

IDENTIFYING EARLY MALADAPTIVE SCHEMAS IN THE U.S. MILITARY TO REDUCE SEXUAL OFFENSES

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BACKGROUND

Current data reports within the active duty military and veteran servicemember populations show an increasing trend of sexual offenses.

- 2018 – increased 38% from 2017 (Crawford, 2019).
- 2017 – increased 10% from 2016 (Ferdinando, 2018).
- Violent sexual offenses – 35% of all crimes by veterans (Bronson, Carson, Noonan, & Berzofsky, 2015).

PROBLEMATIC SEXUAL BEHAVIOR

- EMSs are prominent in convicted rapists and sexual molesters of children.
- Rapists demonstrated significant results in the impaired autonomy and performance domain (Carvalho & Nobre, 2014).
- Child molesters were significant in all domains with the exception of the impaired limits schemas (Carvalho & Nobre, 2014).
- Significant relationship between sexual aggression and the dependence/incompetence schema, with psychopathology as a mediator (Sigre-Leiros, Carvalho, & Nobre, 2014).

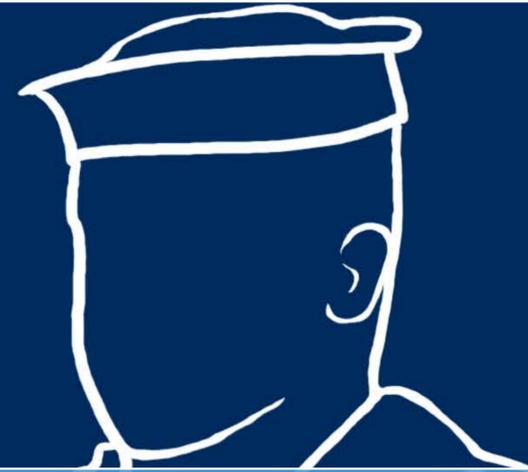


EARLY MALADAPTIVE SCHEMAS

EMS – An overarching negative thought and belief pattern that aids how a person interprets and interacts with life around them (Young, Klosko, & Weishaar, 2003).

Five Domains – 18 Schemas

Disconnection and Rejection	Abandonment/Instability
	Mistrust/Abuse
	Emotional Deprivation
	Defectiveness/Shame
	Social Isolation/Alienation
Impaired Autonomy and Performance	Dependent/Incompetence
	Vulnerability
	Enmeshment/Undeveloped Self
	Failure
Impaired Limits	Entitlement/Grandiosity
	Insufficient Self-control/Self-discipline
Other-Directedness	Subjugation
	Self-sacrifice
	Approval Seeking/Recognition Seeking
Over-Vigilance and Inhibition	Negativity/Pessimism
	Emotional Inhibition
	Unrelenting Standards/Hyper-criticalness
	Punitiveness



LIMITED MILITARY EMS RESEARCH

Three Studies

1) Analyzed PTSD and EMSs in New Zealand and Australian Vietnam veterans (Cockram, Drummond, & Lee, 2010).

- Results: All EMSs from the Young Schema Questionnaire (YSQ) were significantly different between the veterans with PTSD and the veterans without PTSD.

2) Evaluated the relationship between substance abuse and EMSs in Iranian soldiers (Salehi, Ranjesh, & Salehi, 2015).

- Results: Significant difference in all YSQ schemas between soldiers who abused substances and those who did not.

3) Utilized participants from a psychiatric center in Iran to compare chronic PTSD, acute PTSD, and a control group (Ahmadian, Mirzaee, Omidbeygi, Holsboer-Trachsler, & Brand, 2015).

- Results: In 13 of the 18 EMSs, participants in the chronic PTSD group scored significantly higher than the other two groups.

No studies have been conducted for American servicemembers and the potential role of EMSs.



POTENTIAL FOR TREATMENT

Schema therapy is seen as an effective treatment for sexual offenders with EMSs.

- Schema-focused treatment is efficacious in reducing distorted cognitions that contribute to EMSs. However, schemas often do not change. Instead, clients should be taught to recognize EMSs when activated, and then taught the skillset to resist any deviant sexual temptation (Beech, Bartels, & Dixon, 2013).

- In relation to non-American military PTSD and EMSs, a small sample size study reported a decrease in EMS severity using schema therapy, but complete details were not available (Moosaviasl & Moosavi Sadat, 2014).

FUTURE DIRECTIONS

EMSs should be analyzed in the US military population (both active duty and veterans).

- YSQ can be implemented into the enlistment process of military members.
- Servicemembers can be enrolled in schema therapy.
- Reduce sexual offenses by military servicemembers.