

THE RELATIONSHIP OF THE ENNEAGRAM PERSONALITY TYPES AND THE EARLY MALADAPTIVE SCHEMAS TO DEPENDENT PERSONALITY DISORDER

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Abstract

Schemas that arise in early childhood are regarded as the core of various personality disorders and they have major roles in the development and growth of personality disorders. Personality and the ways of forming a person's psychological and behavioral characteristics have attracted the attention of many scientists since the distant past. Despite its focus on personality pathology and normal personality in this regard, enneagram personality typology has been disregarded by many scholars because it is a new approach. This research aims to investigate the relationship of types of personality enneagram and early maladaptive schemas with dependent personality disorder persons. This is a descriptive-correlational study and it is basic in terms of objectives. Research statistical population includes male and female clients aging 25 to 40 years old at psychology centers in Tehran. According to the reports published by relevant centers, the number of clients is 5000. Research sample size has been determined 120 through application of Cochran formula. Available sampling method has been used in this research. For analysis, Pearson correlation and multiple correlation tests have been used. Research tools are Short form of Early Maladaptive Schema Questionnaire by Yang (1994), Millon Clinical Multiaxial Inventory (MCMI-III) (1994), and Riso-Hudson Enneagram Type Indicator (2003). Research findings show that there is a relationship between enneagram personality types and personality disorders of dependent persons. Moreover, there is a significant relationship between early maladaptive schema and dependent personality disorder.

Keywords: Enneagram personality types, early maladaptive schema, dependent personality disorder.

INTRODUCTION

Personality disorders are chronic and common; their prevalence in the general population is between 10 to 20% while symptoms will appear within a few decades. The results show that personality disorders and their rate are more in young people (Chabrol, Rousseau, Callahan & Hyler, 2007). If untreated, personality disorders lead to considerable personality disturbances. Studies have shown that individuals with this disorder constitute the most clients of health centers (Holmes, Niegbohr, Tarrier, Shelwood & Bolsover, 2002). Schemas have a major role in the thinking, emotions, behavior, and way of

communicating with others so that it leads adults to poor childhood situation and force the patient to show a response confirming the Schema (Young et al., 2003). Derpi conducted a research on the relationship between early maladaptive schemas and big five personality factors; the findings uncovered the significant relationship between these two variables. In a research by Sharifi, the findings showed the significant relationship between the Myers-Briggs personality types and early maladaptive schemas (Dizaji, L. A., et. al., 2021; Fakhri, A., et. al., 2020). Other theories categorizing personality types include typology of Carl Gustav Jung, Hans

Jürgen Eysenck, John Lewis Holland, Myers-Briggs, Costa and Mac-Kra's The five-factor model of personality traits, and several other theories such as enneagram, which is the most recent theory in this regard. Hosseinian, Azimi Pour, Karami, Yazdi, & Keshavarz Gerami, 2012). If one identifies the personality pattern of himself or others around him, he can earn a lot of information about the methods by which he/she lives. One can learn mutual behavior patterns by studying enneagram typology method. In this way, he can leave old adaptive strategies based on early maladaptive schemas. Hence, he can see life from a wider perspective (Vagol & Baron, 1994).

Theoretical Foundations

Enneagram personality types: Enneagram personality types are Interpersonal schemas consisting of nine personality types. Each type represents a specific personality and indicates full borders of attitude and behavior of each person without separation of positive and negative aspects (Riso, 2003).

Early maladaptive schemas: Young (1990-99) regarded schemas as widespread and pervasive patterns that have been formed in the early years of life; it includes memories, emotions, cognitions, and emotions that act dramatically inadequate in relation to individuals. Early maladaptive schemas are fighting for their survival. Although one knows this scheme annoy him to, he feels comfort with the scheme. The sense of comfort leads one to make the conclusion that his schema is true. Individuals are led to events that are consistent with their schemas. Therefore, transformation of the schema is very difficult. Schema is indeed formed exactly in a specific period of life by the early living environment. Moreover, dysfunctional nature of schemas appears when patients act in the course of their daily lives and interactions with others so that their schemas are confirmed even if their early understanding is not true. Early maladaptive schemas and the inefficient ways people learn through them to cope with others are mostly regarded as underlying chronic symptoms of axis I disorders such as anxiety, depression, substance abuse, and psychosomatic disorders (Young et al., 2003). Schemas are cognitive structures and include personalized content with individual

characteristics; they evaluate and codify stimulus that a living is exposed. The schemas are indeed the result of individual efforts to adapt to life events (Salavati & Yekeh Yazdan Dost, 2009). (1) Dependent personality disorder (DSM-5): The pervasive and extreme need to be cared that leads to obedient, submissive, and sticky behavior with fear of separation. It begins from early adulthood and it is observed in different fields. It is expressed by five or more of the following features. Difficulty making routine decisions without input, reassurance, and advice from others. (2) Requires others to assume responsibilities which they should be attending to. (3) Fear of disagreeing with others and risking disapproval. (4) Difficulty starting projects without support from others. (5) Excessive need to obtain care and support from others, even allowing other to impose themselves rather than risk rejection or disapproval. (6) Feels vulnerable and helpless when alone. (7) Desperately seeks another relationship when one ends. (8) Unrealistic preoccupation with being left alone and unable to care for themselves. (American Psychiatric Association, 2013).

Psychodynamic theory states in relation to individuals with dependent personality disorder that excessive satisfaction or ignoring their dependency need by parents has led them to back to the oral stage of growth or to stay in this stage. Theorists of object relations such as Melanie Klein (1882) considered them as insecure attached that fear of being left. Due to their low self-esteem, they are dependent on others for guidance and support.

Literature Review

Yousefi, Chalabianloo, Baghban Novin (2015) conducted a research titled "The prediction of the symptoms of personality disorders on the basis of early maladaptive schemas and personality traits". The results indicate significant correlation of early maladaptive schemas and personality traits to Cluster B personality disorders. Multiple regression analysis showed that enmeshment/undeveloped self-Schema was the best predictor of Histornic personality disorder. Unrelenting standards play the most important role in Narcissistic personality disorder. In addition, mistrust Schema was the best predictor of antisocial and borderline personality disorders. Neuroticism traits had the most power in

predicting Cluster B personality disorders, compared to other personality traits. Nabizadeh et al (2014) presented a research titled “The Comparison of Affective Temperament and Early Maladaptive Self-Schemas in Borderline Personality Patients, Bipolar Patients, and Normal Individuals”. The findings demonstrated significantly higher mean scores on affective temperaments and 18 early maladaptive self-schemas for the borderline patients, Compared to the bipolar patients and the normal people. Also, the bipolar patients differed significantly from normal people by higher mean scores on the cyclothymic and irritable temperament and most of the early maladaptive self-schemas (Abandonment/ instability, Mistrust/abuse, Social isolation/ alienation, Vulnerability to harm or illness, Enmeshment/ undeveloped self, Entitlement/ grandiosity, Approval-seeking/ recognition-seeking, Punitiveness). Sahand, Zare, and Fani (2009) compared early maladaptive schema’s domains between successful and non-successful opiate addicts and non-clinical persons. The findings of this research indicated that there was a significant difference on “Early Maladaptive Schema’s domains” between these three groups. Borderline personality disorder has relationship to dependence, shame /deficit, social alienation, vulnerability to disadvantage, emotional deprivation, dependence, and mistrust/abuse. A research by Wagner studied the relationship between early maladaptive schema and enneagram personality types. Findings showed that there is a significant relationship between early maladaptive schema and 9 types of enneagram personality. Besides, persons with negative aspect of each personality type have more maladaptive schema; on the contrary, persons with positive aspect of each personality type have less maladaptive schema. In “Differences in Early Maladaptive Schemas between a Sample of Young Adult Female Substance Abusers and a Non-clinical Comparison Group” Ryan, Scott, and Gregory (2012) concluded that a sample of young adult female substance abuse treatment seekers scored higher than a non-clinical group of female college students on early maladaptive schemas. Results demonstrated that the

substance abuse group scored higher than the non-clinical group on 16 of the 18 early maladaptive schemas. In addition, a number of differences in early maladaptive schemas were large in effect size. Implications of these findings for future research and substance abuse treatment programs are discussed. Nordahl, Holthe, and Haugum (2005) showed that histrionic personality disorder has relationship with competence scheme, narcissistic personality disorder with vulnerable to disadvantage Schema, inadequate self-control, and emotional inhibition. Borderline personality disorder has relationship to dependence, shame /deficit, social alienation, vulnerability to disadvantage, emotional deprivation, dependence, and mistrust/abuse.

Research Hypotheses

Main Hypotheses

1. There is a significant relationship between enneagram personality types and dependent personality disorder.
2. There is a significant relationship between early maladaptive schemas and dependent personality disorder.

Secondary Hypotheses

1. There is a relationship between personality types 2, 4, 5, 6, 9 and dependent personality disorder.
2. There is a relationship between dependence / incompetence schema and dependent personality disorder.

Population, Samples, and Sampling Method

The research method is descriptive-correlation. This study is a basic research. Research statistical population includes male and female clients aging 25 to 40 years old at psychology centers in Tehran. According to the reports published by relevant centers, the number of clients is 5000. Research sample size has been determined 120 through application of Cochran formula; they are categorized in three groups of 40 samples for each personality disorder. Available sampling method has been used in this research. The criterion for entrance into the study is having dependent personality disorder, diploma or higher degree, age from 20 to 40 years, and no certain medical conditions.

Measuring Tools

Riso-Hudson Enneagram Type Indicator (RHETI)

The revised version of Riso-Hudson Enneagram Type Indicator (RHETI) is the questionnaire used to measure the Enneagram personality types. The first version was developed and validated by Riso and Hudson in 1993. Last revised form was published in 2003. The questionnaire contains 144 pair of two-choice questions; for each question, the subject selects one question that describes his behavior more. Each sentence indicates one of the nine personality types. The test provides a full and integrated range of the subjects' personality in the profile of the test (Hosseinian et al., 2012). The test reliability was obtained by Nujent (2001) for the nine types. Internal consistency coefficients for the nine types were reported from 0.56 to 0.82 using Cronbach's alpha (Nujent et al, 2004). Scoring method: the number of filled columns for each indicator is added; the result is written in the cell below. Then, the numbers available in the cells are summed and the total number is written in the relevant cell in the table. Each column reports one type. Higher score of a type indicates the subject's personality type.

Millon Clinical Multiaxial Inventory (MCMI-III)

This is a self-report measurement tool consisting of 175 false-true questions. It measures 14 clinical personality patterns and 10 clinical syndromes; it is applied for adults 18 years and older. MCMI-III was introduced by American Psychiatric Association in August 1994. This test is the revised version of MCMI-II Millon (1987). It evaluates personality disorders and axis I disorders the same as former versions. Its normality has been evaluated twice in Iran; normality of the third version has been evaluated in 2002 by Sharifi. MCMI-III has been constructed based on Leovinger's process of three-step validation. Studies have shown that the test has a good reliability. Considering normality of the scales with an interval of 5 to 14 days, reliability has been reported in a range of 0.82 to 0.96 with an average of 0.90 for all scales. Test reliability has also been calculated through internal consistency. Alpha coefficient of the scales has been obtained from 0.85 to 0.97 (Sharifi, Molavi, & Namdar, 2007).

Scoring: After adding the raw scores of each scale, scores have been converted into BR

scores; after some revisions, X, ½ X, AD, DC, DD have been drawn in profile.

Early Maladaptive Schema Questionnaire-Short Form by Young (YSQ-S3)

Young and Brown's questionnaire (1994) is self-report measurement tools to evaluate schemas. The third version of its short form that has been applied in this research consists of 90 questions and it measures 90 Young early maladaptive schemas. The questionnaire has six-degree Likert scale (Akhani et al, 2012). The test scores are obtained by accumulating the scores of each subscale. In other words, each subscale has five articles that measures one type of early maladaptive schema. Young and Tomas have reported reliability of the questionnaire using internal consistency method 0.95 and 0.81 by retesting on a sample of 564 college students in the the USA. Convergent validity of the questionnaire was evaluated by measurement tools psychological distress, self-esteem, cognitive vulnerability to depression and personality disorder. It was shown that early maladaptive schemas have negative relationships with positive characteristics of confidence and positive emotion; it has also a positive relationship with characteristics such as personality, distress, negative emotions and dysfunction, and attitude (Yusefi et al, 2010; qtd. in: Nabizadeh et al, 2013). Scoring: each item is scored by 6-items rating scale. (1= it is totally false about me; 2= it is approximately false about me; 3= it is to some extent true and to some extent false about me; 4= it is a little true about me; 5= it is approximately true about me; 6= it is totally true about me). therefore, the scores of the questionnaire has been obtained by accumulating the scores of each subscale. In other words, each subscale has five articles that measures one type of early maladaptive schema. Minimum and maximum scores of measuring early maladaptive schema are between 1 and 6; the higher score indicates a higher amount of early maladaptive schema in the subjects.

RESEARCH FINDINGS

First hypothesis: There is a significant relationship between enneagram personality types and dependent personality disorder.

To determine the relationship between each of the nine Enneagram personality types with each dependent personality disorder, multiple

correlations has been used to answer this hypothesis because variables are quantitative

and no violation of normality in data has been observed (Table 1).

Table 1. Multiple correlations for the relationship between Enneagram personality types and dependent personality disorder

Variables	Dependent	
	Correlation	Significance
Enneagram personality types	0.400	0.020

Second hypothesis: There is a significant relationship between early maladaptive schemas and dependent personality disorder.

To determine the relationship between eighteenth variables of early maladaptive schema with each dependent personality

disorder, multiple correlations has been used to answer this hypothesis because variables are quantitative and no violation of normality in data has been observed (Table 2).

Table 2. Multiple correlations for the relationship between variables of early maladaptive schema and dependent personality disorder

Variables	Dependent	
	Correlation	Significance
Early maladaptive schemas	0.631	0.001

Secondary Hypotheses

First secondary hypothesis: There is a relationship between personality types 2, 4, 5, 6, 9 and dependent personality disorder.

Pearson correlation coefficient has been used because variables are quantitative and no violation of normality in data has been observed (Table 3).

Table 3. Pearson correlation coefficient for the relationship between personality types and dependent personality disorder

Variables	Dependent personality disorder (n=120)	
	Correlation	Significance
1. Reformer	0.118	0.198
8. Challenger	0.164	0.74
9. Peacemaker	0.189	0.45
2. Helper	0.192	0.36
3. Achiever	0.171	0.69
4. Individualist	0.215	0.021
5. Investigator	0.143	0.0108
6. Loyalist	0.247	0.001
7. Enthusiast	0.143	0.108

Second secondary hypothesis: There is a relationship between dependence / incompetence schema and dependent personality disorder.

Pearson correlation coefficient has been used because variables are quantitative and no violation of normality in data has been observed (Table 4).

Table 4. Pearson correlation coefficient for relationship between dependence / incompetence schema and dependent personality disorder.

Variables	Dependent personality disorder (n=120)	
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	Correlation	Significance
Dependency / incompetence	0.718	0.001

DISCUSSION AND CONCLUSION

Results of first main hypothesis indicate that variables are quantitative and no violation of normality in data has been observed. Thus, multiple correlations must be used to determine the relationship between each of the nine Enneagram personality types with each dependent personality disorder. Findings show that multiple correlations of personality types with each dependent personality disorder are statistically positive and significant. In exploiting interpersonal relationships, the subjects have limitless imagination about success and they believe that they are special and unique; they argue that only certain and sublime people can understand them. The most important characteristics of dependent personality disorder are lack of self-confidence, dependence on others, seeking the submissive behavior, shyness, uncertainty, and avoiding taking responsibility. The extreme need to be cared leads a person with dependent personality disorders to accept others' domination, abuse, and mistreatment; they have problems to run their affairs and make decisions without advice and reassurance from others. Such a person needs others to take the responsibility of most his major issues of life. Due to fear of losing support or approval, they have problems in expressing opposition to the others. The results of this research are in line with the findings by Daniels and Price (2009), Riso (2003), Saberi and Sheikhol Islami (2004), Hosseinian et al (2012), Hosseini (2012), Kiamarsi et al (2011), Riker, Yang and Flanagan (1993), and Jerome Wagner (2006). Results of second main hypothesis indicate that multiple correlations must be used to determine the relationship of eighteenth variables of early maladaptive schema with each dependent personality disorder because variables are quantitative and no violation of normality in data has been observed. Findings show that multiple correlations of early maladaptive schemas with each dependent personality disorder are statistically positive and significant. Young (1990) argued that

early maladaptive schemas cause the transformation and growth of personality disorder. The results of this research are in line with the findings by Bahrami Zadeh and Bahrami Ehsan (2013), Montazeri, Yadollahi, and Hosseini (2012), Muhammad Amini, Najimi, Abolghasemi, and Meftah (2013), Hosseini (2012), Salavati and Yekeh Yazdan Dost (2009), Gilbert of Daphn (2013), Young, Klosko, and Weishaar (2003), Hamidpour and Andooz (2010), Yusefi et al, (2015), Nabizadeh et al (2014), Sahand, Zare, and Fani (2009), Hasan Vand et al (2013), Ryan, Scott, and Gregory (2012), Bale and Cicero (2001), and Lenzonoger and Klarkin (2005).

The results of testing the first secondary hypothesis through Pearson correlation coefficient indicate that there are significant and positive relationship between personality types 2, 4, 5, 6, 9 and dependent personality disorder ($P < 0.05$). Positive correlation signifies that if a person's scores in personality types 2, 4, 5, 6, 9 are high, he is more likely to have dependent personality disorder. There is no statistical significant relationship between other Enneagram personality types and dependent personality disorder. The researches by Jerome Wagner (2006), Hosseini (2012), and Riker, Yang and Flanagan (1993) confirm the results of this research. Type-5 personality (Investigator) cannot have dependent personality disorder because it has characteristics such as omniscience, understanding, stinginess (retention), transparency, helplessness, incapability, incompetence, mastery, understanding, replacing direct experience with concepts, non-attachment.

The results of testing the second secondary hypothesis through Pearson correlation coefficient indicate that there are significant and positive relationship between dependence / incompetence schema and dependent personality disorder ($r = 0.718$; $P < 0.05$). Dependence / incompetence schema is observed in children who have very many good experiences and parents tries much for

their welfare; they are involved in the life of the child much or they do not encourage the child to participate in outdoor affairs. Schemas such as dependence incompetence are formed in the minds of children because of these experiences. In this situation, parents rarely take children seriously and children are spoiled. Therefore, the children's needs for realistic self-restrictions are not met. People with dependent personality disorder both like to be alone and like to find someone that can be attached to him/her. The most important characteristics of dependent personality disorder are lack of self-confidence, dependence on others, seeking the submissive behavior, shyness, and avoiding taking responsibility. The extreme need to be cared leads a person with dependent personality disorders to accept others' domination, abuse, and mistreatment. The relationship between dependence / incompetence schema and dependent personality disorder has also been confirmed in the studies conducted by Sahand, zare, and Fani (2010), Hasan Vand et al (2013), Ahmadi (2012), Bale and Cicero (2001), Hosseini (2012), and Lenzonoger and Klarkin (2005).

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