THE MEDIATING ROLE OF NARCISSISTIC PERSONALITY CHARACTERISTICS IN THE RELATION BETWEEN EARLY MALADAPTIVE SCHEMAS AND RELATIONSHIP SATISFACTION

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ABSTRACT

THE MEDIATING ROLE OF NARCISSISTIC PERSONALITY CHARACTERISTICS IN THE RELATION BETWEEN EARLY MALADAPTIVE SCHEMAS AND RELATIONSHIP SATISFACTION

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The current study examined the relationships between early maladaptive schema domains, narcissistic personality characteristics and relationship satisfaction. Evaluating the mediating roles of grandiose and vulnerable narcissistic personality characteristics on the relationship among early maladaptive schema (EMS) domains and relationship satisfaction was the main aim of the current study. The sample of the study consisted of 338 (296 females and 42 males) participants who involved in a current romantic relationship aged between 20 and 65 years (M = 34.84, SD = 9.45). The data were collected through self-report questionnaires. Young Schema Questionnaire Short Form-3 (YSQ-SF3), Narcissistic Personality Inventory (NPI), Hypersensitive Narcissism Scale (HSNS) and Relationship Assessment Scale (RAS)

were used in the study. The results of the study indicated that vulnerable narcissism fully mediated the relationship between Impaired Limits Domain and relationship satisfaction. This study has demonstrated the differentiation of grandiose and vulnerable narcissistic personality characteristics in terms of the relationship between early maladaptive schemas and relationship satisfaction. The findings of the study were discussed and alternative explanations were stated in the lights of relevant studies in the literature. Clinical implications, limitations and suggestions for future research were also presented.

Keywords: Early maladaptive schemas, narcissistic personality, relationship satisfaction

ÖZ

BÜYÜKLENMECİ VE KIRILGAN NARSİSTİK KİŞİLİK ÖZELLİKLERİNİN ERKEN DÖNEM UYUMSUZ ŞEMALAR VE İLİŞKİ DOYUMU İLİŞKİSİNDEKİ ARACI ROLÜ

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Bu çalışmada, erken dönem uyumsuz şemalar, büyüklenmeci ve kırılgan narsistik kişilik özellikleri ve ilişki doyumu arasındaki ilişkiler incelenmiştir. Bu çalışmanın esas amacı da, erken dönem uyumsuz şema alanları ve ilişki doyumu arasındaki ilişkide büyüklenmeci ve kırılgan narsistik kişilik özelliklerinin aracı rollerini değerlendirmektir. Çalışmanın örneklemini 20-65 yaşları (M = 34.84, SD = 9.45) arasında, güncel bir romantik ilişki içerisinde olan 338 (296 kadın, 42 erkek) katılımcı oluşturmaktadır. Veriler öz bildirim anketleri aracılığıyla toplanmıştır. Young Şema Ölçeği Kısa Form-3 (YŞO-KF3), Narsistik Kişilik Envanteri (NKE), Kırılgan Narsisizm Ölçeği (NKÖ) ve İlişki Doyum Ölçeği (İDÖ) kullanılmıştır. Çalışmanın sonuçları, kırılgan narsisizmin, erken uyumsuz şemalar (zedelenmiş sınırlar şema alanı) ile ilişki doyumu arasındaki ilişkiye aracılık ettiğini göstermiştir.

Bu çalışma büyüklenmeci ve kırılgan narsistik kişilik özelliklerinin erken dönem uyumsuz şemalar ile ilişki memnuniyeti arasındaki ilişki açısından farklılaştığını göstermiştir. Bu bulgular ışığında, sonuçlar alternatif açıklamalar göz önüne alınarak tartışılmıştır. Çalışmanın bulguları tartışılmış ve literatürdeki ilgili çalışmaların ışığında alternatif açıklamalar yapılmıştır. Ayrıca klinik uygulamalar, sınırlılıklar ve daha ileri araştırmalar için öneriler sunulmuştur.

Anahtar kelimeler: Erken dönem uyum bozucu şemalar, narsistik kişilik, ilişki doyumu

To my lovely family which means everything to me

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CHAPTER 1

INTRODUCTION

The present study examines the relationships among Early Maladaptive Schema (EMS) Domains, Relationship Satisfaction and Narcissism as a personality structure. The main aim of this study is to investigate the mediating role of the dual nature of narcissism which contains grandiose and vulnerable characteristics in the relationship between EMS domains and relationship satisfaction. In the current study, narcissism takes part as a personality structure in two different traits: grandiose and vulnerable narcissistic personality characteristics. Additionally, EMSs are categorized into five different schema domains and investigated through these domains. It is expected that the mediation model created in this study will emphasize the possible effect and importance of the narcissistic personality characteristics in romantic relations. The association between narcissism and some maladaptive cognitive structures assumed to underlie the narcissistic personality is considered in this study and the results are expected to provide the additional and useful information to the literature and psychotherapy field for having a better understanding of the relationship satisfaction in romantic relationships.

1.1. Early Maladaptive Schemas of Young Schema Theory

The therapy models targeting long-term emotional and relational difficulties have been increasing in number in recent years. The Schema Therapy Model as one of the popular models is used for long-term mental health problems such as personality disorders and chronic depression. The schema model is an integrative approach that combines various therapy concepts like cognitive-behavioral therapy techniques with interpersonal, attachment, Gestalt, object relations and psychodynamic approaches. Therefore, Schema Therapy appeared as an innovative and integrative model which was indicated in the study results as a quite successful therapy on the treatment of personality disorders such as narcissistic personality structure, which is described mostly 'hard to work with' in terms of psychotherapy process (Young, Klosko & Weishaar, 2003; Rafaeli, Bernstein & Young, 2011). The schema theory was first introduced by Young in 1990 and then the model was developed by Young and his colleagues (1999).

Early Maladaptive Schemas (EMS) are conceptualized by the Schema Therapy Model and they reflect general themes or patterns that consist of memories, emotions, cognition and physical senses (body sensations), one's self concept and relationships with others. These schemas are acquired during early childhood and get complicated one's entire lifetime, resulting in significant dysfunctions (Young, Klosko & Weishaar, 2003). According to Young (1990, 1999), EMSs are described as life-long, widespread, and comprehensive cognitive patterns. Schemas are described as cognitive structures formed by the past experiences which determine how the whole information about both individual and general environment is organized and also consist of basic assumptions about them. Schemas are also known as one of the essential determinants on how the individuals feel, think, behave and

also of the quality of relations with others. Thus, as a detailed and general definition, schemas are patterns loaded on reality and experience that play a crucial role in explanation, mediating perception and assisting in responses. Schemas also act like a guide for problem-solving and interpreting the information, abstract cognitive plans and shortcuts (Rafaeli, Bernstein & Young, 2011).

Schemas usually develop during the period of early childhood or adolescence, and they are useful for adapting to the family environment in which the child lives and for making sense of the world. However, as time passes and the conditions of life and environment start to change, these schemas become harmful because they lose their functionality and emerge as maladaptive thoughts, emotions, behaviors, and cognitions. Thus, it can be observed that people may have some maladaptive behaviors as a reaction to their EMS. On the other hand, because they are formed at the early stages of development and exist in all stages of life, they are defined as lifelong repetitive and permanent cognitive structures. These schemas may become incompatible in the later stages of life due to their rigidness and resistance to change, and they may give rise to relatively mild psychological problems to various Axis I and Axis II disorders (Soygüt, Karaosmanoğlu & Çakır, 2009). Moreover, schemas are generally assumed to develop as a result of early negative experiences with attachment figures (e.g. abuse and neglect) and also as a result of unsatisfied basic emotional needs or excessively satisfied needs. These schemas which are continuously repeated patterns throughout life have significant impacts on self-perception and interpersonal relationships (Young, Klosko & Weishaar, 2003).

The Schema Therapy approach suggests a group of basic emotional needs that are common for everyone. These emotional needs begin to emerge from childhood and all of these basic needs are necessary and universal during childhood and adulthood. Early maladaptive schemas are evaluated as unsatisfied products of these unsatisfied basic needs. They occur as a result of toxic early experiences of the young individual whose emotional needs are not met. Problems within the core family are often the primary source of schemas (Rafaeli, Bernstein & Young, 2011).

On the other hand, four types of early life experiences have been identified to be responsible for the acquisition of schemas (Rafaeli, Bernstein & Young, 2011).

The first type is "toxic inhibition of needs". It emerges when the child has got less from the good/positive things from the family environment such as stability, understanding and love from the parents. Also, the frustration of these basic emotional needs plays role in the acquisition of EMSs. As a result of unmet basic emotional needs mentioned above, "Emotional deprivation" and "Abandonment" EMSs may derive from this frustration process (Rafaeli, Bernstein & Young, 2011).

The second type is "traumatization or victimization experience in early childhood". The child is somewhat included in a traumatic situation and/or is harmed and experiences victimization. Security need, as one of the most basic emotional needs, could not be met. As a result, s/he develops schemas that reflect the presence of danger, pain, and threat. These are "Vulnerability to harm", "Defectiveness/Shame", "Mistrust/Abuse" and schemas (Rafaeli, Bernstein & Young, 2011).

The third type of experience is about "child receiving much more good/positive things than the ideal ratio". In contrast to the first condition, the parents offer something to the child more than necessary. Overprotective parenting, giving extreme and unlimited freedom and autonomy are typically observed in parental attitudes and so these characteristics make the child more dependent and enmeshed. In this case, the most basic emotional needs such as autonomy and realistic limits cannot be met. Thus, "Entitlement" and "Dependence/Incompetence" EMSs could be observed as related to this process (Rafaeli, Bernstein & Young, 2011).

The final type is "selective/extreme internalization and identification with significant others". The child selectively internalizes the thoughts, feelings, experiences and behaviors of the parent and also internalizes them. This process can be explained better with "modeling" (Rafaeli, Bernstein & Young, 2011).

Besides core emotional needs and early childhood experiences mentioned in the four processes above, other factors also play role in the development of EMSs. The emotional temperament of the child and the cultural context in which the family lives would be determinants of EMSs' acquisition (Rafaeli, Bernstein & Young, 2011).

According to the assumption of Schema Theory, schemas are developmentally shaped. Therefore, early life experiences play an important role on the development of schemas. Although some schemas would be adaptive both in early childhood experiences and later in life, some of them are named as maladaptive

for lacking functionality and also for having a "toxic" effect on the psychological processes. The schemas exist in every individual's life and they help individuals to make sense of their lives and the world. They also help us to maintain a consistent view of ourselves and the world. This consistent view can be correct or erroneous, adaptive or maladaptive. However, some schemas may be dangerous in terms of their impact. At this point, the focus of schema therapy are the dysfunctional cognitive structures which are thought to underlie the long-term mental problems and which are known as early maladaptive schemas (Rafaeli, Bernstein & Young, 2011).

1.1.1. Young's Schemas and Schema Domains

According to the Schema model, Young, Klosko, and Weishaar (2003) stated 18 early maladaptive schemas which are grouped in 5 schema domains.

First Domain: Disconnection and Rejection

In this schema domain, the individuals are not able to have a reliable and fulfilling attachment to other people. They believe, in a predictable attitude, that some important needs of theirs (security, love, acceptance, stability, empathy, care, and belonging) will not be fulfilled in an expected way. It can be said that most of them generally had traumatic childhood experiences and they usually live in a cold, rejecting, unpredictable, abusive and isolated family environment. They tend to avoid relationships that are possibly destructive for themselves or avoid involvement in close relationships entirely.

The first domain includes Abandonment/Instability, Defectiveness/Shame, Emotional Deprivation, Social Isolation /Alienation and Mistrust/Abuse EMSs.

Second Domain: Impaired Autonomy and Performance

Autonomy can be described as the ability to function independently and live apart from the family. The individuals in this domain suffer from conflictive expectations about themselves and the world which contain unsatisfied needs of separating from the parents and functioning independently as an adult. These people usually have overprotective parents who do everything for them or (vice versa) totally uninterested parents. Thus, these individuals cannot form their own identities and cannot build their lives and so in terms of competence they remain as children in their adult life.

The second domain includes Dependence/Incompetence, Enmeshment/Undeveloped Self, Failure and Vulnerability to Harm or Illness EMSs.

Third Domain: Impaired Limits

The individuals in this domain are not able to develop the necessary inner limits in terms of self-discipline and reciprocity. These individuals are generally characterized as selfish, narcissistic and irresponsible. They have difficulties in respecting others' rights, collaborating with others, setting internal limits, reaching long-term goals and keeping their promises. They are mostly grown up in an extremely permissive and tolerant family environment. They usually are incapable of setting limits to their urges and delaying pleasure.

The third domain includes Insufficient Self-control/Self-discipline and Entitlement/Grandiosity EMSs.

Fourth Domain: Other Directedness

Individuals who have this schema domain usually give excessive importance to satisfying others' needs instead of their own needs. They do that due to the need for approval, maintaining the emotional bond and avoiding a possible reaction. They are extremely focused on others' responses by ignoring their needs and generally lack awareness about their choices and anger. The origin of the family environment is typically based on conditional acceptance. Thus, the child learns to inhibit its own needs to receive the approval and love it needs.

The fourth domain includes Approval-Seeking/Recognition-Seeking and Subjugation, Self-sacrifice EMSs.

Fifth Domain: Overvigilance/Inhibition

The individuals in this domain usually prefer inhibiting spontaneous emotions and drives. They usually try to behave and live according to strict and internalized rules. The typical family environment involves rigid, oppressive, perfectionist and normative parenting and the children get the message that self-control and self-sacrifice are much better than the spontaneity and pleasure. Moreover, these children learn to be overly alert to negative daily events and to be cool towards life. Nevertheless, if they are happened to be unsuccessful at being alert and careful, they feel extreme fear, anxiety and pessimism.

This fifth and final domain includes Emotional Inhibition, Unrelenting Standards/Hypercriticalness, Punitiveness and Negativity/Pessimism EMSs.

To sum it all up, schemas are mostly based on early life experiences and early relationships affect how the individual thinks, feels, behaves and relates to others. It can be said that schemas affect the overall functioning of the individuals. Therefore, it is important to investigate these schemas and their relations and effects to possible psychological problems. Indeed, as well as other difficulties (e.g. schemas underlying symptoms of some psychological disorders Axis I such as anxiety disorders, depression, substance abuse and psychosomatic disorders and Axis II disorders such as some of personality disorders: narcissistic personality disorder and borderline personality disorder (Rafaeli, Bernstein & Young, 2011; Young, Klosko & Weishaar, 2003)), it is suggested that these cognitive schemas may lead to relational difficulties in adulthood and result in low relationship satisfaction (Rafaeli, Bernstein & Young, 2011). The studies also showed that the schemas are a predictor of weakness in the relations with others and the inability to adapt in the nature of a relationship (Kobak & Sceery, 1988).

It should be noted that there are some differences between the original study and the Turkish adaptation study in terms of the categorization of EMS into schema domains. The differences of categorization between the original study of Young Schema Questionnaire-SF3 (Young, Klosko & Weishaar, 2003) and the Turkish adaptation study (Soygüt, Karaosmanoğlu & Çakır, 2009) are presented in Table 1.1 and Table 1.2. The current study is evaluated through the schema domains which are obtained by the Turkish adaptation study of Young Schema Questionnaire-Short Form-3.

Table 1.1.

The Categorization of Early Maladaptive Schema Domains and Schemas in the Original Study

Schema Domains	Schemas
Impaired Autonomy & Performance	Dependence/Incompetence Enmeshment/Undeveloped Self Vulnerability to Harm or Illness Failure
Disconnection & Rejection	Abandonment/Instability Defectiveness/Shame Emotional Deprivation Social Isolation/Alienation Mistrust/Abuse
Impaired Limits	Entitlement/Grandiosity Insufficient Self-Control/Self-Discipline
Other Directedness	Approval Seeking/Recognition Seeking Subjugation Self-Sacrifice
Overvigilance & Inhibition	Emotional Inhibition Negativity/Pessimism Punitiveness Unrelenting Standards/Hypercriticalness

(Young, Klosko & Weishaar, 2003)

Table 1.2.

The Categorization of Early Maladaptive Schema Domains and Schemas used in the present study

Schema Domains	Schemas
Impaired Autonomy	Abandonment
	Enmeshment/Dependence
	Failure
	Pessimism
	Vulnerability to Harm
Disconnection	Defectiveness
	Emotional Deprivation
	Emotional Inhibition
	Social Isolation/Mistrust
Impaired Limits	Entitlement/Insufficient Self-Control
Other Directedness	Punitiveness
	Self-Sacrifice
Unrelenting Standards	Approval-Seeking
	Unrelenting Standards

(Soygüt, Karaosmanoğlu & Çakır, 2009)

Table 1.3.

The Characteristics of Early Maladaptive Schema Domains

EMSs domains	**The characteristics of domains**
Disconnection & Rejection	Inability to have a secure and satisfying attachment to other people. The belief that some important needs (security, approval, love, stability, empathy, care, and belonging) will not be fulfilled in an expected way. Cold, rejecting, unpredictable, abusive and isolated family environment.
Impaired Autonomy & Performance	Suffering from conflictive expectations which contain unsatisfied needs of separating from the parents and functioning independently as an adult. The individuals cannot form their own identities and so they remain as children in their adult life. Overprotective parents or (vice versa) totally uninterested parents.
Impaired Limits	Inability to develop the necessary inner limits in terms of self-discipline and reciprocity. Characterized as selfish, narcissistic and irresponsible. Extremely permissive and tolerant family environment.
Other Directedness	Giving excessive importance to satisfying others' needs instead of their own needs. Due to the need for approval, maintaining the emotional bond and avoiding a possible reaction. The family environment is based on conditional acceptance.
Overvigilance & Inhibition	Preferring to inhibit spontaneous emotions and drives. Trying to behave and live according to strict and internalized rules. Rigid, oppressive, perfectionist and normative parenting.

(Young, Klosko & Weishaar, 2003)

1.2. Narcissism

Narcissism is observed as one of the most widespread personality organization/structure of our time. The prevalence of narcissism has been increasing in recent years. Therefore, the narcissistic personality has attracted the considerable attention of many subfields of psychology (Karaaziz & Atak, 2013). As a general definition in psychology, narcissism refers to grandiosity, arrogance, extreme selfishness, egocentrism, extreme self-love. Additionally, some traits such as lack of personal awareness and lack of empathy in the interpersonal relationship are mostly referred with narcissism (Budak, 2005; McWilliams, 1994). However, some studies have indicated that there is no single dimension of narcissism and some researchers suggested a multidimensional construct including different subtypes of narcissism (Wink, 1991; Pincus & Lukowitsky, 2010). In the current study, narcissism is evaluated as a personality characteristic through its grandiose and vulnerable dimensions.

1.2.1. Historical Review of Narcissism

The term "narcissism" originally derives from the myth about Narkissos in Greek mythology. Narkissos, who was known for being very handsome and attractive man, fell in love with himself after he saw the reflection of his image in the water. According to the myth, the story of Narkissos has a bad ending since he loses his life while pursuing an impossible love (Anlı, 2010; Karaaziz & Atak, 2013).

The term "narcissism" has a long history, especially in psychoanalytical literature. Firstly, Ellis got inspired by this myth and he was the first to mention the concept of narcissism as a pathological construct (Karaaziz & Atak, 2013). He defined narcissism as a sexual perversion based on the emotion of admiration and

also the projection of sexual urges to one's own body (Anlı, 2010; Rozenblatt, 2002). Freud inspired Ellis's thoughts and in "On Narcissism: An introduction" essay (1914), he described narcissism as a personality process similar to Ellis' perspective. Freud (1914) also addressed primary and secondary narcissism as developmental stages. Primary narcissism which is a normal developmental stage means that in the first years of development, the child sees herself/himself as a love object since s/he can't separate himself/herself from the outside world. Secondary narcissism includes pathological features which the love object has been searching for in the external world but which can't be found during later developmental stages. Therefore, the baby makes the libidinal investment on him/her rather than the object (the caregiver) and so the baby prefers living in his/her inner world by withdrawal from the external world (Freud, 1914). Thus, secondary narcissism refers to the withdrawal of the libido from objects and reinvestment to the ego as a result of frustrations in object relations (Geçtan, 1995). On the other hand, Object Relations School describes narcissism as a situation that compensates for early disappointments in relationships instead of fixation to infantile grandiosity (McWilliams, 1994). According to McWilliams (1994) from a psychoanalytical perspective, people whose personalities are organized around the struggle to maintain their self-esteem by getting approval from outside are described as "narcissistic". Gaining approval from other people who are important to us strengthens our self-esteem but some people feel extreme anxiety about the sources supporting their self-esteem. These people can be described as having narcissistic personality and being extremely busy with their self and self-interested (self-centered) (McWilliams, 1994).

Heinz Kohut and Otto Kernberg are prominent theoreticians in the psychoanalytic field researching the origins of narcissism (McWilliams, 1994). Kernberg (1975) defined narcissism as a personality structure that is a single dimensional state ranging from normal to pathological. Kernberg emphasized that narcissist individuals extremely need admiration and crave being another person's most loved ones and that their emotional life is deprived of any profoundness. Kernberg (2012) also stated that these individuals have limited capacity for empathy and their life satisfaction is usually decreased if they are not praised by other people. Kernberg explains the occurrence of the narcissism with the tension between the ideal object and the ideal self with the real self. Thus, the individual develops a grandiose self as a defense to eliminate this tension. This grandiose self represents a pathological unity between the ideal self and the ideal object with the real self (Kernberg, 2012). According to Kernberg, the cause of this pathological unity can be explained by these parents having important roles in the early years of an individual's life. When looking at the parental figures of the narcissistic individuals, there are often cold parents who behave aggressively in implicit ways. The parents are characterized as insensitive, uninterested, rigid and aggressive (Kernberg, 2012; Orhan, 2014). Moreover, Kernberg (2012) stated that unlike normal narcissism, pathological narcissism is caused by pathologic object relations (Karaaziz & Atak, 2013).

Another theoretical approach to explain narcissism is Kohut's Self Theory. Kohut (1971, 1977) explains narcissism by a fixation on one of the normal developmental stages. He also emphasized the term "mirroring" mostly in terms of the mother's role. Due to adequate mirroring, the child can firstly tolerate the short-

term absence of the mother and then can develop tolerability and control over its own impulses. According to Kohut, an adult having narcissistic characteristic has been deprived of these abilities because of not making a proper mirroring. Kohut (1971, 1977) also stated that neglectful, humiliating, non-empathetic parenting attitudes would increase the tendency of narcissism. In addition, if the mother does not optimally mirror the proper exhibitionism and grandiosity of the child, the child's narcissistic self remains unchanged. While this situation is observed with an apparently exaggerated self-value, it also causes deep feelings of insecurity and inferiority in the depth of the self. Kohut (1971, 1977) stated that narcissistic persons would seek an ideal person to meet their need for the empathy that was unmet throughout their lives and to assure the approval of their sense of self. According to him, all these emotions and their expressions are the basic signs of narcissistic personality (Anlı & Bahadır, 2007).

As a result, while Kohut (1971) considered narcissism as an ongoing continuum between pathological and normal narcissism, Kernberg (1975) distinguished pathological narcissism from normal narcissism with strict lines. The common points in Kohut and Kernberg's statements are the arrogance of the narcissistic self and the poor functioning of their relationship with others. On the other hand, they disagreed about the etiology of narcissism. While Kohut considered the grandiose self as a fixation on the normal child-like narcissism of the self, Kernberg formulated it as a completely pathological structuring of the self (Campbell, 1999; Kernberg, 2012). As a result, most researchers have come up with different ideas about the development of narcissistic personality traits and the common point has been early childhood experiences (Atay, 2010).

Narcissism has been tried to described and explained in many different ways by many theories and theoreticians in the specialized literature. Although there are obvious differences and confusion in the conceptualization of narcissism in the theoretical approaches as observed in the Psychoanalytical School, Jeffrey Young, who is the founder of the Schema Therapy School, has come up with one of the more current approaches in the field of psychology trying to explain narcissism on the basis of early maladaptive schemas. He emphasized on early childhood experiences, especially early interaction with the parents in terms of the development of schemas (Young, Klosko & Weishaar, 2003). Therefore, in the present study, narcissistic personality traits are discussed within the framework of the schema therapy model.

1.2.2. Different Views about Subtypes of Narcissism

Narcissism can be described as a necessary condition that occurs in the natural/healthy development process of every human being (McWilliams, 1994). Two dimensions as normal and pathological narcissism are mentioned in the literature depending on whether this process was healthy or if there were some impairments in the process (Atay, 2010; Karaaziz & Atak, 2013). Normal narcissism can be described as when under appropriate circumstances, the narcissistic self enables their self to enjoy daily activities, to be proud of their achievements, to experience feelings of shame and anger due to mistakes and deficiencies, and to be able to cope effectively with anticipation of their surroundings (Rozenblatt, 2002; Atay, 2009). Rozenblatt (2002) also emphasized that normal narcissism is closely associated with the individual being inconsistent with both herself/himself and others. Pathological narcissism was described as a personality organization that is adjusted to protect the psychological integrity of the person from threatening factors. The fact that negative comments and criticisms from the environment do not cause

serious decreases in self-confidence is the most particular feature that distinguishes normal narcissism from pathological narcissism (Rozenblatt, 2002).

Narcissism is often characterized by a highly positive or exaggerated (inflated) self-concept, a strong need for acceptance by others, fantasies about power and fame, responding with subversions that exalt oneself in criticism, disdain for others, lack of commitment and interest in interpersonal relationships. Also, individuals with narcissistic personality traits must constantly make sure that others have approved them and have met their selfish needs (Morf & Rhodewalt, 2001; McWilliams, 1994). Regardless of the definitions above, although the framework of narcissism was firstly determined in DSM III-R, it has taken final form as a narcissistic personality disorder in DSM V (2013) and the diagnostic criteria were determined by considering only the characteristics of grandiose narcissism. The condition which represents the most serious form of pathological narcissism is defined as narcissistic personality disorder characteristic (Kernberg, 2012). At this point, it is very important to distinguish personality disorders and personality traits. Pathological narcissism is generally evaluated as a personality disorder in the literature. If the degree of pathological narcissism is mild, temporary and situational, it is named by narcissistic characteristics. On the other hand, severe signifiers of pathological narcissism and persistent and long-lasting characteristics indicate narcissistic personality disorder (Ronningstam, 2005).

In the present study, the grandiose and vulnerable characteristics of narcissism were considered as a personality characteristic rather than a psychopathological condition/pathological narcissism.

1.2.3. Grandiose and Vulnerable Narcissism

The difference between the pathological and normal dimensions of narcissism as well as the difference in the grandiose and vulnerable dimensions seems to be important for understanding the conceptualization. Different definitions in the literature show that narcissism can be considered as a multidimensional concept. In addition, while Akthar and Thomson (1982) addressed overt and covert narcissism, Dickinson and Pincus (2003) emphasized grandiose and vulnerable traits of narcissism. On the other hand, Wink (1991) is one of the theoreticians who firstly discussed the dimensions of narcissistic personality in two dimensions as grandiosity-exhibitionism (grandiose narcissism) and vulnerable-sensitivity (vulnerable narcissism). Grandiose narcissism is characterized by a pretentious self-image, an obvious tendency of exhibitionism and grandiosity, an arrogant self-assurance, an extreme desire to continue gaining the appreciation of others. On the contrary, vulnerable narcissism refers to vulnerability and sensitivity. Moreover, it is related to an overly busy mind with grandiosity fantasies, a fluctuation between superiority and inferiority feelings and a fragile self-confidence (Wink, 1991). Wink (1991) also stated that grandiose and vulnerable narcissism have similarities in terms of the sense of entitlement, arrogance, egocentrism, exploitation of others, giving particular importance to one's own needs, ignoring other people's needs and experiencing problems in interpersonal relations. According to Dickinson and Pincus (2003), individuals with grandiose and vulnerable narcissistic personality characteristics have repressive and over-intrusive styles in interpersonal relations. Moreover, it is stated that individuals scoring high on vulnerable narcissism are observed as being generally anxious and sensitive and they usually suffer from insecure feelings in intimate relationships. For this reason, they are more afraid of

being disappointed or rejected, and avoid social relations (Wink, 1991; Dickinson & Pincus, 2003; Pincus & Lukowitsky, 2010).

According to Wink, these two different dimensions correspond to the definitions of "overt" and "covert" narcissism. While overt narcissism is associated with big headed attitudes, a tendency of exaggerating the own self, and exploitative attitudes in their relationships with others, covert narcissism is characterized with over sensitiveness, low self-regard and the signs of vulnerability (Miller & Campbell, 2008). While people with grandiose characteristics generally ignore interpersonal problems, people with vulnerable characteristics reported high stress in interpersonal relationships (Dickinson & Pincus, 2003).

1.4. Relationship Satisfaction

Relationship satisfaction has been one of the most broadly studied concepts in literature in terms of romantic relationships such as marriage and intimate relationships. Numerous studies in the literature have indicated that a romantic relationship consists of many components, so it is difficult to define relationship satisfaction. One of the general definitions of a relationship satisfaction includes self-evaluation of one's thoughts and feelings about their relationships in terms of fulfilling the desire and feeling intimacy in the relationship (Fletcher, Simpson, & Thomas, 2000). Campbell (1976) defined this concept as a crucial factor in terms of happiness and subjective well-being of people. Likewise, Baumeister and Leary (1995) observed that high levels of relationship satisfaction indicated high levels of well-being. Moreover, Hawkins (1968) gave importance to the subjective feeling of happiness, pleasure and satisfaction concepts for being satisfied with a relationship. On the other hand, Sabatelli (1988) emphasized on the expectations between partners

and the relationship and also stated that a definition of relationship satisfaction derived from social exchange theory as "a product of an interaction between a partner's expectations and his or her partner's behavior" (p.217).

The studies above showed that relationship satisfaction also has an important role as a relational factor of romantic relationships and so, it was observed that people generally tend to evaluate their relationships. For this reason, this term has been generally measured with self-report instruments. Although there are many instruments to evaluate relationship satisfaction, because of the following need for a shorter and general instrument, in the present study, Relationship Assessment Scale (RAS) developed by Hendrick's (1988) was used to assess the participants' thoughts, feelings and behaviors about their relationship. Hendrick (1988) suggested a definition correlating with the following areas as how much satisfied feelings, thoughts, or behaviors related with sexual attitudes, confessed feelings of love, dependence/commitment issues, self-disclosure, and relationship investment within a relationship were met. Therefore, according to Hendrick's scale (RAS) relationship satisfaction is evaluated in terms of fulfilling expectations, how much feeling in love, the comparison with others, any problems in the relationships and any regrets about the relationship.

1.5. Early Maladaptive Schemas, Schema Domains and Narcissism

The Schema Theory has proposed a schema-focused conceptualization of narcissism. The Schema Therapy Model evaluates early adverse experiences in the treatment of personality disorders and suggests a system that addresses the underlying factors and developmental processes of these disorders. Young and his colleagues have stated the core early maladaptive schemas which were proposed as

underlying narcissism are entitlement/grandiosity (impaired limits domain), emotional deprivation (disconnection & rejection domain), and defectiveness (disconnection & rejection domain) (Young & Flanagan, 1998; Young, Klosko, & Weishaar, 2003). Additionally, other schemas frequently seen in individuals with narcissistic personality traits include mistrust/abuse, social isolation/alienation (disconnection & rejection domain), failure (impaired autonomy & performance domain), insufficient self-control/self-discipline (impaired limits domain), subjugation, approval seeking/recognition seeking (other directedness domain), unrelenting standards/hypercriticality and punitiveness (overvigilance & inhibition domain). It is observed that narcissistic individuals who mostly use overcompensation and avoidance coping styles are often unaware of their schemas (Young, Klosko & Weishaar, 2003).

The entitlement/grandiosity schema is one of the most important schemas underlying narcissism (Young, Klosko & Weishaar, 2003). "The entitlement schema is located within the impaired limits domain and is believed to manifest in behaviors such as insisting that one should be able to do or have whatever one wants with little regard for the welfare of other individuals." (Zeigler-Hill et al., 2011, p.97). The individual having entitlement schema believes that s/he has exclusive rights and privileges because they are more superior, special and talented than others. Therefore overly competitive, demanding and controlling behaviors with lack of empathy are often observed here (Young & Flanagan, 1998; Young, Klosko, & Weishaar, 2003). It is thought that the feelings related to entitlement schema are rooted in overly indulgent parenting with established almost no limits and rules for children or as a

compensation for the feelings of defectiveness that stem from cold and rejecting parenting (Young, Klosko & Weishaar, 2003).

According to Young and his colleagues (2013), narcissism is closely associated with the emotional deprivation located within disconnection domain. The individuals having this schema mostly feel alone and also feel like that there is nobody to understand them appropriately, to support them emotionally, to take care of them and to provide sufficient attention to them. For this reason, the feelings of emotional emptiness, disconnection, and loneliness in individuals with narcissistic personality traits are believed to be linked to their intense emotional deprivation (e.g. lack of parental nurturance, protection, empathy) in early childhood. Narcissistic individuals whose basic emotional needs were not met in early childhood want to have an intense interest, admiration, and acclaim from others to compensate for their emotional deprivation. It is observed that individuals who want to compensate this schema by being demanding also mostly have ungiving attitude in their interpersonal relationships. As a result, they feel deprived and feel mostly neglected and so they are often angry (Young & Klosko, 1994).

The defectiveness schema is also located within the disconnection domain. The individuals having the defectiveness schema generally feel like a bad, failing, worthless and lacking person. These individuals are mostly busy with the feelings of defectiveness. They are usually worried about feelings of shame which root in the individual believing that they are intrinsically flawed. Although these individuals long for an emotional connection, they usually hesitate to engage with other people because they are afraid that their defectiveness may appear in some way. They have a

great fear of being humiliated and exposed in intimate relationships. This situation is associated with the need for intimacy with others, but at the same time, the desire to move away from the feeling of defectiveness. On the other hand, they feel uncomfortable with intimacy because they worry that others will be unable or unwilling to satisfy their needs for emotional support. Moreover, they are highly sensitive to criticism and rejection and they often give defensive or aggressive reactions. They believe that any flaw is embarrassing and will cause rejection. Therefore, the defectiveness schema is thought to be the result of severely critical or rejecting parenting (Young & Klosko, 1994; Young, Klosko, & Weishaar, 2003). What's more, all grandiose attitudes, superiority feelings and high standards for gaining power and prestige are thought as an extreme compensation to the feelings of defectiveness and shame underlying in some fundamental manner. At the same time, the belief that individuals with defectiveness schema will be rejected and disliked by other people when their real self emerges is closely linked to vulnerable narcissism (Young, Klosko, & Weishaar, 2003).

Considering all of the above, it is suggested that these grandiose behaviors in narcissistic individuals emerge to compensate for the feelings of defectiveness and emotional deprivation. In other words, entitlement schema acts as overcompensation of the other two schemas and also as the part of the grandiose self (Young, Klosko & Weishaar, 2003). Young and his colleagues (2003) proposed that the narcissistic individuals have a state of tension between the senses of emotional deprivation (as craving contact) and defectiveness (as withdrawing from contact) which prevents to build stable intimate relationships. Therefore, narcissistic individuals frequently try to satisfy their emotional needs by self-aggrandizing ways and demanding of

attention (as entitlement). In addition, Young and Flanagan (1998) assumed that individuals having narcissistic personality often acquire an Unrelenting Standards schema to compensate the Defectiveness schema as a core schema of narcissism.

Although there are many studies on the relationship between personality disorders and early maladaptive schemas in the literature, the studies examining the relationships between grandiose and vulnerable narcissistic personality traits and schemas are rare. For instance, in a study of Zeigler-Hill and his colleagues (2011) examining the cognitive schemas underlying narcissism, both normal and pathological narcissism were found to be positively associated with the entitlement schema. In contrast to Young and his colleagues' thoughts, associations between narcissism and schemas reflecting emotional deprivation and defectiveness were found to be less consistent than expected. This result was explained with the tendencies of individuals having narcissistic personality characteristics to present themselves for being quite positive in their efforts of compensation and for taking themselves away from emotional experience. Within that study, the EMS mistrust/abuse, entitlement, self-sacrifice, unrelenting standards were found positively associated with grandiose/overt narcissism and the insufficient self-control schema was negatively associated with grandiose/overt narcissism. On the other hand, the EMS mistrust/abuse, subjugation, abandonment, and entitlement schemas were found positively associated with vulnerable/covert narcissism and dependence schema was found negatively associated. Thus, the EMSs entitlement and mistrust/abuse are found as common in both narcissism traits. This association can demonstrate that narcissism may act as a defensive reaction for narcissistic individuals feeling disconnected from others (Zeigler-Hill et al., 2011). According to

the results of another study conducted with non-clinical participants, there was a significant and positive relationship between narcissistic personality disorder symptoms and entitlement schema. Besides, a significant and negative association between narcissism and defectiveness/shame and self-sacrifice schemas was also found (Carr & Francis, 2010).

In the view of such theoretical information which demonstrated the association between early maladaptive schemas and narcissism, the present study firstly aims to empirically test and examine these predictions from a Turkish perspective.

1.6. Narcissism and Relationship Satisfaction

When the characteristics of the narcissism are considered, it is not an unexpected result for the individuals having narcissistic personality structure to have problems in their romantic relationship. The main influences of narcissism can be observed in the intimate relationships. Similarly, in the literature, narcissism is mostly mentioned together with a tendency to have a low relationship satisfaction (Campbell & Campbell, 2009; Brunell & Campbell, 2011).

According to the studies in the literature, it is obvious that individuals with narcissistic personality structure have difficulty in maintaining healthy interpersonal relationships. Studies indicated a negative association of narcissism to relationship satisfaction in the long term (Campbell & Campbell, 2009; Campbell, Foster & Finkel, 2002). In addition, low commitment and infidelity are usually observed in these romantic relationships. Therefore, these people are frequently not loyal to their partners (Campbell & Foster, 2002). Aggression is often obvious in their intimate

relationships when they perceive any threat to their self-esteem. According to Ye, Lam, Ma and Ng (2016), significant negative associations were found between narcissism and both self and partner reported relationship satisfaction and the effects of self-esteem in such relations. According to a study results, the higher scores of narcissism were correlated with the lower scores of relationship satisfaction in terms of the mediating role of the higher psychological aggression (Gewirtz-Meydan & Finzi-Dottan, 2017.) Additionally, Kernberg (2011) stated that people with narcissistic personality generally tend to idealize and devaluate their partners easily in order to gain narcissistic satisfaction. One of the great fears for them is becoming dependent from the romantic partner. Campbell (1999) stated that narcissistic people usually do not maintain relationships to meet their intimacy needs, they find people with high status attractive and they prefer partners who are full of admiration for them. They often do not attend the needs and desires of their partners but they just like to be admired by their partners. When their narcissistic needs and expectations are not met, they lose their interest to their partners quickly or when they reach the unattainable object, they become bored with the relationship easily (Kernberg, 2011). In Campbell and Campbell's study (2009), individuals with high levels of narcissism often tend to avoid deepening their interpersonal relationships and lack a desire for intimate relationships. Probably as a consequence, it is observed that they mostly stay away from close relationships or that they are unable to maintain intimate relationships.

Besides avoiding close relationships mentioned above, the studies showed that people having high narcissism scores are found to be selfish, having lack of respect, tolerance and lack of empathy in romantic relationships. Probably as a

consequence, individuals with such characteristics are perceived as having low emotion intimacy, love and trust (Brunell & Campbell, 2011; Campbell & Campbell, 2009). Moreover, the lack of trust can explain narcissistic individuals having interpersonal strategies like game-playing romantic styles. This game-playing style which is conceptualized with Ludus love style refers to unwillingness to partner dependence, interest to others, extradyadic sexual experience and deception (Campbell, Foster & Finkel, 2002). The individuals with grandiose narcissism reported that they involve themselves more in game-playing relationships. This game-playing pattern can serve to fulfill a need for feeling autonomy and power (Campbell & Foster, 2002; Campbell, Foster & Finkel, 2002). According to the study of Rohmann and her colleagues (2012), the results showed the differences of relationship patterns between grandiose and vulnerable narcissism. The individuals with grandiose narcissism frequently seek for attraction and seduction and so they are more prone to showing infidelity. They mostly focus on possible advantages gained from the intimate relationships. On the other hand, the individuals with vulnerable narcissism tend more to be in a sacrificing position and try to have romantic emotions with their partners. Moreover, it was stated that vulnerable narcissism plays more obvious role in intimate relationships because it was found to be linked with anxiety and anxiety-related interpersonal attitudes more than grandiose narcissism (Rohmann et al., 2012).

At the same time, many studies reported that there is positive association between the dual nature of narcissism and attachment anxiety. According to the results, while grandiose narcissism was linked to low attachment avoidance, vulnerable narcissism was positively associated with attachment anxiety (Rohmann

et al., 2012; Dickinson & Pincus, 2003; Smolewska & Dion, 2005). In a similar manner, Wink (1991) also explained that the association between avoidant attachment and grandiose/overt narcissism is linked to characteristics such as inflated self-views and ignoring the personal weaknesses. On the other hand, the relationship between vulnerable/covert narcissism and attachment anxiety was explained by sense of entitlement, self-centered interest and hypersensitivity to evaluations of others (Wink, 1991).

According to Dickinson and Pincus' study (2003) both the grandiose and the vulnerable narcissism are assumed to share a sense of entitlement and exploitative traits (Wink, 1991), but they differ in the way they manage self esteem. It was observed that while the difficulties of grandiose narcissistic individuals in interpersonal relations are not reflected in the measurements, vulnerable narcissistic individuals report a high level of sensibility in personal and interpersonal relationships (Dickinson & Pincus, 2003).

Considering all of the above, it can be expected that these assumptions will predict lower relationship satisfaction based on narcissism. Moreover, it has been observed that the studies are mostly based on the partner perception evaluating reports or on actor-partner dyadic data gained from couples. The present study is designed as a self-report study with the relationship satisfaction of the individuals having narcissistic personality structure.

1.7. Early Maladaptive Schemas and Relationship Satisfaction

According to Young's Schema Theory (1994), the development of EMSs is closely related to early life experiences and mostly shaped by unhealthy interactions

with family members. These enduring patterns may affect the interpersonal relationships and also relationship satisfaction later in life. These schemas, which are proposed to be as a consequence of early negative relationships with parents, may be a potential reason of the underlying problems, specifically in relation to romantic relationships. For example, emotional deprivation and defectiveness schemas (both in disconnection domain) are thought to negatively influence the individuals' capacity of experiencing intimacy, love and acceptance in their close relationships. EMSs reflect individual's dysfunctional views of self and others and they are shaped by early adverse interactions, therefore, they can affect the amount of satisfaction one gets from their romantic relationship (Young, Klosko & Weishaar, 2003).

In the literature, there are significant associations between EMSs rooted in negative experiences with parents in the childhood and romantic or marital relationship satisfaction in adulthood. For example, the results of Yiğit and Çelik's study (2016) demonstrated that for participants having a romantic relationship, relationship satisfaction was significantly and negatively predicted by disconnection schema domain. Similarly, in a study conducted with Turkish university students, disconnection domain predicted the relationship satisfaction as negative; impaired limits schema domain predicted it as positive (Güngör, 2015). The individuals having schemas within disconnection domain usually believe that some basic needs of theirs (e.g. love, care, stability, security, and belonging) will never be satisfied enough since these needs had not been satisfied enough in their childhood by primary caregivers. In addition, the individuals with the abandonment schema can be more prone to being watchful about the signs of rejection in relationships because they essentially believe that others will abandon them and they will be left by other people

emotionally alone (Rafaeli et al., 2013). In another study by Clifton (1995), Emotional deprivation and Defectiveness schemas were found negatively associated with partners' perception of intimacy, trust, and warmth. Similar results were obtained from Dumitrescu and Rusu's study (2012) that an increased level of early maladaptive schemas predicts a decreased level of couple satisfaction. Abandonment, Approval Seeking, Defectiveness, Dependence, Self-Sacrifice, Social Isolation, Subjugation, Negativity/Pessimism and Vulnerability to Harm or Illness schemas were found positively related to low relationship satisfaction (Dumitrescu & Rusu, 2012). As a result, it can be said that strict, resistant to change, dysfunctional and irrational structures of schemas have a negative impact on partners' behaviors, attitudes, and perceptions against each other and then relationship satisfaction (Dumitrescu & Rusu, 2012).

1.8. The Aim of the Study

The general aim of this study is to evaluate narcissism (grandiose & vulnerable) as a personality structure of our age through early maladaptive schemas proposed by the Schema Model, and also to examine these concepts through the concept of relationship satisfaction which is one of the most agenda-popular topics in therapy. The current study also aims to provide additional information about possible cognitive structures underlying narcissistic personality structure in terms of Turkish adaptation version of schema domains.

Early maladaptive schemas are mostly unrealized and at the depth of cognition. Therefore, these schemas mostly affect the functionality of individuals in a negative direction and also make people being more prone to have psychological problems like symptoms of personality disorders (Young, Klosko, & Weishaar,

2003). Young and Flanagan (1998) stated a schema-focused conceptualization of narcissistic personality disorder and addressed some mains schemas (entitlement/grandiosity, emotional deprivation, and defectiveness) underlying the development of narcissism. Additionally, Young's Schema Theory (1994) stated that the development of EMSs is associated with early adverse experiences. These cognitive schemas are mostly shaped by unhealthy interactions such as early interaction with parents that may be a potential reason underlying the problems in interpersonal relationships, especially romantic relationships. On the other hand, when considering the characteristics of narcissism, the main influences of narcissistic personality traits can be observed in intimate relationships. In the literature, narcissism is mostly mentioned together with low relationship satisfaction (Campbell & Campbell, 2009; Brunell & Campbell, 2011). McWilliams (1994) stated that some individuals with narcissistic personality structure generally suffer from narcissistic injuries in their intimate relationships. Therefore, they often demand psychotherapy because of relational problems instead of personal problems. Schema therapy model has proposed highly compatible psychotherapy for the narcissistic personality structure and the narcissistic personality disorder known as rigid and deep-rooted personality (Young, Klosko, & Weishaar, 2003). As a result, the awareness of individuals with narcissistic personality characteristics about their schemas is thought to be helpful in terms of increasing relationship satisfaction.

There has been a limited amount of study on the association between EMS domains relationship satisfaction and narcissistic personality. Therefore, the present study will investigate the relation between EMS domains and relationship

satisfaction in terms of the role of grandiose and vulnerable narcissism characteristics as mediators in a non-clinical context in Turkey.

The present study is considered to be important in terms of being the first study examining these three concepts (EMS domains, narcissistic personality traits, relationship satisfaction) together in a non-clinical Turkish sample. Therefore, the results of this study are expected to address significant and additional contributions to the literature in terms of clinical implications.

The present study aims:

(1) To test the correlations between schema domains, narcissistic personality traits (grandiose & vulnerable) and relationship satisfaction

(2) To evaluate if there is a mediating effect of narcissism traits on the relationship between early maladaptive schemas and relationship satisfaction.

The hypotheses are:

(1) All of five schema domains (Disconnection, Impaired Autonomy, Impaired Limits, Other Directedness and Unrelenting Standards) will be negatively correlated with relationship satisfaction.

(2) Grandiose and vulnerable narcissistic personality characteristics will be negatively correlated with relationship satisfaction.

(3) Grandiose narcissism will be moderately correlated with vulnerable narcissism.

(4) Five schema domains will be positively correlated with grandiose and vulnerable narcissism traits.

(5) Higher levels of grandiose narcissism will mediate the negative effects of EMS domains on relationships satisfaction.

(6) Higher levels of vulnerable narcissism will mediate the negative effects of EMS domains on relationships satisfaction.

CHAPTER 2

METHOD

2.1. Participants

355 participants participated in the study but 17 of them were eliminated from the data due to having missing values. Thus, the sample of the current study composed of 338 volunteer participants. There were 296 (%87.6) females and 42 (%12.4) males in the current study. To participate in the study, participants should have a current romantic relationship. Participants' age range was between 20 and 65 (M = 34.84, SD = 9.45). Participants who did not fulfill the participation criteria and leave the survey unfinished were excluded from the main data. The descriptive features of participants can be seen in detailed in Table 2.1.

Table 2.1.

Descriptive Features of Participants

Demographic Variables	N	%
Education Level		
Primary School	2	0.6
Secondary School	2	0.6
High School	12	3.6
Undergraduate	177	52.4
Grauate & Doctoral Degree	145	42.9
Marital Status		
Single	102	30.2
Married	236	69.8
Relationship Duration		
Since 0-1 months	6	1.8
Since 2-6 months	23	6.8
Since 7-12 months	29	8.6
More than 1 year	280	82.8

2.2. Materials

In this study, Informed Consent Form, Demographic Information Form, Narcissistic Personality Inventory (NPI), Hypersensitive Narcissism Scale (HSNS), Young Schema Questionnaire-Short Form-3 (YSQ-SF3), Relationship Assessment Scale (RAS) were completed by participants.

2.2.1. Demographic Information Form

The questions in this form were composed to obtain information about the participant's gender, age, education level, marital status and the duration of the relationship.

2.2.2. Young Schema Questionnaire-Short Form-3 (YSQ-SF3)

Young Schema Questionnaire was designed to investigate and evaluate EMSs and EMSs domains. The original form of Young Schema Scale composed of 205 items and measures 16 schemas (Young, 1990). A shorter form (YSQ-S2) consisting

of 75 items has been created to measure 15 schema areas. Then, A 90-item Young Scale Scale Short Form – 3 (YSQ-S3) was prepared by adding three more dimensions (Approval Seeking, Punishment and Pessimism) to this short form and 18 EMSs and 5 schema domains named as Impaired Autonomy and Performance, Impaired Limits, Disconnection and Rejection, Overvigilance and Inhibition and Other Directedness were obtained.

Soygüt, Karaosmanoğlu and Çakır (2009) conducted the Turkish adaptation study of YSQ-S3. The adapted Turkish form of the questionnaire consists of 14 definable factor structures and 5 schema domains as Disconnection, Impaired Autonomy, Impaired Limits, Unrelenting Standards and Other Directedness. It is a self-evaluative instrument with a 6-Likert type scale. Higher points represent higher schema appropriateness. It was found the Cronbach alpha values of the scale was changed between $\alpha = .63$ and .80 for schema domains and $\alpha = .53$ and .81 for schema dimensions (Soygüt, Karaosmanoğlu & Çakır, 2009). In the present study, the Cronbach alpha values were respectively .68 (Impaired Limits), .79 (Unrelenting Standards), .81(Other Directedness), .89 (Disconnection) and .91 (Impaired Autonomy) which are consistent with the original scale and the adaptation study.

When the original form and the Turkish adaptation study of YSQ-S3 were compared, there were few alterations in the Turkish form on the categorization of schema domains and schemas (see Tables 2. and 2.1.). In the Turkish version of YSQ-S3, the name of Overvigilance and Inhibition schema domain in the original form has changed to Unrelenting Standards (which is located as a sub-schema within Overvigilance and Inhibition domain in original form). Moreover, additional changes

have been observed in the Turkish form in terms of sub-schemas. Some sub-schemas are moved to under different schema domains unlike with original form (see Tables 2. and 2.1.). Thus, in the present study, the results will be examined through the categorization of the Turkish adapted version of early maladaptive schema domains and schemas.

2.2.3. Narcissistic Personality Inventory (NPI)

Narcissistic Personality Inventory (NPI) was used to evaluate grandiose narcissism. Raskin and Hall (1979) developed the original instrument and modified to the present format by Raskin and Terry (1988). The NPI is a self-report tool developed by DSM and it includes 40 binary-items. The scale detects narcissistic patterns and also measures individual differences in narcissism in non-clinical population.

The Turkish adaptation of NPI was done by Kızıltan (2000) and the Turkish version of the instrument contains 34 binary-items. High scores represent high potential of the narcissistic pathology. Internal consistency of the Turkish version of NPI was .84. In the present study, the Cronbach alpha value was found as .82 which is in consistence with the original scale and with the adaptation study.

2.2.4. Hypersensitive Narcissism Scale (HSNS)

Hypersensitive Narcissism Scale (HSNS) was developed by Hendin and Cheek (1997) in order to measure hypersensitive (vulnerable) aspect of narcissism. The original form of HSNS has 10 items with a 5-point Likert type. It is a self-report scale ranging from 1 (very uncharacteristic or untrue, strongly disagree) to 5 (very characteristic or true, strongly agree). The HSNS was developed through three

different studies and the Cronbach alpha values were found as .62, .72, .75, respectively (Hendin & Cheek, 1997). Thus, it was found a proper measurement to distinguish hypersensitive/vulnerable narcissism from grandiose narcissism.

The Turkish standardization study of the scale was done by Şengül et al. (2015) to assess and determine vulnerable narcissistic tendencies. Two items that were inconsistent with the factor structure were excluded from the Turkish version of the scale. Thus, the Turkish version consists of 8 items and only one factor as "hypersensitivity". High scores indicate an increase in the vulnerable narcissistic tendencies. The Cronbach alpha value was found as .66. In the present study, the Cronbach alpha value was found as .54 which is consistent with the original scale and with the adaptation study.

2.2.5. Relationship Assessment Scale (RAS)

Relationship Assessment Scale (RAS) was developed by Hendrick (1988). RAS was designed as a general measure of relationship satisfaction and it contains seven items without any subscale. Items 4 and 7 are reversely coded. The Cronbach alpha coefficient was found as .89 in the original form. Higher score obtained from RAS indicate that participant has higher levels of satisfaction in his/her relationship.

Curun (2001) conducted The Turkish adaptation study of RAS. The result of factor analysis indicated only one factor which represented 52% of the total variance. The Cronbach alpha coefficient of Curun's study (2001) was found as .86. In the present study, the Cronbach alpha value was found as .93 which is consistent with the original scale and with the adaptation study.

2.3. Procedure

The data was gathered through social media. The questionnaires were prepared with SurveyMonkey online platform. After the approval of Ethical committee of Bahçeşehir University, data gathering process has started. The study was announced through forums and social media by using a convenience sampling method. At the beginning of the study, participants were informed that participation is voluntary and informed consent form was provided. Participants have filled four questionnaires and the completion of these took approximately 25 minutes.

CHAPTER 3

RESULTS

Considering the observed relationships between the variables in this study, five mediation models were created. In order to test the hypotheses of the present study, several analyses were conducted by using IBM SPSS Statistics (version 23.0) through Hayes' (2013) PROCESS procedure for SPSS. According to the mediation model, the causal (independent) variable as schema domains (X), the mediators as grandiose and vulnerable narcissism (M), the outcome (dependent) variable as relationship satisfaction (Y) were determined. These models can be seen in Figure 1.

3.1. Data Analysis Plan

Prior to conducting main analysis, data was checked for possible missing values and the ones having missing values were eliminated from the data. 355 participants participated in the study, but 17 of them were excluded from the data. The data was also screened for possible outliers. There were no univariate and multivariate outliers. Thus, the analyses were run with 338 participants. In order to screen descriptive characteristics of measures, standard deviations, means, minimum and maximum ranges were computed for scales and sub-scales used in this study. All

of them can be seen in Table 2. Moreover, in order to determine the level of the associations between all variables used in the current study, Pearson correlation was conducted for following measures: Early Maladaptive Schemas assessed with subscales Disconnection, Impaired Autonomy, Impaired Limits, Unrelenting Standards, Other Directedness domains, Grandiose narcissism, Vulnerable Narcissism, Relationship Satisfaction (see Table 3.1.).

In order to test the main hypothesis, the mediation analysis was conducted by using Hayes' (2013) PROCESS methodology which is a regression-based approach by using a path analysis and also bootstrapping procedure to determine the total, direct and indirect effects of the mediation model. Thus, the present study aimed to test whether Grandiose and Vulnerable Narcissistic Personality Traits mediated the association between EMS domains and Relationship Satisfaction. In other words, it examines the total, direct and indirect effects of EMS domains as independent variable on Relationship Satisfaction as dependent variable via an established mediator (i.e. Grandiose and vulnerable narcissism). Confidence interval for scores was determined 95% through bootstrapping procedure with 5,000 sampling. According to the requirements of Hayes' (2013) model, ranges of confidence intervals must not include zero value in order to reach a significant mediation.

Table 3.1.

Descriptive Information for Measures

	N	Mean	SD	Range
Early Maladaptive Schemas				
Impaired Autonomy Domain	338	61,77	20,01	30-132
Disconnection Domain	338	47,20	15,44	23-100
Unrelenting Standards Domain	338	30,55	7,66	9-51
Impaired Limits Domain	338	23,79	6,03	9-40
Other Directedness Domain	338	38,64	9,19	11-62
Narcissistic Personality Traits				
Grandiose Narcissism	338	10,99	5,71	1-30
Vulnerable Narcissism	338	22,96	4,25	8-34
Relationship Satisfaction	338	37,40	9,40	7-49

3.2. Correlation Analysis between Groups of Variables

In order to examine the associations between variables, bivariate Pearson correlations were calculated. The results of the correlation analysis are presented in Table 4.

Impaired Autonomy schema domain was positively correlated with Disconnection ($r = .696$, $p < .05$), Unrelenting Standards ($r = .469$, $p < .01$), Impaired Limits ($r = .297$, $p < .01$), Other Directedness ($r = .491$, $p < .01$) schema domains and vulnerable narcissism ($r = .353$, $p < .01$) whereas it was negatively correlated with relationship satisfaction ($r = -.289$, $p < .01$).

Disconnection schema domain was positively correlated with Unrelenting Standards ($r = .331, p < .01$), Impaired Limits ($r = .344, p < .01$), Other Directedness ($r = .406, p < .01$) schema domains and vulnerable narcissism ($r = .380, p < .01$) whereas it was negatively correlated with relationship satisfaction ($r = -.416, p < .01$).

Unrelenting Standards schema domain was positively correlated with Impaired Limits ($r = .358, p < .01$), Other Directedness ($r = .458, p < .01$) schema domains and grandiose narcissism ($r = .453, p < .01$) vulnerable narcissism ($r = .453, p < .01$) whereas it was negatively correlated with relationship satisfaction ($r = -.132, p < .05$).

Impaired Limits schema domain was positively correlated with Other Directedness ($r = .143, p < .01$) schema domains and grandiose narcissism ($r = .332, p < .01$) vulnerable narcissism ($r = .328, p < .01$).

Other Directedness schema domain was positively correlated with vulnerable narcissism ($r = .223, p < .01$) whereas it was negatively correlated with relationship satisfaction ($r = -264, p < .01$).

Grandiose narcissism was positively correlated with vulnerable narcissism ($r = .243, p < .01$). Vulnerable narcissism was negatively correlated with relationship satisfaction ($r = -152, p < .01$).

Table 3.2.

Correlations among the variables

	1	2	3	4	5	6	7	8
1. Impaired Autonomy	1							
2. Disconnection	.696**	1						
3. Unrelenting Standards	.469**	.331**	1					
4. Impaired Limits	.297**	.344**	.358**	1				
5. Other Directedness	.491**	.406**	.458**	.143**	1			
6. Grandiose Narcissism	-.090	-.074	.453**	.332**	-.018	1		
7. Vulnerable Narcissism	.353**	.380**	.459**	.328**	.233**	.243**	1	
8. Relationship Satisfaction	-.289**	-.416**	-.132*	-.069	-.264**	-.017	-.152**	1

3.3. Testing Mediation Effect

In order to evaluate the mediating role of Grandiose and Vulnerable Narcissistic Personality among Early Maladaptive Schema Domains and Relationship Satisfaction, The Parallel Multiple Mediator Analysis by PROCESS (Hayes, 2013) was used in the present study. Confidence interval for scores was determined 95% through bootstrapping procedure with 5,000 sampling.

In the current mediation analyses, EMS Domains (Disconnection, Impaired Autonomy, Impaired Limits, Unrelenting Standards, Other Directedness) are considered as independent (predictor) variables, narcissistic personality structure (grandiose and vulnerable narcissism) used as mediator variables and relationship satisfaction was taken as dependent (criterion) variable.

According to five schema domains, five different mediation analyses were conducted. Grandiose and vulnerable narcissism were examined as parallel mediators via Hayes' procedure (PROCESS) for multiple mediation analysis according to Model 4 (See Figure 1.1.).

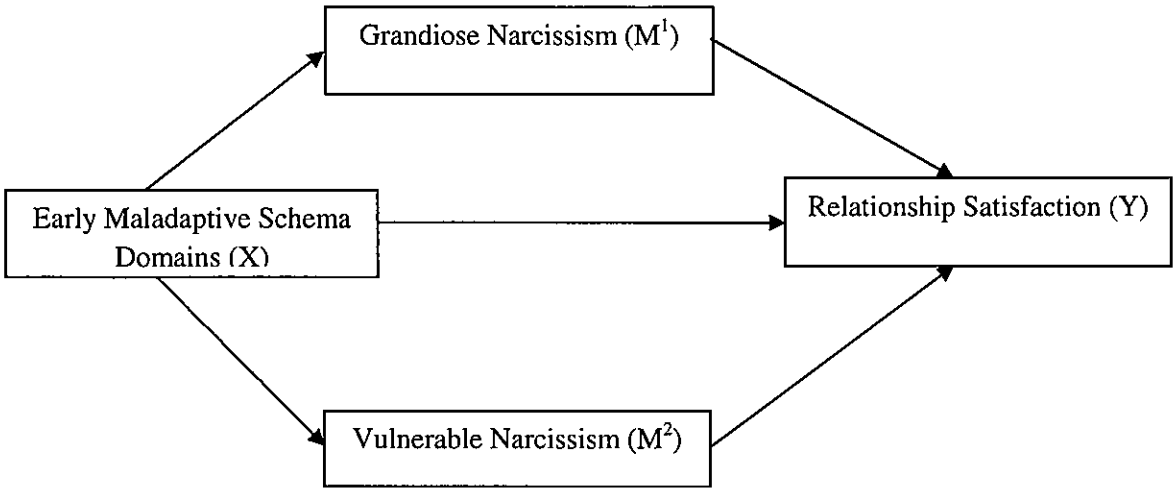

Figure 1.1. Mediation Model of the current study proposed possible Indirect Effect of Early Maladaptive Schema Domains on Relationship Satisfaction, through Grandiose and Vulnerable Narcissism.

The first mediation model included Impaired Autonomy Domain as the independent variable, Relationship Satisfaction as the dependent variable, and the two mediators (Grandiose & Vulnerable Narcissism). The results demonstrated a significant model, F (3, 334) = 10.63, p <.001, R^2 = .09. The total effect of Impaired Autonomy Domain on Relationship Satisfaction was significant, [B = -.14, SE= .02, p <.001, R^2 = .08].

In terms of the relationship between independent and dependent variables, there was a significant direct effect of the Impaired Autonomy domain on Relationship Satisfaction, [B = -.13, SE= .03, p <.001; R^2 = .09].

Regarding the relationship among the independent variable and possible mediator variables, that there was no significant direct effect of the Impaired Autonomy domain on Grandiose Narcissism (M^1), [B = -.03, SE= .02, p > .05, R^2 = .01]. In addition, the direct effect of the Impaired Autonomy domain on Vulnerable Narcissism (M^2) was significant, [B = .07, SE= .01, p <.001; R^2 = .12].

The results according to the relationship between mediator variables and dependent variable showed that there were no significant direct effects of the Grandiose Narcissism on Relationship Satisfaction [B = -.05, SE= .09, p >.05, R^2 = .09] and Vulnerable Narcissism on Relationship Satisfaction [B = -.10, SE= .13, p >.05, R^2 = .09].

According to the mediational model, the effect on mediating variable demonstrated that Impaired Autonomy domain had no significant indirect effect on Relationship Satisfaction through Grandiose Narcissism (B = .001, SE= .003, 95% CI [-.00, .01]) and Vulnerable Narcissism (B = -.01, SE= .01, 95% CI [-.03, .01]) The second mediation model included Disconnection Domain as the independent variable, Relationship Satisfaction as the dependent variable, and the two mediators (Grandiose & Vulnerable Narcissism). The results demonstrated a significant model,

F (3, 334) = 23.76, p <.001, R^2 = .18. The total effect of Disconnection Domain on Relationship Satisfaction was significant, [B = -.25, SE= .03, p <.001, R^2 = .17].

In terms of the relationship between independent and dependent variables, there was a significant direct effect of Disconnection domain on Relationship Satisfaction, [B = -.26, SE= .03, p <.001; R^2 = .18].

Regarding the relationship among the independent variable and possible mediator variables, that there was no significant direct effect of Disconnection domain on Grandiose Narcissism (M^1), [B = -.03, SE= .02, p > .05, R^2 = .01]. In addition, the direct effect of Disconnection domain on Vulnerable Narcissism (M^2) was significant, [B = .10, SE= .01, p <.001; R^2 = .14].

The results according to the relationship between mediator variables and dependent variable showed that there were no significant direct effects of the Grandiose Narcissism on Relationship Satisfaction [B = -.09, SE= .09, p >.05, R^2 = .18] and Vulnerable Narcissism on Relationship Satisfaction [B = .06, SE= .12, p >.05, R^2 = .18].

According to the mediational model, the effect on mediating variable demonstrated that Impaired Autonomy domain had no significant indirect effect on

Relationship Satisfaction through Grandiose Narcissism (B = .00, SE= .00, 95% CI [-.00, .01]) and Vulnerable Narcissism (B = .01, SE= .02, 95% CI [-.02, .04]).

The third mediation model included Unrelenting Standards Domain as the independent variable, Relationship Satisfaction as the dependent variable, and the two mediators (Grandiose & Vulnerable Narcissism). The results demonstrated a significant model, F (3, 334) = 3.53, p <.05, R^2 = .03. The total effect of Unrelenting Standards Domain on Relationship Satisfaction was significant, [B = -.16, SE= .07, p <.05, R^2 = .02].

In terms of the relationship between independent and dependent variables, there was a significant direct effect of Unrelenting Standards Domain on Relationship Satisfaction, [B = -.13, SE= .08, p <.001; R^2 = .03].

Regarding the relationship among the independent variable and possible mediator variables, that there was a significant direct effect of Unrelenting Standards Domain on Grandiose Narcissism (M^1), [B = .34, SE= .04, p <.001, R^2 = .21]. In addition, the direct effect of Unrelenting Standards Domain on Vulnerable Narcissism (M^2) was significant, [B = .25, SE= .03, p <.001; R^2 = .21].

The results according to the relationship between mediator variables and dependent variable showed that there were no significant direct effects of the Grandiose Narcissism on Relationship Satisfaction [B = .10, SE= .10, p >.05, R^2 = .03] and Vulnerable Narcissism on Relationship Satisfaction [B = -.26, SE= .13, p >.05, R^2 = .03].

According to the mediational model, the effect on mediating variable demonstrated that Unrelenting Standards Domain had no significant indirect effect on Relationship Satisfaction through Grandiose Narcissism (B = .03, SE= .04, 95% CI [-.04, .11]) and Vulnerable Narcissism (B = -.07, SE= .04, 95% CI [-.15, .00]).

The fourth mediation model included Other Directedness Domain as the independent variable, Relationship Satisfaction as the dependent variable, and the two mediators (Grandiose & Vulnerable Narcissism). The results demonstrated a significant model, F (3, 334) = 9.48, p <.001, R^2 = .08. The total effect of Other Directedness Domain on Relationship Satisfaction was significant, [B = -.27, SE= .05, p <.001, R^2 = .07].

In terms of the relationship between independent and dependent variables, there was a significant direct effect of Other Directedness domain on Relationship Satisfaction, [B = -.25, SE= .06, p <.001; R^2 = .08].

Regarding the relationship among the independent variable and possible mediator variables, that there was no significant direct effect of Other Directedness domain on Grandiose Narcissism (M^1), [B = -.01, SE= .03, p > .05, R^2 = .00]. In addition, the direct effect of Other Directedness domain on Vulnerable Narcissism (M^2) was significant, [B = .11, SE= .02, p <.001; R^2 = .05].

The results according to the relationship between mediator variables and dependent variable showed that there were no significant direct effects of the Grandiose Narcissism on Relationship Satisfaction [B = .00, SE= .09, p >.05, R^2 =

.08] and Vulnerable Narcissism on Relationship Satisfaction [B = -.21, SE= .12, p >.05, R^2 = .08].

According to the mediational model, the effect on mediating variable demonstrated that Other Directedness domain had no significant indirect effect on Relationship Satisfaction through Grandiose Narcissism (B = .00, SE= .00 (,0037 idi), 95% CI [-.01, .01]) and Vulnerable Narcissism (B = -.02, SE= .02, 95% CI [-.06, .01]).

The fifth and final mediation model included Impaired Limits Domain as the independent variable, Relationship Satisfaction as the dependent variable, and the two mediators (Grandiose & Vulnerable Narcissism). The results demonstrated a significant model, F (3, 334) = 2.75, p <.05, R^2 = .02. The total effect of Impaired Limits Domain on Relationship Satisfaction was not significant, [B = -.11, SE= .08, p >.05, R^2 = .00].

In terms of the relationship between independent and dependent variables, there was no significant direct effect of Impaired Limits Domain on Relationship Satisfaction, [B = -.05, SE= .09, p >.05, R^2 = .02].

Regarding the relationship among the independent variable and possible mediator variables, that there was a significant direct effect of Impaired Limits Domain on Grandiose Narcissism (M^1), [B = .30, SE= .05, p <.001, R^2 = .00]. In addition, the direct effect of Impaired Limits Domain on Vulnerable Narcissism (M^2) was significant, [B = .23, SE= .04, p <.001, R^2 = .11].

The results according to the relationship between mediator variables and dependent variable showed that there was no significant direct effect of the Grandiose Narcissism on Relationship Satisfaction [B = .05, SE= .10, p >.05, R^2 = .02]. In addition, there was a significant direct effect of Vulnerable Narcissism on Relationship Satisfaction [B = -.33, SE= .13, p <.05, R^2 = .02].

According to the mediational model, the effect on mediating variable demonstrated that Impaired Limits Domain did not have a significant indirect effect on Relationship Satisfaction through Grandiose Narcissism (B = .00, SE= .03, 95% CI [-.05, .08]). In addition, Impaired Limits Domain had a significant indirect effect on Relationship Satisfaction through Vulnerable Narcissism (B = -.08, SE= .04, 95% CI [-.15, -.01]). This is an indirect-only mediation according to Zhao, Lynch Jr. and Chen (2010). No other significant effects were found by Impaired Limits schema domain on Relationship Satisfaction.

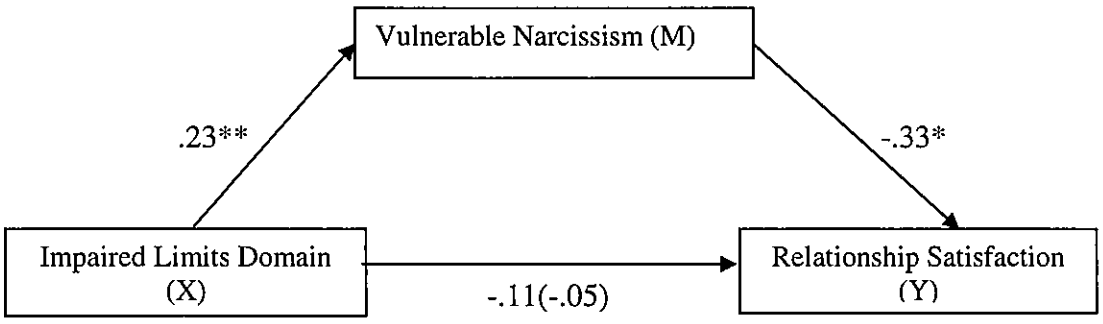

Figure 1.2. Mediation Model of Indirect Effect of Impaired Limits Domain on Relationship Satisfaction, through Vulnerable Narcissism. p < .05*, p <.001**

Table 3.3.

Results of Total and Direct Effects of Early Maladaptive Schema Domains on Relationship Satisfaction

	Coefficient	SE	P	BC Bootstrap 95% CI	
				Upper	Lower
Total Effect of IVs on Relationship Satisfaction					
Impaired Autonomy	-.14	.02	.00		
Disconnection	-.25	.03	.00		
Unrelenting Standard	-.16	.07	.02		
Other Directedness	-.27	.05	.00		
Impaired Limits	-.11	.08	.21		
Direct Effect of IV on Relationship Satisfaction					
Impaired Autonomy	-.13	.09	.00		
Disconnection	-.26	.03	.00		
Unrelenting Standards	-.13	.08	.11		
Other Directedness	-.25	.06	.00		
Impaired Limits	-.05	.09	.62		

Table 3.4.

Results of the Mediation of Early Maladaptive Schema Domains on Relationship Satisfaction through Grandiose and Vulnerable Narcissism

	Coefficient	SE	P	BC Bootstrap 95% CI	
Indirect Effect of Impaired Autonomy on Relationship Satisfaction through Narcissism					
Grandiose Narcissism	.00	.00		-.00	.01
Vulnerable Narcissism	-.01	.01		-.03	.01
Indirect Effect of Disconnection on Relationship Satisfaction through Narcissism					
Grandiose Narcissism	.00	.00		-.00	.01
Vulnerable Narcissism	.04	.03		-.02	.04
Indirect Effect of Unrelenting Standards on Relationship Satisfaction through Narcissism					
Grandiose Narcissism	.03	.04		-.04	.11
Vulnerable Narcissism	-.07	.04		-.15	.00
Indirect Effect of Other Directedness on Relationship Satisfaction through Narcissism					
Grandiose Narcissism	.00	.00		-.01	.01
Vulnerable Narcissism	-.02	.02		-.06	.01
Indirect Effect of Impaired Limits on Relationship Satisfaction through Narcissism					
Grandiose Narcissism	.01	.03		-.05	.08
Vulnerable Narcissism	-.08	.04		-.15	-.01

CHAPTER 4

DISCUSSION

The aim of this study was to examine the relationships between EMS domains and relationship satisfaction, and the potential mediating role of grandiose and vulnerable narcissistic personality characteristics in this relationship. In this chapter, the findings of this study were discussed comparatively with the relevant studies in the literature.

4.1. Interpretation of Data Analyses

4.1.1. Evaluation of Correlation Analyses

One of the main aims of this study was to examine the correlational relationships among EMS domains, narcissistic personality characteristics (grandiose & vulnerable) and relationship satisfaction. According to our hypotheses, it was expected to find significant correlations among schema domains (IVs), grandiose and vulnerable narcissism (mediator variables), and relationship satisfaction (DV) of this study.

Firstly, it was expected to find all of five schema domains (disconnection, impaired autonomy, impaired limits, unrelenting standards, other directedness) to be negatively correlated with relationship satisfaction. As expected, the results of correlation analyses showed that disconnection, impaired autonomy, other directedness and unrelenting standards domains negatively correlated with relationship satisfaction. This means that an increase in the level of these EMSs was linked with a decrease in relationship satisfaction. This finding is also congruent with previous studies. In addition, common EMSs and domains as emotional deprivation, defectiveness and abandonment schemas located within disconnection domain (Young, Klosko & Weishaar, 2003; Rafaeli, Bernstein & Young, 2011), disconnection schema domain (Yiğit & Çelik, 2016; Güngör, 2015) were found to be related to low relationship satisfaction. Moreover, in the Dumitrescu and Rusu's study (2012), disconnection, impaired autonomy, other-directedness and overvigilance and inhibition (renamed as unrelenting standards schema domain in Turkish form) schema domains were found to be associated with low relationship satisfaction. As expected, EMSs which have a strict, resistant to change, dysfunctional and irrational structure had a negative effect on interpersonal relationships in terms of satisfaction. Considering of the characteristics of EMS domains, it can be said that the negative impacts of EMSs can be observed especially in romantic relationships. Moreover, EMSs which are thought to be mostly shaped by unhealthy interactions with parents in early childhood can also be carried to later adult relationships.

In addition, the individuals having schemas in disconnection domain think that they will never be met their basic needs (security, stability, care, love and

belonging) since these needs had not been met by primary caregivers in early childhood. Therefore, they do not experience enough intimacy, love, trust and warmth in their intimate relationships. For this reason, they usually have difficulties about security and maintaining the relationships (Young, Klosko & Weishaar, 2003). All of them can be thought as indicators of low relationship satisfaction related to disconnection domain in the present study.

In addition, the individuals having schemas in impaired autonomy domain suppose that they cannot act independently as an adult. They usually have overprotective or totally uninterested parents. Therefore, they cannot build their own identities and cannot function in their own lives. It can be said that they generally remain as children, so they may have great difficulties in taking responsibility for a relationship in adult life. Thus, these characteristics of impaired autonomy domain can be a reason to feel unsatisfied with their romantic relationships in this study.

In addition, the individuals with EMSs in unrelenting standards domain usually suppress their spontaneous emotions and drives. They generally have strict and internalized rules about their own lives. Furthermore, they try to follow these rules at the cost of experiencing self-expression, happiness, spontaneity or pleasure from intimate relationships. They are mostly cared about self-control and self-sacrifice in their close relationships because of early adverse relational experiences with their parents (Young, Klosko & Weishaar, 2003). Considering Schema Theory (Young, Klosko & Weishaar, 2003) suggestions, these attitudes may have been carried on romantic relationships in adulthood. Therefore, these characteristics of

unrelenting standards domain can be a reason to feel unsatisfied with their romantic relationships in this study.

In addition, the individuals with EMSs in other directedness domain are extremely focused on other's needs and ignore their own needs to gain acceptance, to maintain the emotional bond and to avoid a possible negative reaction. For this reason, they are mostly lack of any awareness about their choices and feeling of anger (Young, Klosko & Weishaar, 2003). In this study, they may have reflected this feeling of anger which they are unaware and cannot be express to their partners. Therefore, all these characteristics of other directedness domain may be reflected as the low relationship in the current study.

Moreover, there was no significant correlation between impaired limits domain and relationship satisfaction. This may be rooted in the characteristics of impaired limits domain. The individuals with EMSs in impaired limits domain are not able to form necessary internal limits in terms of self-discipline and reciprocity. They are often referred to as selfish, irresponsible and narcissistic. Moreover, they are not respectful of others' rights and not collaborative with others (Young, Klosko & Weishaar, 2003). Therefore, they may not be interested in their relationships and satisfaction gained from it. Because they may be extremely busy with themselves or they may be not cared and/or aware of potential dissatisfaction of their relationships. Similar to narcissistic personality characteristics, they may have wanted to show themselves and their relationships as positive. For these reasons, the expected dissatisfaction may not be reflected in the results.

Secondly, it was expected to find that while vulnerable narcissistic personality structure to be negatively correlated with relationship satisfaction, grandiose narcissistic personality structure not to be correlated. The correlation analyses showed that whereas vulnerable narcissism negatively correlated with relationship satisfaction, no significant correlation was found between grandiose narcissism and relationship satisfaction. This finding is also congruent with previous studies (e.g. Rohmann et al., (2012), Dickinson & Pincus, 2003). This means that an increase in the level of vulnerable narcissism was linked with a decrease at relationship satisfaction. In accordance with the literature, a low relationship satisfaction associated with vulnerable narcissistic personality characteristic was observed (Rohmann et al., 2012; Dickinson & Pincus, 2003). This negative association is thought to be related to the characteristics of vulnerable narcissism. Individuals with vulnerable narcissistic personality characteristics are usually more prone to have anxiety-related interpersonal attitudes more than grandiose narcissistic personalities (Rohmann et al., 2012). Additionally, vulnerable narcissistic personalities were found as highly sensible in terms of personal issues and interpersonal relationships (Dickinson & Pincus, 2003).

On the other hand, lack of correlation between grandiose narcissism and relationship indicated the difference between the dual nature of narcissism in terms of relationship satisfaction. As expected, the potential negative effect of grandiose narcissistic personality characteristic was not reflected on the scores of the relationship satisfaction. Possible reasons can be thought as Dickinson and Pincus (2003) stated, while individuals with grandiose narcissistic personality do not reflect the problems in their close relationships to the measurements, individuals with

vulnerable narcissistic personality have a higher sensitivity to interpersonal relationships. This difference is thought to be due to the differences in the way of managing self-esteem between grandiose and vulnerable narcissistic personalities. In addition, according to Rohmann and her colleagues' study (2012), while grandiose narcissism was found as associated with low attachment avoidance, vulnerable narcissism found positively associated with attachment anxiety. Wink (1991) explained these associations the different characteristics of the dual nature of narcissism (see further discussion 4.1.2.).

Regarding the explanations above, it was thought that the individuals with grandiose narcissistic personality characteristics may have not reflected the dissatisfaction in their relationships to the results since they usually tend to ignore the problems. They also may have wanted to present themselves more positive and more powerful. They generally believe that having any problems with their lives refer to their weaknesses (Wink, 1991). It was thought that the result of this study may have been affected by these potential reasons.

Thirdly, it was expected to find grandiose narcissism to be moderately correlated with vulnerable narcissism. The correlation analyses showed that grandiose narcissism positively and moderately correlated with vulnerable narcissism. This means that an increase in the level of grandiose narcissism was linked with a decrease at vulnerable narcissism. This finding is also congruent with previous studies. As expected, grandiose and vulnerable narcissistic personality structures share some similar characteristics in terms of the sense of entitlement,

arrogance, egocentrism, exploitative attitudes to others. Both narcissistic personality characteristics are similar in terms of giving particular importance to one's own needs and ignoring other people's needs. Therefore, they usually experience problems in interpersonal relationships (Wink, 1991; Dickinson & Pincus, 2003).

Fourthly, it was expected to find five schema domains to be positively correlated with grandiose and vulnerable narcissism. The correlation analyses showed that all five schema domains positively correlated with vulnerable narcissism. This finding means that an increase in the level of five schema domains was linked with an increase at vulnerable narcissism. On the other hand, unrelenting standards and impaired limits domains positively correlated with grandiose narcissism. This means that an increase in the level of impaired autonomy and unrelenting standards domains was linked with an increase at grandiose narcissism. It is noteworthy that the unrelenting standards schema domain had the highest relationships with both grandiose and vulnerable narcissistic personality characteristics. According to Young and Flanagan (1998), the individuals with a narcissistic personality often had an unrelenting standards schema to compensate the defectiveness and emotional deprivation schemas which are ones of the core schemas of narcissism. Schema Therapy model stated that the main early maladaptive schemas (entitlement/grandiosity, emotional deprivation, defectiveness) which were proposed as underlying narcissism are located within impaired limits domain, disconnection and rejection domain (Young & Flanagan, 1998; Young, Klosko, & Weishaar, 2003). Additionally, a number of secondary schemas (mistrust/abuse, social isolation/alienation, approval seeking/recognition seeking, failure, insufficient self-control/self-discipline, unrelenting standards/hypercriticality, subjugation and

punitiveness) which were frequently observed in individuals with narcissistic personality characteristics located within other directedness, impaired autonomy and performance, impaired limits, overvigilance and inhibition domains (unrelenting standards domain in Turkish form), disconnection and rejection (Young, Klosko, & Weishaar, 2003). Thus, it can be said that the findings of the present study are congruent with previous studies.

In a study of Zeigler-Hill and his colleagues (2011) examining EMSs underlying grandiose and vulnerable narcissism, unrelenting standards domain was found positively associated with grandiose/overt narcissism, and the overvigilance and inhibition domain (unrelenting standards schema domain in Turkish form) was negatively associated with grandiose/overt narcissism. Furthermore, the EMSs located within impaired limits, disconnection and rejection and other directedness domains were found positively associated with vulnerable/covert narcissism and dependence schema (located within impaired autonomy domain) was found negatively associated. Thus, the EMSs located within impaired limits, and disconnection domains are found as common in both narcissistic personality characteristics in this study. In the current study, unrelenting standards and impaired limits domains were found common for both narcissistic personality characteristics. According to Young and Flanagan (1998), people having narcissistic personality characteristics usually acquire the unrelenting standards schema in order to compensate for the core defectiveness schema of narcissism. As suggested in the literature, unrelenting standards schema which indicates to the narcissistic tendency may be acting as an over-compensation strategy against the sense of defectiveness in this study. In other words, these individuals usually set themselves very high

internalized standards and they make great effort to achieve these perfectionistic goals. Moreover, impaired limits domain which was found as another common domain associated with narcissistic personality characteristics may indicate the common characteristics of the dual nature of narcissism. For instance, entitlement/grandiosity, insufficient self-control and having difficulties in respecting to others' rights are the common characteristics for both grandiose and vulnerable narcissistic personality structures. In addition to common characteristics, some common parental attitudes (e.g. overly permissive, tolerant or rigid, oppressive, perfectionist and normative parenting style) may have indicated to these findings.

In the present study, only impaired limits and unrelenting standards domains were found as positively correlated with grandiose narcissism. In addition to previous explanations about these domains and narcissistic personality characteristics, entitlement/grandiosity, insufficient self-control and unrelenting standards, approval seeking schemas may be matched with the grandiose narcissistic personality characteristics. Therefore, this result may have been achieved. This finding was also congruent with the studies in the literature. In addition, Young and Flanagan (1998) proposed that overt narcissism is related to the core entitlement schema and the secondary approval seeking, unrelenting standards schemas (Young &Flanagan, 1998).

In the present study, all of 5 schema domains were found positively associated with vulnerable narcissism. As distinct from grandiose narcissistic personality characteristics, this result can be explained through some characteristics

of vulnerable narcissism such as oversensitiveness, the signs of vulnerability and low-self regard. Additionally, the association between other directedness schema domain and vulnerable narcissism may be rooted in the hypersensitivity to others' interpretations and criticism (Wink, 1991) which is one of the characteristics of vulnerable narcissism. On the other hand, individuals with vulnerable narcissistic personality are mostly busy about gaining approval and admiration from others (Dickinson & Pincus, 2003). Considering the sensitivity of vulnerable narcissistic personalities to criticism and failure, it can be said that these individuals set high standards for themselves. This can be explained the association between vulnerable narcissism and unrelenting standards domain in this study. Moreover, in the present study, the relationship between vulnerable narcissism and impaired autonomy can be explained by vulnerable narcissistic personalities having high levels of sensitivity and reactivity about interpersonal relationships (Zeigler-Hill et al., 2011). Therefore, as stated by Dickinson and Pincus (2003), they may have reported high stress in interpersonal relationships. The relationship between vulnerable narcissism and disconnection domain can be explained by the sense of defectiveness and the feeling of shame (Young, Klosko & Weishaar, 2003). The individuals with vulnerable narcissistic personality characteristics mostly believe that when their real self (they believed that it is full of defects) emerged, they will be rejected and disliked by others. In order to compensate for the anxiety of encountering any flaw, they mostly develop grandiose and aggressive attitudes (Young, Klosko & Weishaar, 2003). Therefore, the relationship between vulnerable narcissism and impaired limits domain can be explained by grandiosity fantasies (entitlement), the fluctuation between superiority and inferiority feelings and fragile self-confidence in people with vulnerable narcissistic personality characteristics (Wink, 1991).

Consequently, besides addressing some similarities, the results of the current study revealed some significant differences between grandiose and vulnerable narcissistic personality characteristics in terms of having different cognitive and relational patterns.

4.1.2. Evaluation of Mediation Analyses

In order to examine the mediating roles of grandiose and vulnerable narcissistic personality characteristics, five different mediation models were created in the present study. The results showed that only one mediation model was found significant and that significant model included impaired limits (IV), relationship satisfaction (DV) and grandiose and vulnerable personality characteristics (parallel mediator variables). According to the results, although the presence of the mediators reduced the power of the relationship between impaired limits, relationship satisfaction, no significant direct and total effects were found between two variables. People with EMSs located within impaired limits domain are characterized by narcissistic, selfish and irresponsible. Similar to narcissistic personalities, they are not able to respect others' right and to collaborate with others since they can not develop some necessary inner limits, self-discipline and the reciprocity in interpersonal relationships. Therefore, as observed in individuals with a narcissistic personality, they may not care about the problems in the relationship or they may tend to show themselves overly positive. Considering these reasons, these nonsignificant relations can be explained by the fact that a potential dissatisfaction in their romantic relationships may not be reflected in the results.

According to this model, the vulnerable narcissistic personality characteristic was a significant mediator between impaired limits and relationship satisfaction. In other words, vulnerable narcissism fully mediated the relationship between EMSs located within impaired limits domain and relationship satisfaction. According to significant associations of the mediation model, impaired limits domain was correlated with relationship satisfaction through vulnerable narcissistic personality characteristics. This finding is also congruent with previous studies. As expected, vulnerable narcissism personality characteristics were found associated with impaired limits domain which contains entitlement and insufficient self-control EMSs. The sense of entitlement which is one of the common EMSs seen in grandiose and vulnerable narcissism proposed as one of the core EMSs underlying narcissistic personality structure (Young, Klosko &Weishaar, 2003). In the present study, as expected, both grandiose and vulnerable narcissism was found positively associated with impaired limits domain. On the other hand, it was found that these narcissistic personality characteristics were differentiated in terms of the associations with relationship satisfaction. Vulnerable narcissism was negatively associated with relationship satisfaction whereas grandiose narcissism had no significant association with it. In addition, vulnerable narcissism was found as a significant mediator between impaired limits domain and relationship satisfaction whereas grandiose narcissism was not another significant mediator on this relationship. These differences may have rooted in the different characteristics of grandiose and vulnerable narcissistic personality characteristics. According to Dickinson and Pincus (2003), both grandiose and vulnerable narcissistic personalities have the cognition of entitlement but they differ in terms of managing styles of their self-confidence. Correspondingly, while the difficulties of grandiose narcissistic

individuals in interpersonal relationships are not mostly reflected in the measurements, vulnerable narcissistic individuals usually report high levels of hypersensitivity in their interpersonal relations (Dickinson & Pincus, 2003). Moreover, entitlement schema is stated to be an overcompensation for emotional deprivation and defectiveness schemas (other core EMSs underlying narcissism) seen as part of the grandiose self (Young, Klosko &Weishaar, 2003). It is noteworthy that individuals with narcissistic personality characteristics feel uncomfortable when they engage in such intimacy in interpersonal relations, even though they desire to be close to other people. Thus, it can be said that they are mostly in two minds about intimacy. This situation which can be explained by the tension between emotional deprivation and defectiveness schemas prevents individuals with narcissistic personality traits from establishing lasting and intimate relationships (Young, Klosko &Weishaar, 2003). It is thought that all of these can affect their satisfaction level in their relationships. Considering their coping styles (overcompensation and avoidance), it can be thought that the individuals having grandiose narcissistic personality may not be aware of their schemas (Young, Klosko &Weishaar, 2003). Moreover, in these individuals, tendency of showing themselves as highly positive, their overcompensating efforts and their avoiding from emotional experiences can be effective in the results of the current study. On the other hand, the individuals with vulnerable narcissistic personality generally are more sensitive and they mostly feel anxious. They have difficulty about their insecure feelings and their feelings usually combined with grandiose fantasies. Thus, whereas vulnerable narcissism may have shared the similarity with grandiose narcissism on having a significant relationship with impaired limits domain, vulnerable narcissism may have become different from grandiose narcissism in terms of relationship satisfaction for these above reasons.

As a result, the negative impacts of impaired limits domain on relationship satisfaction through vulnerable narcissism showed that having EMSs located within impaired limits domain may have decreased the level of satisfaction gained from the romantic relationship. In addition, it was observed that vulnerable narcissistic personality characteristics had a mediating role in this decrease. This means that the individuals having EMSs of impaired limits domain who have a sense of entitlement and insufficient self-control may feel dissatisfied in their intimate relationships. In the present study results, this made a difference in the link between impaired limits domain and relationship satisfaction that whether these individuals having vulnerable narcissistic personality characteristics or not.

Considering of these findings, this model in the present study may indicate an additional conceptualization of vulnerable narcissism and EMSs in a general population. Additionally, the findings may demonstrate how a cognitive-interpersonal characterization of a personality structure may usefully employ in the clinical field. Moreover, it can be thought that these results may refer to important contributions about the similarities on the etiology of both EMSs and narcissistic personality structure and also additional and useful clinical implications. As a result, from this perspective, it may be more possible to increase the awareness of individuals with narcissistic personality structure about their schemas and also the effects of EMSs on their romantic relationships. Additionally, they can be more aware about the maladaptive structure of their EMSs as well as their coping mechanisms.

In the rest of the mediation models, both grandiose and vulnerable narcissistic personality characteristics were not found as significant mediators on the relationships between EMS domains and relationship satisfaction. Although some significant associations were observed between variables, the mediating role of grandiose and vulnerable narcissistic personality characteristics it could not be achieved on these associations. For instance, it was observed in this study that both grandiose and vulnerable narcissism was positively associated with unrelenting standards domain. However, these significant associations could not be observed on the links with relationship satisfaction. It was stated by Young and Flanagan (1998) that the individuals having narcissistic personality structure mostly acquire unrelenting standards schema in order to compensate the sense of defectiveness. Therefore, they usually set perfectionist and high standards for themselves and also high expectations from the partners. Moreover, they mostly tend to avoid criticism (Young, 1999). The hypersensitivity to criticism is generally observed in vulnerable narcissistic personality. Therefore, vulnerable narcissistic personalities generally use avoidance coping mechanism. By this way, the avoidance mechanism in vulnerable narcissism allows the grandiose self to be maintained by avoiding negative evaluation from others (Foster & Trimms, 2008). This situation in the grandiose narcissism is seen as ignoring negative information and focusing on only positive information. According to Dickinson and Pincus (2003), although the grandiose narcissistic individuals are perceived as aggressive, exhibitionistic, exploitative in interpersonal relations, they are not aware how they affect others and their privileged expectations from others. In addition, it is stated that vulnerable narcissistic individuals usually want to admire them and when they feel that they are ignored, they feel angry. Their avoidance of relationships is based on the fear of not being

able to tolerate their frustration with these unrealistic expectations (Dickinson & Pincus, 2003). All of the above can be a reason for the results achieved in the present study. Another possible reason in this situation can be stated that as mentioned before, the individuals with grandiose and vulnerable narcissistic personality characteristics who share common EMSs in impaired limits domain mostly suffer the senses of emotional deprivation and defectiveness. In order to compensate these schemas, the individuals with grandiose and vulnerable narcissistic personality characteristics who frequently use overcompensation and avoidance coping strategies may be unaware of their schemas most of the time (Young, Klosko &Weishaar, 2003). Therefore, in the present study, the significant mediator role of the vulnerable narcissistic personality structures may have emerged in relation to the sense of entitlement in impaired limits domain.

As mentioned before, the individuals having narcissistic personality structure generally tend to keep themselves out of emotional experiences since they believe that strong people do not have emotional needs. According to people with a narcissistic personality structure, having emotional experiences and needing other people to satisfy emotional needs are indicators of weakness (Young & Klosko, 1994). Therefore, potential dissatisfaction of the individual may not have been reflected in the results. EMSs which are characterized mostly unrealized structures and proposed that they stay at the depth of cognition (Young & Klosko, 1994). Thus, in addition to being unaware of their schemas observed in the individuals with narcissistic personality structure, they may have wanted to present themselves more positively.

There may be another reason that grandiose and vulnerable narcissistic personality characteristics can not mediate alone the link between EMSs and relationship satisfaction. The potential mediators (e.g. perceived parenting style) for this study were stated in the further chapter (see further discussion 4.3.).

4.2. Limitations

There are various limitations of the study. Firstly, participants' gender, age, marital status, and relationship duration were not equally distributed. Therefore, no comparison could be made between these demographic variable groups.

Secondly, a nonclinical sample was used in the present study. Therefore, the results of the study may not be generalized to the clinical population.

Another limitation of the present study is that the data collection tools of the study are self-evaluative instruments. In addition, the evaluation of EMS using self-report scales may create problems about testing accuracy because EMSs are implicit cognitive structures. Moreover, it can be thought that self-report evaluations on grandiose and vulnerable narcissistic personality traits may be affected by individuals' defensive attitudes and tendencies to present themselves positively.

Additionally, there were various alterations between the original and Turkish adaptation forms of Young Schema Questionnaire. The main alterations were

presented previously in the method part of the study. These changes may have led to the differences in the findings of the study with the literature.

Besides, the internal consistency of HSNS which measured vulnerable narcissism was found low ($\alpha = .54$) in the present study. Moreover, NPI which measured grandiose narcissism has binary items. So, the participants had to choose the one of two items rather than rating by Likert-type. These features of instruments may have played a role as limitations and affected the results in this study.

The final limitation is that the results do not indicate the causation between the variables. In order to reach causational relations, the results need an experimental confirmation. Therefore, the findings of the research were evaluated within the boundaries of correlation relation.

4.3. Future Research

First of all, in order to reach a better representation, using more equal numbers for gender, age, marital status, and relationship duration groups can improve the generalizability of further studies.

The present study examined EMSs through schema domains. Examining sub-schemas on an individual basis can help in order to have better understanding about which specific sub-schemas play a role on these relationships. In addition, the results

revealed that vulnerable narcissistic personality structure significantly mediated the relationship among impaired limits domain and relationship satisfaction. In the light of this information, examining which sub-schemas located within impaired limits domain affect these relationships can help for better understanding for further studies.

According to the schema therapy model, relationships with parental figures are critical in the development of narcissistic personality traits through EMSs (Young, Klosko & Weishaar, 2003). At this point, the perceived parenting style may also be included in the study for better representation the structure of EMSs and narcissistic personality characteristics. Schema Therapy (and theory) emphasizes early maladaptive relationships with parents during childhood. It also suggests that these early interactions and family environment underlie the acquisition of EMSs and also narcissistic personality disorder (Young, Klosko & Weishaar, 2003). Similarly, some theoreticians in psychoanalytical and psychodynamical approaches (e.g. Kohut, 1971; Kernberg, 1975) indicated the importance of parenting in the early childhood in terms of the development of narcissistic personality structure (Mc Williams, 1994). Therefore, including family environment and perceived parenting style can be helpful for better understanding the relationships among EMSs, narcissistic personality characteristics and relationship satisfaction.

No doubt that there is an expected relationship between attachment theory and relationship satisfaction in intimate relationships. Previous studies showed that attachment style and also attahcment anxiety are also effective on the relationship

satisfaction of the individuals with narcissistic personality characteristics (Rohmann et al., 2012; Dickinson and Pincus, 2003; Smolewska& Dion, 2005). Therefore, in the lights of the findings in the present study, the concept of the attachment can be included in further studies.

As mentioned in the literature, EMSs are implicit, unrealized and deep-rooted structures (Young, Klosko & Weishaar, 2003). Therefore, these schemas may not have been fully reflected in the scale. For a better representation, in addition to self-report questionnaires, semi-structured clinical interviews also can help to have more accurate information about these concepts.

In the current study, the data was gathered from only one partner of the relationship. Collecting data in the form of actor-partner for future studies may help to provide a wider understanding of the romantic relationship dynamics in terms of EMSs and narcissistic personality structure. Additionally, the information gained from both partners of the relationship may help to understand the dynamics of couples and find more healthy solution for the relational problems. At this point, using Schema Therapy model for understanding EMSs related problems of couples can also help the therapists in the field of couple and family counseling.

4.4. Clinical Implications and Contributions

The current study aimed to investigate the potential mediator role of grandiose and vulnerable narcissistic personality characteristics on the relationship

between EMS domains and relationship satisfaction. Although previous studies generally focused on assessing the relationships among these concepts mostly in a pathological context, the current study tries to investigate these relationships in a more general population.

In addition, the relationships between EMSs and relationship satisfaction through grandiose and vulnerable narcissistic personality characteristics have been never studied in the literature. In parallel with the literature, the results of the study demonstrated similarities of these narcissistic personality characteristics as well as their differences in the relationships of the variables in the study. In this regard, it is thought that the results referred to significant contributions to the literature and also to the clinical field.

First of all, the conclusions of the study suggest that the existence of an EMS may affect an individual's relationship satisfaction. The effect of EMS at relationship satisfaction can be changed by narcissistic personality traits. It means that when the relationship between EMSs and relationship satisfaction is examined, especially vulnerable narcissistic personality should be controlled in further studies.

The present study revealed the importance of evaluating the negative effect of schemas in romantic relationship satisfaction. Additionally, the importance of considering different dimensions of the narcissistic personality structure has been revealed, while examining the effect of schemas in relationship satisfaction. The

result also revealed that while grandiose narcissistic personality was not reflected much to the results, vulnerable narcissistic personality has been reported obviously than grandiose narcissistic personality characteristics. This result means that when the narcissistic personality structure has been assessed in the clinical setting, not only the grandiose dimension of narcissistic personality structure should be considered. Regarding the tendency of presenting themselves more positive which is usually seen in grandiose narcissistic personalities, vulnerable narcissistic personality structure also should be considered in the psychotherapy field for having a better understanding.

Therefore, understanding the causes of these problems is crucial. It is thought that evaluating cognitive schemas can be more useful for the clients with narcissistic personality characteristics which are considered "difficult" in terms of the relationship of therapy. Therefore, the awareness of having EMSs can help to understand the problems related to relationship satisfaction and quality. Additionally, based on the dissatisfaction which is the reason for therapy demand, awareness of maladaptive cognitive structures can be enhanced through the schemes connected with dissatisfaction. Moreover, understanding which EMS causes these problems is important in terms of an appropriate therapy plan. In this way, people may become more familiar with their maladaptive cognitive and relational dynamics underlying the relational problems. For example, the current study found various negative associations between schema domains and relationship satisfaction. Specifically, it was found that sub-schemas located within impaired limits domain may negatively affect relationship satisfaction through vulnerable narcissistic personality structure. If the dissatisfaction is related to EMSs located within impaired limits, an appropriate

treatment plan will be proposed by the Schema Therapy approach to enhance the awareness about these schemas. For the therapist, EMSs also provide information on how healthy the client's early relationships with parents and family environment. The acquisition of EMSs can demonstrate the clients' basic emotional needs that were unmet by the parents in early childhood (Rafaeli, Bernstein & Young, 2013). In addition, therapists may aim to draw attention to the reflections of early maladaptive relationships on current relationships based on the schemas of the clients. Thus, clients may be aware of their maladaptive thoughts, behaviors and attitudes which can cause the dissatisfaction. In this way, relationship satisfaction of the individuals with narcissistic personality structure can be enhanced. Thus, it was proposed that the results of the present study can provide additional and useful information for the couple and family therapy field.

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APPENDIX A

BİLGİLENDİRİLMİŞ ONAM FORMU

Sayın katılımcı,

Bu araştırma, Bahçeşehir Üniversitesi, Psikoloji Bölümü, Klinik Psikoloji Yüksek Lisans Programı bünyesinde, Dr. Öğretim Üyesi B. Türküler AKA danışmanlığında, Emel VATANSEVER tarafından yürütülen bir tez çalışmasıdır. Bu çalışmanın amacı, Türkiye' de yaşayan ve romantik ilişkisi olan evli ve bekar bireylerin ilişki doyumunu etkileyen faktörleri incelemektir. Bu amaç doğrultusunda katılımcılara kişilik özellikleri, kendilerini tanımlama biçimleri ve ilişki doyumları ile ilgili sorular sorulacaktır. Bu çalışmaya, evli veya bekar ancak romantik ilişkisi olan her yaş grubundan bireyler katılabilir.

Çalışmaya katılım tamamen gönüllülük esasına dayanmaktadır ve çalışmanın hiçbir aşamasında kimlik bilgileriniz istenmeyecektir. Vermiş olduğunuz yanıtlar gizli tutulacak ve sadece araştırma amacına yönelik olarak bilimsel ve eğitimsel çalışma ve yayın amacıyla kullanılacaktır.

Araştırma yaklaşık olarak 25-35 dakika sürecektir. Lütfen soruların başındaki yönergeleri dikkatlice okuyunuz ve her soruyu size en yakın olan cevabı vererek yanıtlayınız. Soruların doğru ya da yanlış cevapları yoktur. Çalışmadan güvenilir sonuçlar elde edilmesi açısından samimi cevaplar vermeniz ve tüm soruları yanıtlamış olmanız önemlidir. Çalışmaya katılmaktan herhangi bir an vazgeçebilirsiniz.

Çalışma için gerekli etik kurul onayı, Bahçeşehir Üniversitesi Bilimsel Araştırma ve Yayın Etiği Kurulu'ndan alınmış olup, bilimsel araştırma ve yayın etiğine aykırılık içermediği belirtilmiştir (PIN:87681).

Çalışmanın veri toplama aşamasının sonunda, bu çalışmayla ilgili sorularınız cevaplanacaktır. Çalışma hakkında bilgi almak için Emel Vatansever ile emelvatansever1225@gmail.com adresinden iletişim kurabilirsiniz.

Katılımınız için teşekkür ederim.

Araştırmacı: Emel Vatansever

Bahçeşehir Üniversitesi Psikoloji Bölümü Yüksek Lisans Öğrencisi

Tezdanışmanı: Yrd. Doç. Dr. B.Türküler AKA

Bahçeşehir Üniversitesi Psikoloji Bölümü

Bu çalışmada gönüllü olarak yer alıyorum. İstediğim zaman çalışmayı bırakıp çıkabileceğimi biliyorum. Verdiğim cevapların bilimsel odaklı yayımlarda kullanımına izin veriyorum.

IMZA

APPENDIX B

KİŞİSEL BİLGİ FORMU

1. Yaşınız: _____

2. Cinsiyetiniz: K ( ) E ( )

3. Eğitim durumunuz:

Okur-Yazar ( ) İlkokul ( ) Ortaokul ( ) Lise ( ) Üniversite ( ) Lisansüstü ( )

4. Medeni hal:

Evli ( ) Bekar (ilişkim var) ( )

5. İlişkiniz ne zamandan beri devam ediyor?

1 aydan az ( ) 1- 6 ay ( ) 7-12 ay ( ) 1 yıldan daha fazla ( )

6. Herhangi bir psikolojik rahatsızlığınız (tanı almış) var mı?

Evet ( ) Hayır ( )

7. Herhangi bir psikolojik tedavi görüyor musunuz?

Evet ( ) Hayır ( )

8. Herhangi bir psikiyatrik ilaç kullanıyor musunuz?

Evet ( ) Hayır ( )

APPENDIX C

YOUNG SCHEMA QUESTIONNAIRE SHORT FORM (YSQ-SF3)

Yönerge: Aşağıda, kişilerin kendilerini tanımlarken kullandıkları ifadeler sıralanmıştır. Lütfen her bir ifadeyi okuyun ve sizi ne kadar iyi tanımladığına karar verin. Emin olamadığınız sorularda neyin doğru olabileceğinden çok, sizin **duygusal olarak** ne hissettiğinize dayanarak cevap verin.
Bir kaç soru, anne babanızla ilişkiniz hakkındadır. Eğer biri veya her ikisi şu anda yaşamıyorlarsa, bu soruları o veya onlar hayatta iken ilişkinizi göz önüne alarak cevaplandırın.
1'den 6'ya kadar olan seçeneklerden sizi tanımlayan en yüksek şıkkı seçerek her sorudan önce yer alan boşluğa yazın.

Derecelendirme:
1- Benim için tamamıyla yanlış
2- Benim için büyük ölçüde yanlış
3- Bana uyan tarafı uymayan tarafından biraz fazla
4- Benim için orta derecede doğru
5- Benim için çoğunlukla doğru
6- Beni mükemmel şekilde tanımlıyor

1. _____ Bana bakan, benimle zaman geçiren, başıma gelen olaylarla gerçekten ilgilenen kimsem olmadı.
2. _____ Beni terk edeceklerinden korktuğum için yakın olduğum insanların peşini bırakmam.
3. _____ İnsanların beni kullandıklarını hissediyorum
4. _____ Uyumsuzum.
5. _____ Beğendiğim hiçbir erkek/kadın, kusurlarımı görürse beni sevmez.
6. _____ İş (veya okul) hayatımda neredeyse hiçbir şeyi diğer insanlar kadar iyi yapamıyorum
7. _____ Günlük yaşamımı tek başıma idare edebilme becerisine sahip olduğumu hissetmiyorum.
8. _____ Kötü bir şey olacağı duygusundan kurtulamıyorum.
9. _____ Anne babamdan ayrılmayı, bağımsız hareket edebilmeyi, yaşıtlarım kadar, başaramadım.
10. _____ Eğer istediğimi yaparsam, başımı derde sokarım diye düşünürüm.
11. _____ Genellikle yakınlarıma ilgi gösteren ve bakan ben olurum.
12. _____ Olumlu duygularımı diğerlerine göstermekten utanırım (sevdiğimi, önemsediğimi göstermek gibi).
13. _____ Yaptığım çoğu şeyde en iyi olmalıyım; ikinci olmayı kabullenemem.
14. _____ Diğer insanlardan bir şeyler istediğimde bana "hayır" denilmesini çok zor kabullenirim.
15. _____ Kendimi sıradan ve sıkıcı işleri yapmaya zorlayamam.

16. _____ Paramın olması ve önemli insanlar tanıyor olmak beni değerli yapar.
17. _____ Her şey yolunda gidiyor görünse bile, bunun bozulacağını hissederim.
18. _____ Eğer bir yanlış yaparsam, cezalandırılmayı hakederim.
19. _____ Çevremde bana sıcaklık, koruma ve duygusal yakınlık gösteren kimsem yok.
20. _____ Diğer insanlara o kadar muhtacım ki onları kaybedeceğim diye çok endişeleniyorum.
21. _____ İnsanlara karşı tedbiri elden bırakamam yoksa bana kasıtlı olarak zarar vereceklerini hissederim.
22. _____ Temel olarak diğer insanlardan farklıyım.
23. _____ Gerçek beni tanırlarsa beğendiğim hiç kimse bana yakın olmak istemez.
24. _____ İşleri halletmede son derece yetersizim.
25. _____ Gündelik işlerde kendimi başkalarına bağımlı biri olarak görüyorum.
26. _____ Her an bir felaket (doğal, adli, mali veya tıbbi) olabilir diye hissediyorum.
27. _____ Annem, babam ve ben birbirimizin hayatı ve sorunlarıyla aşırı ilgili olmaya eğilimliyiz.
28. _____ Diğer insanların isteklerine uymaktan başka yolum yokmuş gibi hissediyorum; eğer böyle yapmazsam bir şekilde beni reddederler veya intikam alırlar.
29. _____ Başkalarını kendimden daha fazla düşündüğüm için ben iyi bir insanım.
30. _____ Duygularımı diğerlerine açmayı utanç verici bulurum.
31. _____ En iyisini yapmalıyım, "yeterince iyi" ile yetinemem.
32. _____ Ben özel biriyim ve diğer insanlar için konulmuş olan kısıtlamaları veya sınırları kabul etmek zorunda değilim.
33. _____ Eğer hedefime ulaşamazsam kolaylıkla yılgınlığa düşer ve vazgeçerim.
34. _____ Başkalarının da farkında olduğu başarılar benim için en değerlisidir.
35. _____ İyi bir şey olursa, bunu kötü bir şeyin izleyeceğinden endişe ederim.
36. _____ Eğer yanlış yaparsam, bunun özürü yoktur.
37. _____ Birisi için özel olduğumu hiç hissetmedim.
38. _____ Yakınlarımın beni terk edeceği ya da ayrılacağından endişe duyarım
39. _____ Herhangi bir anda birileri beni aldatmaya kalkışabilir.
40. _____ Bir yere ait değilim, yalnızım.
41. _____ Başkalarının sevgisine, ilgisine ve saygısına değer bir insan değilim.
42. _____ İş ve başarı alanlarında birçok insan benden daha yeterli.
43. _____ Doğru ile yanlışı birbirinden ayırmakta zorlanırım.
44. _____ Fiziksel bir saldırıya uğramaktan endişe duyarım.
45. _____ Annem, babam ve ben özel hayatımız birbirimizden saklarsak, birbirimizi aldatmış hisseder veya suçluluk duyarız
46. _____ İlişkilerimde, diğer kişinin yönlendirici olmasına izin veririm.
47. _____ Yakınlarımla o kadar meşgulüm ki kendime çok az zaman kalıyor.
48. _____ İnsanlarla beraberken içten ve cana yakın olmak benim için zordur.
49. _____ Tüm sorumluluklarımı yerine getirmek zorundayım.
50. _____ İstediğimi yapmaktan alıkonulmaktan veya kısıtlanmaktan nefret ederim.

51. _____ Uzun vadeli amaçlara ulaşabilmek için şu andaki zevklerimden fedakarlık etmekte zorlanırım
52. _____ Başkalarından yoğun bir ilgi görmezsem kendimi daha az önemli hissederim.
53. _____ Yeterince dikkatli olmazsanız, neredeyse her zaman bir şeyler ters gider.
54. _____ Eğer işimi doğru yapmazsam sonuçlara katlanmam gerekir.
55. _____ Beni gerçekten dinleyen, anlayan veya benim gerçek ihtiyaçlarım ve duygularımı önemseyen kimsem olmadı.
56. _____ Önem verdiğim birisinin benden uzaklaştığını sezersem çok kötü hissederim.
57. _____ Diğer insanların niyetleriyle ilgili oldukça şüpheciyimdir.
58. _____ Kendimi diğer insanlara uzak veya kopmuş hissediyorum.
59. _____ Kendimi sevilebilecek biri gibi hissetmiyorum.
60. _____ İş (okul) hayatımda diğer insanlar kadar yetenekli değilim.
61. _____ Gündelik işler için benim kararlarıma güvenilemez.
62. _____ Tüm paramı kaybedip çok fakir veya zavallı duruma düşmekten endişe duyarım.
63. _____ Çoğunlukla annem ve babamın benimle iç içe yaşadığını hissediyorum- Benim kendime ait bir hayatım yok.
64. _____ Kendim için ne istediğimi bilmediğim için daima benim adıma diğer insanların karar vermesine izin veririm.
65. _____ Ben hep başkalarının sorunlarını dinleyen kişi oldum.
66. _____ Kendimi o kadar kontrol ederim ki insanlar beni duygusuz veya hissiz bulurlar.
67. _____ Başarmak ve bir şeyler yapmak için sürekli bir baskı altındayım.
68._____ Diğer insanların uyduğu kurallara ve geleneklere uymak zorunda olmadığımı hissediyorum.
69. _____ Benim yararıma olduğunu bilsem bile hoşuma gitmeyen şeyleri yapmaya kendimi zorlayamam.
70. _____ Bir toplantıda fikrimi söylediğimde veya bir topluluğa tanıtıldığımda onaylanılmayı ve takdir görmeyi isterim.
71. _____ Ne kadar çok çalışırsam çalışayım, maddi olarak iflas edeceğimden ve neredeyse her şeyimi kaybedeceğimden endişe ederim.
72. _____ Neden yanlış yaptığımın önemi yoktur; eğer hata yaptıysam sonucuna da katlanmam gerekir.
73. _____ Hayatımda ne yapacağımı bilmediğim zamanlarda uygun bir öneride bulunacak veya beni yönlendirecek kimsem olmadı.
74. _____ İnsanların beni terk edeceği endişesiyle bazen onları kendimden uzaklaştırırım.
75. _____ Genellikle insanların asıl veya art niyetlerini araştırırım.
76. _____ Kendimi hep grupların dışında hissederim.
77. _____ Kabul edilemeyecek pek çok özelliğim yüzünden insanlara kendimi açamıyorum veya beni tam olarak tanımalarına izin vermiyorum.
78. _____ İş (okul) hayatımda diğer insanlar kadar zeki değilim.

79. _____ Ortaya çıkan gündelik sorunları çözebilme konusunda kendime güvenmiyorum.
80. _____ Bir doktor tarafından herhangi bir ciddi hastalık bulunmamasına rağmen bende ciddi bir hastalığın gelişmekte olduğu endişesine kapılıyorum.

81. _____ Sık sık annemden babamdan ya da eşimden ayrı bir kimliğimin olmadığını hissediyorum.
82. _____ Haklarıma saygı duyulmasını ve duygularımın hesaba katılmasını istemekte çok zorlanıyorum.
83. _____ Başkaları beni, diğerleri için çok, kendim için az şey yapan biri olarak görüyorlar.
84. _____ Diğerleri beni duygusal olarak soğuk bulurlar.
85. _____ Kendimi sorumluluktan kolayca sıyıramıyorum veya hatalarım için gerekçe bulamıyorum.
86. _____ Benim yaptıklarımın, diğer insanların katkılarından daha önemli olduğunu hissediyorum.
87. _____ Kararlarıma nadiren sadık kalabilirim.
88. _____ Bir dolu övgü ve iltifat almam kendimi değerli birisi olarak hissetmemi sağlar.
89. _____ Yanlış bir kararın bir felakete yol açabileceğinden endişe ederim.
90. _____ Ben cezalandırılmayı hakeden kötü bir insanım.

APPENDIX D

NARCISSTIC PERSONALITY INVENTORY (NPI)

Yönerge: Aşağıdaki her bir tutum çifti içinden, size **en uygun** olanını seçiniz. Yanıtınızı her bir maddenin yanındaki boş bırakılmış yere, **A ya da B** yazarak işaretleyiniz. Her bir tutum çifti için yalnızca **bir yanıtı** işaretleyiniz ve lütfen hiçbir maddeyi atlamayınız.

_____ 1. A İnsanları etkileme konusunda doğal bir yeteneğe sahibim.

B İnsanları kolay etkileyemem.

_____ 2. A Alçakgönüllülük bana yakışmaz.

B Temelde alçakgönüllü bir insanım.

_____ 3. A Cesaretimi kanıtlamak uğruna hemen her şeyi yapabilirim.

B Oldukça temkinli bir insanım.

_____ 4. A İnsanlar bana iltifat ettiklerinde bazen utanırım.

B İyi biri olduğumu biliyorum, çünkü herkes böyle söylüyor.

_____ 5. A Dünyayı yönetme düşüncesi ödümü koparır.

B Ben yönetseydim dünya daha iyi bir yer olurdu.

_____ 6. A Genellikle konuşarak her beladan kurtulabilirim.

B Davranışlarımın sonuçlarını kabul etmeye çalışırım.

_____ 7. A Kalabalık içinde herhangi biri olmayı tercih ederim.

B İlgi merkezi olmayı severim.

_____ 8. A Çok başarılı olacağım.

B Başarı benim için en önde gelen şey değildir.

_____ 9. A Pek çok insandan ne daha iyi ne de daha kötüyüm.

B Özel biri olduğumu düşünüyorum.

____ 10. A İyi bir lider olabileceğimden emin değilim.

B İyi bir lider olduğumu düşünüyorum.

____ 11. A Düşünce ve isteklerimi kolaylıkla ifade edebilirim.

B Keşke düşünce ve isteklerimi daha kolay ifade edebilseydim.

____ 12. A Vücudumla hava atmak çok hoşlandığım bir şey değildir.

B Vücudumla hava atmaktan hoşlanırım.

____ 13. A İnsanların içini bir kitap gibi okurum.

B Bazen insanları anlamak güçtür.

____ 14. A Sıradan bir mutluluk bana yeter.

B Başkalarının gözünde önemli bir yerim olsun isterim.

____ 15. A Vücudum öyle ahım şahım değildir.

B Vücuduma bakmaktan hoşlanırım.

____ 16. A Gösteriş yapmaktan kaçınırım.

B Genellikle fırsat bulduğumda gösteriş yaparım.

____ 17. A Her zaman ne yaptığımın bilincindeyimdir.

B Bazen ne yaptığımdan emin olamıyorum.

____ 18. A İşlerin yapılmasında bazen başkalarına ihtiyaç duyarım.

B İşlerin yapılmasında başkalarına nadiren ihtiyaç duyarım.

____ 19. A Bazen anlattıklarım ilgi çeker.

B Herkes benim anlattıklarımı dinlemekten hoşlanır.

____ 20. A İnsanlardan çok şey beklerim.

B Başkaları için bir şeyler yapmaktan hoşlanırım.

____ 21. A Hak ettiğim her şeyi elde edene kadar tatmin olmam.

B Hayatın sunduğu tatminler bana yeter.

____ 22. A İltifatlar beni utandırır.

B Bana iltifat edilmesinden hoşlanırım.

____ 23. A Güç sahibi olmak benim için çok önemlidir.

B Güç sahibi olmak, kendi başına bir amaç olarak, beni o kadar çok ilgilendirmez.

____ 24. A Aynada kendimi seyretmekten hoşlanırım.

B Aynada kendimi seyretmek, özellikle ilgimi çeken bir şey değildir.

____25. A İlgi merkezi olmak çok hoşuma gider.

B İlgi merkezi olmak beni rahatsız eder.

____26. A Hayatımı istediğim biçimde yaşayabilirim.

B İnsanlar hayatlarını her zaman istedikleri doğrultuda yaşayamazlar.

____27. A Otorite olmak benim için pek anlam taşımaz.

B Öyle görünüyor ki insanlar her zaman benim otoritemi kabul ederler.

____28. A Lider olmayı tercih ederdim.

B Lider olup olmamak arasında benim açımdan pek bir fark yoktur.

____29. A Büyük bir insan olacağım

B Başarılı olacağımı umut ediyorum.

____30. A Ben doğuştan liderim.

B Liderlik geliştirilmesi uzun zaman alan bir niteliktir.

____31. A Günün birinde birinin hayat öykümü yazmasını dilerdim.

B İnsanların hangi sebeple olursa olsun hayatıma burunlarını sokmalarından hoşlanmam.

____32. A İnsanların arasına girdiğim zaman beni fark etmediklerinde bozulurum.

B İnsanların arasına girdiğimde kalabalık içinde herhangi biri olmak beni rahatsız etmez.

____33. A Diğer insanlardan daha becerikliyim.

B Diğer insanlardan öğrenebileceğim çok şey var.

____34. A Herkes gibi biriyim.

B Olağanüstü biriyim.

APPENDIX E

HYPERSENSITIVE NARCISSISM SCALE (HSNS)

Lütfen aşağıdaki soruları, her bir maddenin sizin duygu ve davranışlarınızı ne dereceye kadar tanımladığına karar vererek cevaplandırınız. Üstte yazılı derecelendirme ölçeğinden bir rakam seçerek her bir maddenin yanındaki boşluğu doldurunuz.

	Hiç tanımlamıyor / Doğru değil / Kesinlikle katılmıyorum	Yansıtmıyor	Ne tanımlıyor ne tanımlamıyor / Kararsızım	Yansıtıyor	Oldukça tanımlıyor / Doğru / Kesinlikle katılıyorum
1. Duygularım, başkalarının alayları veya aşağılayıcı sözleriyle kolayca incinir.	1	2	3	4	5
2. Bir mekâna girdiğimde sıklıkla kendimin farkında olur ve başkalarının gözlerinin benim üzerimde olduğunu hissederim.	1	2	3	4	5
3. Diğer insanların sorunları hakkında endişelenmeksizin kendimde yeterince sorun olduğunu hissederim.	1	2	3	4	5
4. Mizaç olarak çoğu insandan farklı olduğumu hissederim.	1	2	3	4	5
5. Sıklıkla başkalarının görüşlerini kişisel olarak yorumlarım.	1	2	3	4	5
6. Kendimi kolayca kendi uğraşlarıma kaptırır ve başkalarının varlığını unuturum.	1	2	3	4	5
7. Bir gruptaki kişilerin en az biri tarafından takdir edildiğimi bilmezsem, o grupla beraber olmaktan hoşlanmam.	1	2	3	4	5
8. Diğer insanlar sorunları için zamanımı ve acılarını paylaşmamı isteyerek bana geldiklerinde içten içe kızgın ya da rahatsız olurum.	1	2	3	4	5

APPENDIX F

RELATIONSHIP ASSESSMENT SCALE (RAS)

Lütfen aşağıdaki her soru için size en uygun olan harfi daire içine alınız. Soruları şu an ilişki içerisinde olduğunuz partneriniz ile olan ilişkinizi göz önüne alarak cevaplayınız. Eğer şu an için romantik ilişkide olduğunuz bir erkek/kadın yoksa aşağıdaki soruları atlayarak bir sonraki sayfadan devam ediniz.

	Hiç karşılamıyor						Çok iyi karşılıyor
1. Sevgiliniz/eşiniz ihtiyaçlarınızı ne ölçüde karşılıyor?	1	2	3	4	5	6	7
	Hiç memnun değilim						Çok memnunum
2. Genel olarak ilişkinizden ne kadar memnunsunuz?	1	2	3	4	5	6	7
	Çok daha iyi						Çok daha kötü
3. Diğerleri ile karşılaştırıldığında ilişkiniz ne kadar iyi?	1	2	3	4	5	6	7
	Hiçbir zaman						Her zaman
4. Bu ilişkiye hiç başlamamış olmayı ne sıklıkla aklınızdan geçiriyorsunuz?	1	2	3	4	5	6	7
	Hiç karşılamıyor						Tamamen karşılıyor
5. İlişkiniz başlangıçtaki beklentinizi ne ölçüde karşıladı?	1	2	3	4	5	6	7
	Hiç sevmiyorum						Çok seviyorum
6. Sevgilinizi/eşinizi ne kadar seviyorsunuz?	1	2	3	4	5	6	7
	Hiç yok						Çok var
7. İlişkinizde ne kadar problem var?	1	2	3	4	5	6	7