

# Afek negatif sebagai mediator pengaruh skema negatif terhadap pengalaman-menyerupai-psikotik pada keluarga inti pasien psikosis = Negative affect as a mediator to the effect of negative-self schema on psychotic-like experiences in first-degree relatives of patients with psychotic disorders

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## Abstrak

Pengalaman-menyerupai-psikotik (Psychotic-like experience/PLE) merupakan pengalaman serupa halusinasi/delusi, bersifat non – klinis, dan cukup umum ditemui pada populasi sehat. PLE muncul sebagai hasil dari interaksi aspek kognitif dan aspek emosi yang diketahui berfluktuasi secara cepat. Namun, penelitian longitudinal terdahulu kurang dapat menangkap fluktuasi tersebut karena jeda waktu antar pengukuran yang panjang. Selain itu, belum banyak penelitian mengenai mekanisme terbentuknya PLE pada kelompok dengan kerentanan biopsikososial tinggi. Penelitian ini akan menguji peran afek negatif sebagai mediator atas pengaruh skema negatif-mengenai-diri terhadap PLE pada anggota keluarga pasien psikosis. Sebanyak 36 individu berpartisipasi dalam pengambilan data secara Experience Sampling Method (ESM). Pada hari pertama, pengukuran mencakup gejala depresi (PHQ – 9), kecemasan (GAD – 7), dan psikotik (CAPE – 42). Pada hari kedua sampai kelima belas dilakukan pengukuran skema negatif (BCSS), afek negatif (Momentary Affect Scale), dan PLE (Index of PLE). Data harian dianalisis dengan Multilevel Mediation Modeling. Skema negatif-mengenai-diri ditemukan memprediksi PLE,  $b = 0,378$ ,  $p < 0,001$ , dan afek negatif memediasi secara parsial hubungan kedua variabel tersebut,  $b = 0,401$ , 95% CI [0,2501; 0,5714]. Fluktuasi harian dari skema yang disertai dengan keberadaan afek negatif akan mendorong interpretasi maladaptif atas pengalaman sehari – hari, sehingga memicu PLE, yang pada keluarga pasien dapat dijelaskan melalui tingginya behavioral sensitization.

.....Psychotic-like experience (PLE) is hallucination/delusion – like experiences, nonclinical, and quite common in healthy normal population. PLE is shaped by the interplay of cognitive and emotional aspects which are found to be fluctuated in daily life. However, most of the longitudinal studies have yet to capture the dynamic, due to the longer time gap between measurements. Studies in higher-than-average genetic risk-group were also still limited. This study examines the role of negative affect as a mediator to the effect of negative-self schema on PLE in first-degree relatives of psychotic patients. Data was collected from 36 individuals using Experience Sampling Method (ESM). On the first day, depression (PHQ – 9), anxiety (GAD – 7), and psychotic symptoms (CAPE – 42) were measured. On day two until fifteen, daily measurements on negative-self schema (BCSS), negative affect (Momentary Affect Scale), and PLE (Index of PLE) were completed twice a day. Multilevel Mediation Modeling was performed to analyze the data. Negative-self schema was found to predict PLE,  $b = 0,378$ ,  $p < 0,001$ , and this effect was partially mediated by negative affect,  $b = 0,401$ , 95% CI [0,2501; 0,5714]. Day-to-day fluctuation of negative-self schema accompany by negative affect would induce maladaptive interpretation which then result in the PLE symptoms. In first-degree relatives, vulnerability to PLE could be explained by behavioral sensitization.