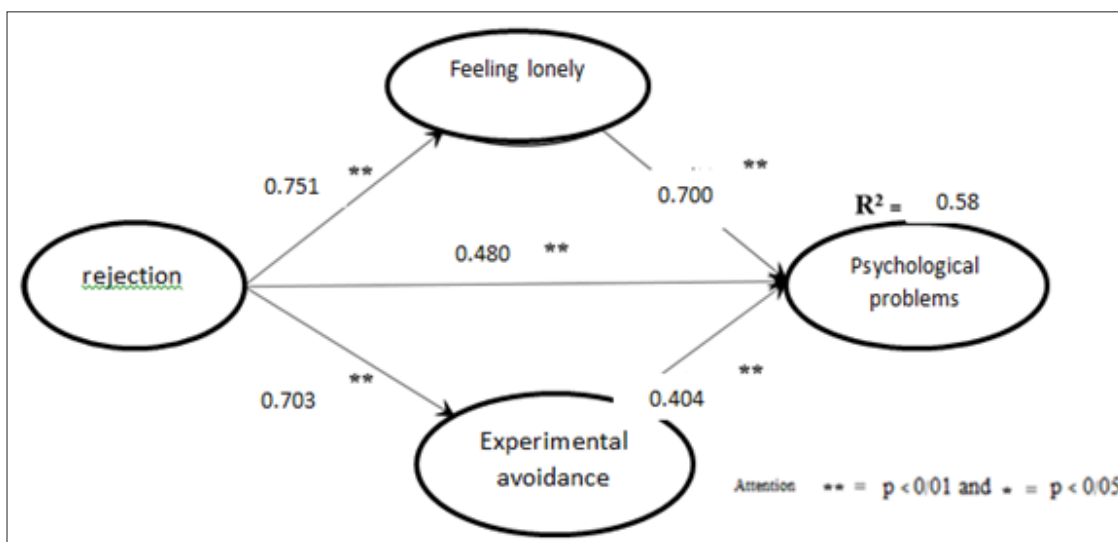


Figure 1: Experimental model of research in the case of standard path coefficients (and significance level)

Check the model fit

According to the results, the coefficient of determination for the dependent variable of psychological problems equals 0.58, which shows that the coefficient of modeling is a good value, and predictor variables in the model have been able to explain 58% of the changes in psychological problems. The value of the Q2 index (CV-Redundancy) for the variable of psychological problems is higher than 0.15 and equal to 0.49, which is a good value. According to the redundancy validity index, the structural model has a good and high fit. The value of the GOF index, which measures the model's overall fit for the research model, is equal to 0.52, which is higher than the criterion of 0.36, which is a good value and shows that the model has a general good value good fit. In general, the fit indices indicate the proper fit of the model. Table 3 shows the results of the model relations test.

Impacts	Standard coefficient	value of t	p-Value	Result
rejection and disconnection <---	0.751	20.59	0.001>	endorsement
rejection and disconnection <---	0.480	8.28	0.001>	endorsement
rejection and disconnection <--- Experimental avoidance	0.703	18.06	0.001>	endorsement
loneliness <--- Psychological problems	0.700	4.29	0.001>	endorsement
Experimental avoidance <--- Psychological problems	0.404	2.70	0.007>	endorsement

Table 3: Structural model relations test results

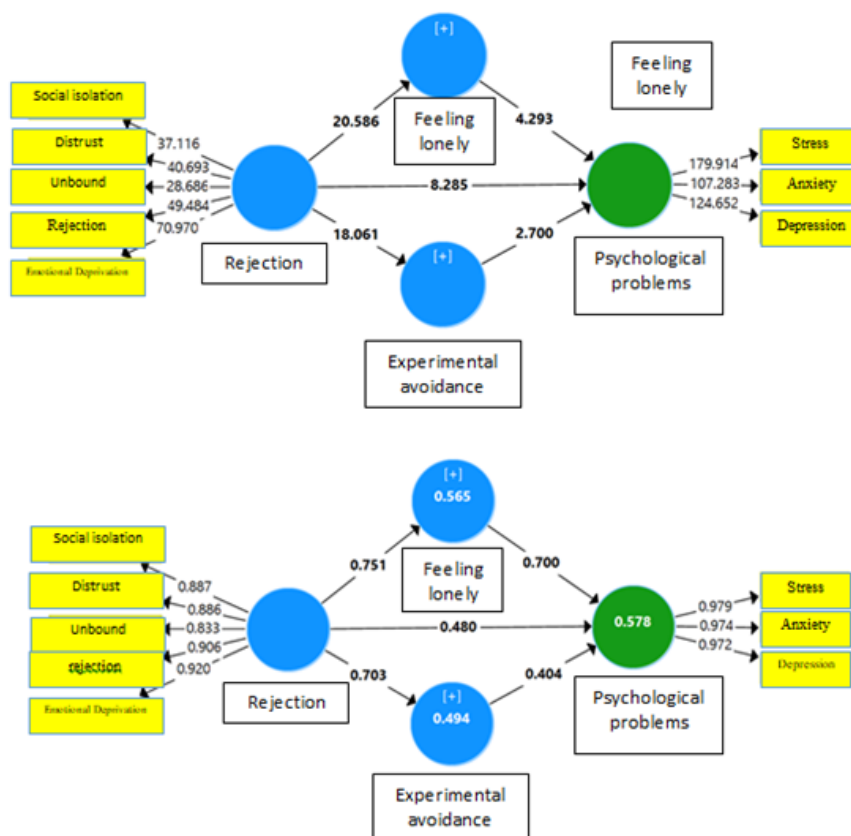
The results showed that all model relationships were confirmed ($p < 0.05$). According to the results, the independent variables of rejection and disconnection positively affected the mediating variables of loneliness and experimental avoidance and on the dependent variable of psychological problems ($p < 0.05$). The results showed that the effect of loneliness and experimental avoidance on psychological problems was confirmed ($p < 0.05$). It has been positive for the effect of all variables on psychological problems. The strongest effect on psychological problems was related to loneliness with an impact factor of 0.700 and rejection and disconnection with an impact factor of 0.480.

The results of the mediation study of loneliness and experimental avoidance are shown in Table 4. Bootstrapping method in PLS software was used to evaluate the mediation significance.

Relationship type	Indirect	value of	P-Value	Result
rejection and disconnection <-- loneliness	0.527	4.22	0.001<	endorsement
rejection and disconnection <-- Experimental avoidance <-- Psychological problems	0.284	2.77	0.006	endorsement

Table 4: Test results for the role of mediating loneliness and experimental avoidance

Studying the mediating role of loneliness showed that the mediating role of two variables of loneliness and experimental avoidance was confirmed, and based on this, loneliness and experimental avoidance could play a mediating role between rejection and disconnection with psychological problems ($p < 0.05$). The severity of the indirect effect of rejection and disconnection on psychological problems was obtained with a mean of loneliness equal to 0.526 and with the mediation of experimental avoidance equal to 0.284.



Discussion and Conclusion

Experimental loneliness and avoidance play a mediating role in rejection and disconnection of early maladaptive schemas and negative spontaneous thoughts with psychological problems. Mediating the role showed that the mediating role of two variables, loneliness, and experimental avoidance, was confirmed. Accordingly, loneliness and experimental avoidance could mediate between rejection and disconnection with psychological problems. These findings are consistent with the results (Ghasemi & Elahi, 2019; Hadianfard, Rezaei, & Hosseini Ramaghani, 2020; Ishaku UG, Terao T, Takai J, & Karuri GS, 2018; McIntyre, Worsley, Corcoran, Harrison Woods, & Bentall, 2018; Moustakas, 2016; Ng & Lee, 2020; Osman A MİL & Bozgeyikli H, 2015; Rezaee, Ghazanfari, & Rezaee, 2016; RL, 2015; Spencer et al., 2020; Sun et al., 2021; Tavafian, Qaderi Bagajan, Mahmoodi, & Khaledian, 2017; Zeifman et al., 2020).

Explaining this finding, it can be said that one of the primary life experiences that accelerates the formation of schemas is injury and victimization. In such a situation, the child is harmed or victimized, and schemas such as distrust/abuse, disability/shame, social isolation/alienation are formed in them. A person's expectations of himself and the environment interfere with his perceptible ability to separate, survive, and function independently. These people cannot manage their lives without the help of others, and they can not set specific goals for themselves and become proficient in the skills needed. These people often have low levels of self-esteem that low self-esteem leads to a lack of communication with others, and it causes loneliness in the person. Loneliness results from a contradiction between the number and quality of relationships that a person likes to have and the number and quality of relationships he has in the real world (RL, 2015). In general, the structure of loneliness is affected by the quality of attachment relationships and any other important experience about parents and the environment, which undergoes many changes in the early years of life under the influence of social conditions, close attachment to another person, and early unadapted schemas (Ishaku UG et al., 2018). As a result, schemas lead to the formation of loneliness. Loneliness can be considered as a noticeable weakness in interpersonal relationships that leads to the experience of dissatisfaction with social relationships, and this loneliness is an unpleasant personal experience, such as the thought of being obsessed with others, which is accompanied by observable behavioral problems such as sadness, depression, and anger (Osman A MİL & Bozgeyikli H, 2015).

It has also been shown that people who suffer from maladaptive schemas often negatively evaluate and interpret environmental events and stimuli. They find them threatening and experience a wide range of negative and distressing emotions, which in turn causes them to become preoccupied. They use an empirical avoidance mechanism to avoid painful experiences or events that evoke these experiences. Using the empirical avoidance mechanism in the short term leads to psychological relief. Still, in the long run, it leads to the strengthening of schemas

and helps to stabilize psychological injuries (Rezaee et al., 2016). Leahy's studies also showed that schemas indirectly lead to the continuation of the morbid experience through coping strategies. In the emotional schema model, individuals differ in the interpretations and evaluations of their emotional experiences. They may try to deal with their emotions through behavioral strategies such as empirical avoidance (such as repression, escape, and avoidance). In this model, people pay attention to it after the emotional experience, then do emotional labeling, and finally evaluate it. If this assessment is negative (experience of maladaptive schemas), empirical avoidance will occur, and these individuals will be prone to psychological disorders such as anxiety and depression (Ghasemi & Elahi, 2019).

Conclusion

According to the above and citing the research background and the obtained result, it can be said that loneliness and experiential avoidance in the field of rejection and disconnection, negative spontaneous designs and thoughts have a mediating role with psychological problems and the main hypothesis of the research has been confirmed.

Doing this research, like other researches, had some limitations, including conducting the present study only among the citizens of Qom province, which makes it difficult to generalize. The non-consideration of economic and social variables of the studied sample and the observed relationships between the components do not indicate the causal relationships between them, and which one is the other cause needs further explanation is another limitation of the present study. It is also suggested that due to gender differences in most psychological characteristics, conducting these studies by gender to design different programs for each of the two sexes if the results are different. After reducing the prevalence of coronary artery, further studies should be performed in different classes of society; The results of this research can also be used as a historical reference.

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