

**ATTACHMENT STYLES AND ACTIVE SCHEMA MODES AMONG PATIENTS OF  
BORDERLINE PERSONALITY DISORDER**



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BORDERLINE PERSONALITY DISORDER**

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## **CERTIFICATE**

It is certified that dissertation titled as “**Attachment styles and Active Schema modes among patients of Borderline Personality Disorder**” prepared by **Ms. Asma Aslam** has been approved for submission to the department of Professional Psychology, Bahria University, Islamabad.

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*Dedicated to my*

*Parents*

*For their support, inspiration, devotion, and love*

*&*

*Siblings*

*&*

*Friends*

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**ABBREVIATIONS**

BPD	Borderline Personality Disorder
ECR-R	Experiences in Close Relationships-Revised
SMI	Schema Mode Inventory
DSM	Dysfunctional Schema Mode
AN	Anxious Attachment
AV	Avoidant Attachment
VC	Vulnerable Child
AC	Angry Child
EC	Enraged Child
IC	Impulsive Child
UC	Undisciplined Child
HC	Happy Child
CS	Compliant Surrenderer
DP	Detached Protector
DSS	Detached Self Soother
SA	Self-Aggrandizer
BA	Bully and Attack
PP	Punishing Parents
DPP	Demanding parent
HA	Happy Adult

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## ABSTRACT

*Borderline personality disorder (BPD) is a personality disorder and is usually remains undiagnosed among other psychiatric disorders for displaying mimicry of severe symptoms from other psychiatric conditions. The present research attempts to identify different possible relationship of BPD with childhood experiences and parental attachment. It investigates the role of dysfunctional "Young's Schema Modes" acquired by individuals suffering from BPD and to determine their attachment styles with parents and significant others. A sample of 50 individuals (25 borderline personality disorder patients and 25 normal individuals) completed questionnaires that included Experiences in closed relationship questionnaire (Fraley, Waller, & Brennan, 2000) and Schema mode inventory (Lobbestael, Van Vreeswijk & Arntz, 2007). The reliability of Experiences in close relationship questionnaire was .91 and .94, respectively, for the Anxiety and Avoidance subscales and schema mode inventory was .60 -.89. The data was analyzed using correlation and t-test. Result indicated that attachment styles are significantly positively correlated with dysfunctional schema modes ( $r=.56, p<.05$ ) and anxious attachments (Mean difference = -25.72) with parents and significant others. Further results also indicated significant demographic variables positively related to BPD as compared to normal individuals. In the end, some limitations of the study were mentioned with plausible suggestions.*