# README file

Title: Childhood adversity and adulthood internalising disorders: Mediating role of positive schemas.

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***Background***

Childhood adversity impacts adult mental health, increasing the risk of internalising disorders such as anxiety and depression. Research indicates the potential role of negative schemas in mediating the relationship between adversity and adult mental health outcomes and suggests that positive schemas might play an additional role.

**Objective**

This study aimed to elucidate the mediating effect of positive schemas on the relationship between childhood adversity and adulthood internalising disorders.

***Methods***

An online questionnaire gathered data from 199 individuals aged over 18 from the UK general population. Information regarding childhood adversity, adult mental health, and positive schemas was collected. Simple mediation analyses were used to establish the mediation effect.

***Results***

The results showed that individuals exposed to multiple forms of childhood adversity had fewer positive schemas than individuals exposed to no adversity or a single form (*P*<0.05). Positive schemas mediated the relationship between childhood adversity and adulthood internalising disorders. In particular, low self-efficacy mediated the relationship between childhood adversity and anxiety, and low worthiness mediated the relationship between adversity and depression.

***Conclusions***

This study highlighted that in the context of childhood adversity, low self-efficacy creates vulnerability for anxiety and low worthiness for depression. Findings have implications for developing an individualised approach to understanding the personal meanings behind mental health presentations, and which could aid formulation and intervention approaches.

**Publication:** This article that is linked to this data set is currently being written for publication. It has not yet been submitted.

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**Contents**

File name: Pos\_Schema\_MH\_Dataset\_Dec24

Type: SPSS statistics data document (SPSS version 28)

**Methods**

The study generated survey data. Participants were aged over 18 years and were recruited from the UK general population. The study was conducted online, and participants were recruited via social media sites. On those sites, brief study details were provided, along with a weblink to access the information sheet and survey questions. Prior to taking part, individuals were informed that participation would involve being presented with questions about experiences of adversity and mental health. Responses were entirely anonymous, with no personal identifier information collected. Participants were required to acknowledge their consent via a tick box.