

# **Esquemas mal adaptativos tempranos y su relación con el suicidio: una revisión de avances investigativos**

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Trabajo de Investigación presentado como requisito para optar el título de:

**Especialización en Psicología Clínica**

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## RESUMEN

Los esquemas mal adaptativos tempranos (EMT) son patrones emocionales y cognitivos profundamente arraigados que se forman en la infancia o adolescencia y tienden a repetirse a lo largo de la vida. Estos esquemas influyen en la percepción de uno mismo, de los demás y del entorno, configurando estilos de afrontamiento desadaptativos frente al estrés y las dificultades emocionales. La investigación científica ha evidenciado una relación entre la presencia de EMT y diversas problemáticas de salud mental, tales como depresión, trastornos de ansiedad, trastornos de personalidad y conductas autolesivas. En particular, el suicidio — concebido como un fenómeno complejo y multifactorial— ha sido vinculado a la activación de ciertos esquemas mal adaptativos tempranos. En esta monografía se presenta una revisión de publicaciones científicas disponibles en la base de datos EBSCO, correspondientes al periodo 2020-2024, con el objetivo de explorar, analizar e identificar el vínculo entre los esquemas mal adaptativos tempranos (EMT) y la conducta suicida, especialmente en población adolescente. La revisión incluyó 15 artículos científicos elaborados en países de África, Asia, Europa y América. Los estudios revisados muestran una consistencia notable en sus resultados, indicando una posible vinculación entre los EMT y las ideas e intenciones suicidas. Entre los diversos factores asociados al suicidio, destacan las necesidades emocionales y sociales insatisfechas, las cuales incrementan la vulnerabilidad de los individuos. En este sentido, los esquemas más directamente relacionados con el riesgo suicida son: abandono/inestabilidad, insuficiente autocontrol/autodisciplina, defectuosidad/vergüenza, autosacrificio, aislamiento

social y vulnerabilidad al daño. Estos esquemas se caracterizan por generar percepciones negativas sobre el yo, el mundo y el futuro, por lo que, en situaciones de estrés, conflicto o rechazo, activan una vulnerabilidad que puede derivar en conductas suicidas. Los resultados de los estudios analizados indican que diversos autores consideran los EMT como factores predisponentes de riesgo para la conducta suicida, incluso en personas sin antecedentes de ideación suicida. Asimismo, algunos investigadores señalan que los EMT no solo predicen conductas suicidas, sino también comportamientos de autolesión y dificultades en el reconocimiento y expresión emocional, como la alexitimia. Por otro lado, algunos estudios postulan que la desregulación emocional y factores sociales funcionarían como puentes necesarios entre los EMT y la manifestación de la conducta suicida. De manera general, la revisión refuerza la necesidad de continuar desarrollando investigaciones clínicas en esta área. Aunque se encontró una diversidad de estudios a nivel internacional, se identificó una ausencia notable de investigaciones relacionadas en el contexto colombiano, lo cual resalta la importancia de impulsar estudios locales que profundicen en esta temática. En conclusión, según los estudios revisados, los esquemas mal adaptativos tempranos representan un factor predisponente de riesgo psicológicamente significativo para la conducta suicida. Además, el abordaje terapéutico y la investigación focalizada en estos esquemas podrían contribuir de manera relevante en la prevención de estas conductas problemáticas. Por lo tanto, resulta fundamental continuar ampliando las investigaciones en diferentes poblaciones y contextos socioculturales, con el fin de

diseñar estrategias de detección e intervención cada vez más específicas y contextualizadas.

**Palabras clave:** Esquemas maladaptativos tempranos (EMT), Comportamientos desadaptativos, Suicidio, Salud pública, Vulnerabilidad

### ABSTRACT

Early Maladaptive Schemas (EMS) are deeply rooted emotional and cognitive patterns that develop during childhood or adolescence and tend to be perpetuated throughout life. These schemas influence individuals' perceptions of themselves, others, and their environment, shaping maladaptive coping styles in the face of stress and emotional difficulties. Scientific research has demonstrated a relationship between the presence of EMS and various mental health issues, such as depression, anxiety disorders, personality disorders, and self-injurious behaviors. Specifically, suicide—understood as a complex and multifactorial phenomenon—has been linked to the activation of certain early maladaptive schemas. This monograph presents a review of scientific publications available in the EBSCO database, covering the period from 2020 to 2024, with the aim of exploring, analyzing, and identifying the connection between early maladaptive schemas and suicidal behavior, particularly in adolescent populations. The review included 15 scientific articles from countries across Africa, Asia, Europe, and the Americas. The reviewed studies show notable consistency in their findings, indicating a potential link between EMS and suicidal ideation and intentions. Among the various factors associated with suicide, unmet emotional and social needs stand out as critical

elements that increase individual vulnerability. In this regard, the schemas most directly related to suicide risk include: abandonment/instability, insufficient self-control/self-discipline, defectiveness/shame, self-sacrifice, social isolation, and vulnerability to harm. These schemas are characterized by fostering negative perceptions about the self, the world, and the future, thus activating a vulnerability that may lead to suicidal behavior when individuals face stress, conflict, or rejection. The findings of the analyzed studies suggest that several authors consider EMS to be significant predisposing risk factors for suicidal behavior, even in individuals without previous histories of suicidal ideation. Furthermore, some researchers note that EMS not only predict suicidal behavior but also self-harming behaviors and difficulties in emotional recognition and expression, such as alexithymia. On the other hand, some studies propose that emotional dysregulation and social factors may act as necessary bridges between EMS and the manifestation of suicidal behavior. Overall, the review reinforces the need for continued clinical research in this field. Although a diversity of studies was found internationally, a notable lack of research on this topic was identified within the Colombian context, highlighting the importance of promoting local studies that deepen the understanding of this issue. In conclusion, based on the reviewed studies, early maladaptive schemas represent a psychologically significant predisposing risk factor for suicidal behavior. Moreover, therapeutic approaches and research focusing on these schemas could make a substantial contribution to the prevention of such problematic behaviors. Therefore, it is essential to continue expanding research across different populations and

sociocultural contexts in order to design increasingly specific and contextualized detection and intervention strategies.

**Key Words:** Early Maladaptive Schemas (EMS), Maladaptive Behaviors, Suicide, Public Health, Vulnerability

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