EARLY LIFE STRESS (ELS) AND EARLY MALADAPTATIVE SCHEMA ONSET: AN INTERFACE WITH DEVELOPMENTAL NEUROSCIENCE

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Objectives: Discuss the early life stress (ELS) influence on the cognitive-affective structures development, pointing out the neurobiological substrates of this influence (**Neuroplasticity and Developmental Programming**).
Background: In the early stages of brain development, the neural tissue is more prompt to environmental influences. **ELS encompasses circumstances of neglect, abuse, and abandonment** that occurred in the early stages of development, including prenatal. Schemas are well-organized cognitive representations of experiences that embody an individual's knowledge of the world, relationships, and self. Materials and methods: Exploratory review of the literature. Results: EMSs showed a robust relationship with depression, anxiety, bipolar disorder and schizophrenia. Negative inferential style, dysfunctional attitudes and **Early Maladaptive Schemas (EMSs)** are linked to psychopathology as **predictors** of major effects as well as in the context of negative life events. The literature shows evidence of deficits in the developmental trajectory of cognitive functions and in the emotionality derived from the occurrence of ELS.

(Raabe & Spengler, 2013)

(Young, Klosko & Weishaar, 2008)

(de Lana, 2019)

Conclusions: ELS was associated with deficits in a range of cognitive (such as memory and executive functions) and emotional (reward processing of affective and social stimuli, emotional regulation) functioning. In the child's social contexts (family environment, primary caregivers and attachment figures, school and community), **the interactions influence child's behavior and shape it's cognition, aiming it's adaptation to the external environment. A child developing in a violent, disabling and unstable environment will develop negative beliefs about itself, dysfunctional cognitive schemas (such as EMSs), and unhealthy behaviors, although still adaptative to that context.** Emotional brain areas (PFC, Cingulate gyrus) seem to be neurobiological substrates in this adaptation.