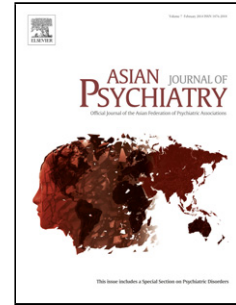


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Dear editor

Title : The Role of Differentiation of Self and Schema Modes in prediction of rumination and Compulsive Behaviors in Adolescents

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1-Introduction

Some studies showed that about 1% of teenagers could be diagnosed as having OCD and that many young people were not being diagnosed because they did not seek help. Subsequent estimates found that OCD affects between 0.3 and 5.6% of 5- to 18-year-olds (Williams& Shafran, 2015).

Rumination as a form of thought has been identified both in healthy (Piguet et al., 2014) and in clinical populations, such as those with depression, anxiety, obsessive-compulsive disorder (OCD), and post-traumatic stress-disorder (Nolen-Hoeksema et al., 2008).

Early maladaptive schemas are longstanding patterns of psychological response that influence on our perception about self and others(Young et al 2003).The schema mode is a cluster of active schemas related to cognitive, affective and coping responses that a patient experiences simultaneously. When a sudden shift occurs in activated schemas, the behaviors and emotions arise. Also ,Schema modes explain the instability and inflexibility clinically observed in personality disorders((Lobbestael et al., 2005,Bamelis et al 2010).

Differentiation of self is defined as ability to balance (a) emotional and intellectual functioning and (b) intimacy and autonomy in relationships. On intrapsychic level, differentiation refers to the ability to distinguish thoughts from emotions and to choose between being guided by one's intellect or one's emotions (Bowen, 1976, 1978). Differentiated persons have a certain definition of themselves, they could select the orientation of their life and not lose their control, make decisions regarding to logic and wisdom in greatly emotional situations , Opposite to,non-differentiated persons who have no independent individual identity, as a result, they experience chronically high anxiety and are prone to psychological problems (Bowen, 1978)

The study about the most important construct in Bowen's theory of differentiation of self, using an Israeli sample of university students showed there is a relationships between differentiation of self, social anxiety, and physiological symptoms. The main finding was that family differentiation was negatively correlated with anxiety symptoms , and less differentiated students may be at risk for high levels of social anxiety and symptomatology (Peleg-Popko,2002).

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