

Understanding patterns of schemas and modes in Turkish psychotherapy applicants

Submission date 15/06/2026	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 22/06/2026	Overall study status Ongoing	<input type="checkbox"/> Protocol
Last Edited 22/06/2026	Condition category Mental and Behavioural Disorders	<input checked="" type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and Study Aims

Schema therapy describes recurring patterns in the way people understand themselves, other people, and emotional situations. These patterns are often called schemas and modes. Modes can be understood as currently activated, state-like patterns of feeling, thinking, behaving, and coping that arise in relation to schemas and emotional needs. Standard schema therapy mode work distinguishes child, maladaptive parent, coping, and Healthy Adult mode categories. This study will use existing questionnaire data from Turkish people who applied to a psychotherapy /schema therapy center for psychological assessment and/or therapy. The study will examine whether people can be grouped into meaningful profiles based on their schema and mode scores, and whether these profiles are related to depression, anxiety, and broader symptom severity.

Who Can Participate?

No new participants will be recruited. The study uses existing anonymized/de-identified assessment records from treatment-seeking individuals who applied for psychological assessment and/or psychotherapy. Records will be included if they contain enough valid questionnaire data to calculate the planned schema and/or mode scores.

What Does the Study Involve?

The study involves statistical analysis of existing questionnaire data only. The questionnaires were completed online through the psychotherapy centre's secure psychological assessment workflow as part of clinical evaluation. The researchers will calculate schema and mode scores, group similar response patterns using latent profile analysis, and compare the resulting groups on depression, anxiety, and available dimensional symptom-severity measures. No diagnostic interview, new treatment, or follow-up assessment is part of this registration.

Benefits and Risks

Participants will not receive any direct benefit because this is a secondary analysis of existing data. The main potential benefit is improved understanding of clinically meaningful schema and mode profiles among treatment-seeking psychotherapy applicants. The main risk is privacy risk, which will be managed by using anonymized/de-identified data and by not reporting identifiable individual information.

Contact information

Type(s)

Scientific, Public, Principal investigator

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Additional identifiers**Study information****Scientific Title**

A cross-sectional observational secondary-data latent profile study of early maladaptive schema, schema mode, and symptom severity profiles in a Turkish treatment-seeking psychotherapy assessment sample

Acronym

SchemaMode-LPA-TR

Study objectives

1. To identify latent profiles based on early maladaptive schema scores only
2. To identify latent profiles based on schema mode scores only
3. To identify latent profiles based on combined schema and mode scores
4. To test whether the identified profiles differ in depression, anxiety, and dimensional symptom severity
5. To evaluate whether combined schema+mode profiles provide clinically useful information beyond schema-only or mode-only profile solutions
6. To describe the selected mode and schema+mode profiles using established schema therapy mode categories and scale-level patterns, without imposing a theoretical profile structure on the data
7. As a secondary analysis, to compare person-centered latent profile models with variable-centered models using individual schema and/or mode scores, examining whether profiles provide more parsimonious and/or stronger concurrent explanatory value for symptom severity

Ethics approval required

Ethics approval not required

Ethics approval(s)

Primary study design

Observational

Secondary study design

Cross sectional study

Study type(s)

Health condition(s) or problem(s) studied

Treatment-seeking individuals who applied to a psychotherapy/schema therapy center for psychological assessment and/or therapy.

Interventions

This is a cross-sectional observational secondary-data study using existing questionnaire data. Participants were clients who presented to a schema-therapy-oriented psychotherapy center in Istanbul for psychological assessment and/or therapy. As part of the center's routine assessment workflow, they were given personal online access credentials and completed self-report psychological assessment questionnaires through the center's secure online assessment system. For the present registered study, no new recruitment, intervention, randomization, treatment allocation, diagnostic interview, or follow-up contact takes place. The study analyses anonymized /de-identified existing data only. Each participant contributes one retained cross-sectional assessment record according to a predefined one-person-one-row rule. Participant observation for the registered study is therefore a single baseline/cross-sectional assessment time point, with no follow-up period.

The source assessment data were collected between 2013 and December 2023. The registered analysis is planned as a secondary analysis of these existing data.

Intervention Type

Other

Primary outcome(s)

1. Latent schema/mode profile structure and participant profile membership measured using Derived from self-report questionnaire data using standardized scale scores from the Young Schema Questionnaire - 90 item version / YSQ-S3 short form and the Schema Mode Inventory, analysed using latent profile analysis / mixture modelling at Baseline/cross-sectional online assessment only

Key secondary outcome(s)

1. Depression severity measured using Beck Depression Scale at Baseline/cross-sectional online assessment only

2. Anxiety severity measured using Beck Anxiety Scale at Baseline/cross-sectional online assessment only

3. Broader dimensional psychological symptom severity measured using Symptom Checklist-90-Revised (SCL-90-R) at Baseline/cross-sectional online assessment only

4. Profile classification quality measured using Posterior classification probabilities and entropy derived from the latent profile/mixture models at Baseline/cross-sectional online assessment only

Completion date

31/12/2027

Eligibility

Key inclusion criteria

Existing psychotherapy-centre online assessment record from a treatment-seeking individual, with sufficient valid item-level data to compute schema and or mode scale scores for the relevant analysis, retained under the one-person-one-row rule if repeated entries are present

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

18 Years

Upper age limit

75 Years

Sex

All

Total final enrolment

7109

Key exclusion criteria

1. Insufficient valid data for the required profile indicators
2. Duplicate records not retained by the one-person-one-row rule
3. Cases without depression, anxiety, or C1-C90 symptom data may be retained for profile estimation but excluded from the corresponding external-validation or symptom-characterization analyses

Date of first enrolment

01/01/2013

Date of final enrolment

31/12/2023

Locations

Countries of recruitment

Türkiye

Sponsor information

Organisation

PsychoNET Psychotherapy and Training Center / Psikonet Psikoterapi ve Eğitim Merkezi

Funder(s)

Funder type

Funder Name

Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other files	Online assessment information and consent procedure		22/06/2026	No	No
Statistical Analysis Plan			15/06/2026	No	No