Schemas, Attachment Styles and Suicidal Ideation
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Introduction
➢ Suicide can be conceptualized by a process along a continuum which starts at ideation and can progress to completion. The earlier intervention can occur, the better the outcome.
➢ Investigating the relationship between schemas and attachment styles and how they relate to suicide could help identify possible risk factors, as well as foster a greater understanding of the development of suicidal behavior.
➢ Since attachment styles operate throughout a person's entire life, they can lead to psychological disorders if they are not developed in a secure way which can have a detrimental impact (Woodward et al., 2000).
➢ Few if any studies linked schemas directly to suicidal behavior. Moreover, since research has found that people who develop schemas within Domain I, IV and V tend to have difficulty forming secure attachments to others (Roelofs et al., 2011; Roelofs et al., 2013; Young et al., 2003), investigating schemas along with attachment styles may possibly provide additional clarification of the relationships among these three variables: schemas, attachment styles, suicidal behavior.
➢ The objective of the current study was to examine the mediating role of schemas in the association between attachment and suicidal ideation.

Hypotheses
➢ Negative schemas and poor attachment will result in higher suicide ideation.
➢ Negative schemas and poor attachment will result in higher suicide proneness.
➢ Defectiveness and abandonment will be particularly noteworthy in the analysis.

Results
➢ Regression analysis found that the model was significant when both attachment and EMS were regressed onto the LAS ($\beta=.276, p=.000; \beta=.145, p=.000$).
➢ Attachment accounted for 8% of the variance whereas EMS added an additional 2% of the variance.
➢ When each construct was broken down, alienation was the most significant ($\beta=.351, p=.000$).
➢ Defectiveness and abandonment interacted in a positive way ($\beta=.006, p=.000; \beta=.097, p=.024$) while unrelenting standards and self-sacrifice had a negative impact ($\beta=.093, p=.017; \beta=.089, p=.021$).

Discussion
➢ Findings indicate that feeling alienation and defective is the worst possible outcome in regard to the impact on ideation.
➢ This finding is similar to the study by Dale and colleagues who also found defectiveness to be the most important mediator.
➢ High alienation is also consistent with Joiner’s model of suicide ideation which explains thwarted belongingness as a key concept in ideation.
➢ Future research could examine the differences between parent and peer attachments in ideation.