ORIGINAL ARTICLE

Psychiatry and Clinical Psychopharmacology 2021;31(4):417-424
DOI: 10.5152/pcp.2021.21132

Psychological Determinants of Entertainment Preferences: From the Perspective of Schema Theory

Fatih Yığman[1], Muhammed Hakan Aksu[2], Şerif Bora Nazlı[3], Azat Duman[4]

[1]Department of Psychiatry, Ufuk University School of Medicine, Ankara, Turkey; [2]Department of Psychiatry, Gazi University School of Medicine, Ankara, Turkey; [3]Clinic of Psychiatry, University of Health Sciences, Dışkapı Yıldırım Beyazıt Training and Research Hospital, Ankara, Turkey; [4]Department of Child and Adolescent Psychiatry, Muğla Sıtkı Koçman University School of Medicine, Muğla, Turkey

ABSTRACT

Background: The relationship between entertainment preferences and personality traits has previously been addressed in a few studies. However, there are no studies evaluating this relationship within the scope of the schema theory. We planned to evaluate the relationship between early maladaptive schemas (EMS) and music and movie preferences. In this study, the research team created a survey on the 8 most preferred film and music categories in social media platforms in Turkey.

Methods: A sociodemographic data form and the Young Schema Questionnaire - Short Form 3 were applied to 389 participants. Our findings emphasize the relationship between EMS, schema domains, and entertainment preferences.

Results: In particular, we found significant effects of the Disconnection and Rejection, Impaired Autonomy and Performance, and Impaired Limits schema domains. Even after controlling for age and gender, we found interesting relationships.

Conclusion: Early maladaptive schemas have important effects on entertainment preferences. A better understanding of these relationships can provide us with more information on the reflections of personality on daily life.

ARTICLE HISTORY

Received: June 8, 2021
Accepted: August 18, 2021

KEYWORDS: Individual differences, movie, music genre, personality, schema therapy

INTRODUCTION

In today's world, people in developed and developing countries use a significant portion of their resources for their preferred entertainment (movies, music, books, etc.).[1] Previous studies have emphasized the importance of individual differences in entertainment media preferences.[2-4] People make different choices in their daily behaviors. However, the factors that lead them to their preferences are not clear. A clear understanding of the relationship between people's entertainment preferences and personality structures will enable us to learn more about the manifestations of psychology in daily life.[1]

Music and Movie Preferences

Relatively older studies have focused on the positive and negative effects of media on people. For example, although the data are inconsistent, some studies have found that exposure to "violent" media (e.g., heavy metal or rap music, action movies, violent video games) increases aggressive thoughts and hostile feelings.[5] However, at this point, objections that individuals are not passive in entertainment shopping and that they are actively oriented have come to the fore.[4] It can be argued that determining why people turn toward a particular media product rather than how that media affects people is a more accurate strategy.[6]

Entertainment preferences have been evaluated in previous studies, mostly regarding music preferences.[4,7,8] It has been shown in those studies that music preference can be divided generally into groups of 4, 5, 6, 8, or more.[4,9-11] The number of dimensions may vary according to the number of music types purchased and cultural characteristics.[13] Previous studies on music selection and personality structure focused on the five-factor personality model (FFM). Although the results vary, a relationship has been found between some personality models and some music genres. For example, classical, jazz, and blues genres have been associated positively with openness to experience, verbal ability, and liberal political orientation, and negatively with social dominance. Music genres such as pop and country have been associated positively with

Corresponding author: Fatih Yığman, e-mail: dr.yigman@gmail.com

Cite this article as: Yığman F, Aksu MH, Nazlı ŞB, Duman A. Psychological determinants of entertainment preferences: From the perspective of schema theory. *Psychiatr Clin Psychopharmacol*. 2021;31(4):417-424.

extroversion, conscientiousness, and political conservatism and negatively with verbal talent.[9,14]

Apart from music, personality is known to predict preference of visual media and video games as well.[15] Although a small number, recent studies have considered music and movie preferences together, and have found some relationships. In a study using the Psychopathic Personality Inventory-Revised (PPI-R), the domain of PPI-R Fearless Dominance was associated with blues/jazz music and war/western, comic/science fiction, horror/thriller, and documentary/biographical films. Self-Centered Impulsivity was found to be associated with Rap/Electronica music and Callousness was found to be negatively associated with country/soundtrack and romance/romantic comedy films.[1] In a study using the two-factor psychopathy conceptualization (prosocial and antisocial), both factors were positively associated with action and horror movies and aggressive sports. Popular music has been negatively associated with relationship-oriented movies and documentary/biographical movies, and with non-aggressive sports.[16]

Early Maladaptive Schemas (EMS)

According to the schema theory, early incompatible schemas are considered to be patterns that develop during childhood or adolescence, which repeat throughout a person's lifetime.[17] Schemas consist of emotion, cognition, behavior, and bodily sensations in terms of content. They develop through interactions between temperament and early childhood experiences, revealing personality-like models in the long term.[18] Every person has schemas, their severity can vary, and the severity of the schemas may change according to the situations.[19]

Current studies conceptualize 18 early maladaptive schemas (EMS) in 4 main domains: Disconnection and Rejection, Impaired Autonomy and Performance, Excessive Responsibility and Standards, and Impaired Limits.[20] Each of these 4 domains reflects unmet needs and is suggested to contribute to the development of sub-schemas in this way.[18]

People's schemas can be reflected in many areas of their lives. Regarding their entertainment preferences, individuals may prefer music and movie genres that reflect their personality traits.[1] This situation can provide us with an opportunity to understand behavior and attitudes in daily life. In this sense, we assume that the relationships between individuals' personality patterns and their entertainment preferences can be evaluated through EMS, which are an important reflection of their personality patterns.

MAIN POINTS

- Entertainment preferences are affected by personality traits.
- Early maladaptive schemas have an impact on entertainment preferences.
- It is possible to evaluate movie and music preferences on the basis of personality traits.

Present Study and Hypotheses

To the best of our knowledge, there has been no previous study examining the relationship between sub-dimensions in schema theory and entertainment preferences. The EMS represent relatively stable structures and provide information about parts of the personality.

While evaluating the entertainment preferences, 2 methodologies have generally been preferred in studies majorly focusing on music preferences. One of these is to evaluate music pieces by listening to them directly.[4] One of the handicaps of this method is that even songs of the same genre do not always get the same appreciation. Nevertheless, songs or singers may receive different appreciation periodically.[4] Therefore, a more frequently used method is to identify subtypes and evaluate them with self-report methods.[10,21] The category-wise evaluations are thought to represent a more stable structure than the individual song samples.[13]

Although music preferences were examined over different categories in various studies, these factors do not always show the same structure. In the present study, we did not want to use these factors directly. Instead, within the most preferred social media platforms and applications related to movies and music, the 8 most preferred categories in Turkey were evaluated. By analyzing these categories, an entertainment preference pool was created for the Turkish listeners. While determining the participants, the general information that the age of 18-20 is a time limit for acquiring new music preferences was taken as a basis.[22] The age limit was set as 18-65. Our primary hypothesis was that there is a relationship between EMS, EMS domains, and music/movie preferences.

METHODS

Participants and Procedure

This research was a quantitative, cross-sectional study in which scales were applied online to evaluate the relationship between individuals' EMS and entertainment preferences. Ethics committee approval was obtained from Muğla Sıtkı Koçman University with the application number of 200256. The inclusion criteria were that the participants had to be between the ages of 18 and 65, literate, and willing participate voluntarily in the study. The exclusion criterion was determined as an ongoing psychiatric diagnosis or treatment (medication or psychotherapy), as it may affect the activation of the schemas. The sociodemographic data form, the Young Schema Inventory - YSQSF3, was created online by the researchers and delivered to volunteers. In addition, the lists on the movie and music platforms were examined, and the movie and music preferences of people were evaluated by considering the 8 most popular movie and music categories.

Population and Sample

The forms for the study were delivered to people in social media groups that included movie and music sharing, to a total of 7000 people. The convenience sampling method was preferred for the research. The surveys were delivered to the participants with the SurveyMonkey application and all participants were informed about the study at the beginning of the survey. A total of 466 people participated in the study. Due to unreasonable questionnaire completion time (less than 25 minutes), the results of 32 people were not taken into consideration, and thus analyses were conducted with a total of 389 people. The G*Power[23] program was used to calculate the sample size. In the calculation, which is made for the regression analysis, the minimum sample size was calculated as 129 for 0.15 effect size, 5% margin of error, 95% confidence interval, and 4 dependent (schemas) and 8 (music and film categories) independent variables.

Scales

Sociodemographic data form: It is a form created by the research team in which the characteristics of the participants such as age, gender, and year of education are questioned.

Movie and Music Preference Form: The research team created the scale by scanning the categories in the most popular movie and music platforms. Within these platforms, the 8 most popular categories in Turkey were listed. Individuals were asked to give a score of 1-8 to each category. The music categories were determined as Rock, Pop, Hip-hop/Rap, Turkish Classical Music, Folk music, Instrumental, Classical, and Jazz. The movie categories were determined as Romance, Comedy, Action, Adventure, Drama, Horror/Thriller, Science Fiction, and Animation.

Young Schema Inventory—Short Form 3 (YSQSF3): In this study, the third version of the short form of the Young Schema Scale (YSQSF3) was used to evaluate early maladaptive schemas. The scale consists of 90 items, including 18 schemas.[24] Recent studies point to 4 schema domains: Disconnection and Rejection, Impaired Autonomy and Performance, Excessive Responsibility and Standards, and Impaired Limits.[18] It is calculated by dividing the total score of schema domains by the number of schemas in each domain. The validity and reliability study of the scale in our country was carried out by Soygut, Karaosmanoglu, and Cakir.[25]

Statistical Analysis

Data were evaluated with Statistical Package for the Social Sciences (SPSS) version 15.0. (SPSS Inc.; Chicago, USA). The relationship between all EMS and movie and music preferences was analyzed by Pearson correlation. However, at this stage, the authors added the individual evaluation of EMS as a supplementary file (Supplementary Table S1, S2, and S3) due to the difficulty in reporting. Pearson correlation was used to examine the relationship between movie and music preferences and schema domains. Hierarchical regression analysis was used to evaluate the relationship between correlations. In order to control the effect of age and gender--whose effects have been clearly shown in the literature--on the results, a two-stage regression method was preferred. For this purpose, after controlling age and gender in step 1, EMS domains were included in the analyses in step 2. Using the remove method in regression reporting, it was aimed to report only meaningful results.

RESULTS

Data of 389 participants in total were analyzed in the study. The demographic data and entertainment preferences of the participants are given in Table 1.

In the next stage, the relationship between the entertainment preferences of the participants and their EMS domains was analyzed using Pearson correlation analysis. Significant findings are given in Table 2 for music preferences and in Table 3 for movie preferences.

A negative and statistically significant relationship was determined between the Disconnection and Rejection domain score and pop music ($r=-0.138$, $P < .001$) and hip hop/rap ($r=-.114$, $P < .05$), and adventure films ($r=-0.144$, $P < .001$). A negative correlation was found between the Impaired Autonomy and Performance domain and science fiction films ($r=-0.107$, $P < .05$). The Impaired Limits domain was correlated positively with jazz music ($r=0.147$, $P < .001$) and negatively with folk music ($r=-0.101$, $P < .05$) and Turkish classical music ($r=-.126$, $P < .05$)

Finally, a two-stage hierarchical regression analysis was performed by controlling for age and gender variables, the effects of which have been shown in the literature before. In this way, we aimed to reveal the effect of schema domains on entertainment preferences more clearly (Table 4).

The negative predictive effect of the Disconnection and Rejection domain (β: -.246, $P = .001$) and the positive predictive effect of the Impaired Autonomy and Performance domain (β: 0.206, $P < .05$) were found on pop music. The Impaired Limits domain predicted Turkish classical music (β: -0.167, $P < .05$) and folk music (β: -0.199, $P < .05$) negatively. Finally, the negative predictor of the disconnection and rejection domain (β: -0.163, $P < .05$) on adventure films was determined.

DISCUSSION

Our findings partially supported the hypothesis that there would be a relationship between music and movie preferences and EMS. Besides, our results can provide a new perspective on the relationship between entertainment

Table 1. Demographic Data of the Participants

	Mean±SD	n (%)	Median	Mod	Skewness	Kurtosis	Min-max
Age	31±6		31	32	.08	2.43	18-60
Gender							
Male		160 (41.1%)					
Female		229 (58.9%)					
Marital Status							
Single		163 (41.9%)					
Married		215 (55.3%)					
Other		11 (2.8%)					
Education Year	20.07±3.22		22	22	-1.30	1.04	10-26
Music Genre							
Rock	6.29±2.40		7	9	-.56	-.90	1-9
Pop	7.01±2.39		8	9	-1.12	.17	1-9
Hip Hop/Rap	4.63±2.42		4	2	.23	-1.17	1-9
Turkish Classical Music	5.26±1.95		5	6	.05	-.83	1-9
Folk Music	5.54±2.38		6	7	-.21	-1.16	1-9
Instrumental	5.50±1.88		5	4	.02	-.67	1-9
Classical	5.04±2.04		5	3	.12	-.91	1-9
Jazz	4.19±2.27		4	2	.55	-.95	1-9
Movie Genre							
Romantic	5.71±2.38		6	8	-.18	-1.20	1-9
Comedy	6.51±1.89		7	7	-.58	-.22	1-9
Action	5.95±2.07		6	7	-.38	-.74	1-9
Adventure	6.07±1.69		6	5	-.07	-.72	1-9
Tragedy	5.17±2.34		5	4	.27	-1.08	1-9
Horror/Thriller	4.11±2.47		4	2	.72	-.67	1-9
Science Fiction	5.80±2.53		6	9	-.10	-1.49	1-9
Animation	4.31±2.15		4	2	.53	-.80	1-9
Schemas							
DR	13.17±3.69		12.66	10.50	.65	-.06	7.33-24.17
IAP	12.16±3.66		11.50	9.33	.82	.51	5.50-25.00
ERS	17.03±3.49		17	14.66	.07	-.26	7.67-26.33
IL	16.62±3.39		16.33	17.67	.32	-.10	8.67-26.67

SD, standard deviation; min, minimum; max, maximum; DR, Disconnection and Rejection; IAP, Impaired Autonomy and Performance; ERS, Excessive Responsibility and Standards; IL, Impaired Limits.

Table 2. Examination of the Pearson Correlations Between Music Preferences and EMS Domains

	DR	IAP	ERS	IL
Rock	0.033	0.071	0.058	0.095
Pop	-0.138**	0.014	-0.058	-0.057
Hip Hop/Rap	-0.114*	-0.060	-0.076	-0.052
Turkish Classical Music	-0.004	-0.025	0.006	-0.126*
Folk Music	0.065	-0.013	-0.075	-0.101*
Instrumental	0.014	-0.062	-0.026	0.019
Classical	0.020	-0.009	-0.035	0.063
Jazz	0.099	0.043	0.033	0.147**

*$P < .050$; **$P < .010$. DR, Disconnection and Rejection; IAP, Impaired Autonomy and Performance; ERS, Excessive Responsibility and Standards; IL, Impaired Limits.

Table 3. Examination of the Pearson Correlations Between Movie Preferences and EMS Domains

	DR	IAP	ERS	IL
Romance	-0.057	0.050	-0.018	0.060
Comedy	0.029	0.056	0.078	0.022
Action	-0.025	0.018	0.055	-0.062
Adventure	-0.144**	-0.097	-0.056	-0.089
Drama	0.060	0.050	-0.051	0.047
Horror/Thriller	0.079	0.032	0.026	0.077
Science Fiction	-0.089	-0.107*	-0.096	-0.023
Animation	0.060	-0.062	0.057	-0.061

*$P < .050$; **$P < .010$. DR, Disconnection and Rejection; IAP, Impaired Autonomy and Performance; ERS, Excessive Responsibility and Standards; IL, Impaired Limits.

Table 4. Hierarchical Regression Analysis Between Music and Movie Preferences and EMS Domains

	Adjusted R Square	B	SE	*B*	CI (LL/UL)
Pop					
Step 1	0.011				
Gender		-0.605	0.246	-0.125*	(-1.087/-0.122)
Step 2	0.036				
DR		-0.026	0.008	-0.246**	(-0.042/-0.011)
IAP		0.022	0.008	0.206*	(0.007/0.38)
Turkish Classical Music					
Step 1	0.019				
Age		0.051	0.016	0.157*	(0.019/0.083)
Step 2	0.027				
IL		-0.032	0.012	-0.167*	(-0.056/-0.008)
Folk Music					
Step1	0.017				
Gender		0.639	0.244	0.132*	(0.159/10.119)
Step 2	0.041				
Gender		0.651	0.246	0.135*	(0.167/10.134)
IL		-0.047	00.15	-0.199*	(-0.076/-0.018)
Adventure					
Step 2	0.017				
Gender		0.355	0.177	0.103*	(0.008/0.702)
DR		-0.012	0.006	-0.163*	(-0.023/-0.001)

*$P < .050$; **$P = .01$. DR, Disconnection and Rejection; IAP, Impaired Autonomy and Performance; ERS, Excessive Responsibility and Standards; IL, Impaired Limits; CI, Confidence Interval; LL, lower level; UL, upper level.

preferences and personality traits. We discuss below some possible interpretations of our findings based on the 4 schema domains.

Although EMS bring psychopathology to people's minds, they represent stable structures,[17,26] and therefore it is not conceptually wrong to examine them in non-clinical samples. It has been reported that the presence of active psychopathology may cause schema activations under the influence of mood states; however in this case, the results may be exaggerated. Therefore, in individuals without significant psychopathologies, assessments made with self-report scales can provide more objectivity.[27] For this reason, our sample consisted of people without an ongoing psychiatric diagnosis and treatment (medication or psychotherapy).

In addition, when determining the age range, we preferred the 18-65 range. While determining the 18-year age limit, we took the information that this age period is accepted as the time limit for acquiring new music preferences as a reference.[22] This period is when the music begins to become stereotypes and can be considered a process related to identity development.[14]

The domain of Disconnection and Rejection is defined as the inadequacy of a person's need for acceptance, respect, trust, and empathy. It has been stated that the families of the people who have this schema domain predominantly have disconnected, cold, or rejecting characteristics.[20,26] There are emotional deprivation, social isolation/alienation, emotional inhibition, defectiveness/shame, mistrust/abuse, and pessimism/negativity schemas in this domain. We found that this domain was negatively correlated with pop, hip-hop/rap music genre, and adventure movies. It is possible to evaluate these entertainment styles in relation to positive mood in general. The fact that this type of music (pop, hip hop/rap) is often an entertainment choice for collective entertainment may be one of the reasons for this negative relationship. On the other hand, the contents of rap and hip hop music, especially in Turkish, have recently become increasingly offensive. This music genre cause schema to be triggered by people with these schemas. Thus, it can be explained why people whose schemas are dominant in this domain do not prefer this music genre. A previous study based on the Big Five Factors personality model reported a relationship between agreeableness traits and music genres that emphasize optimistic affectivity and are frequently listened to and shared in social groups.[13,28] Agreeableness traits can be interpreted mainly as being benign and cooperative and having a feeling of trust. The character traits of extraversion, defined as the need for sociability and communication with the outside world, have also been previously found to be associated with fast-paced music such as rap, hip hop, funk, and R&B.[10,29,30] Pop and hip hop/rap music genres and the personality traits of extraversion and agreeableness have been consistently presented in previous studies.[9,14] Our findings seem consistent with the literature from a schema theory perspective.

The domain of Impaired Autonomy and Performance refers to the lack of ability to separate and act independently of oneself and the environment. The typical feature of families is that they have intertwined, trust-breaking, or overprotective attitudes. Dependence/incompetence, failure to achieve, subjugation, abandonment/instability, enmeshment, and vulnerability-to-harm schemas are conceptualized as schemas belonging to this domain. We did not determine any significant findings in our regression analysis between the science fiction movies and this domain. However, we found in our correlation analysis that they were inversely correlated. Science fiction movies allow people's imagination to move freely. The dominance of the schemas in this domain can negatively affect the independence of individuals in their daily lives. Our study suggests that the schemas in this domain may be a problem in individuals' independence, even in their imaginations.

Considering these 2 areas in particular, we found that EMS in the domains of trust, respect, empathy, and autonomy were negatively correlated with music genres that suggest positive affectivity (pop, hip hop/rap) and movie categories with excitement and imagination (adventure, science fiction). In previous studies, in the evaluations made over the International Personality Item Pool (IPIP), a relationship was found between the Openness sub-dimension and many music genres.[12,13] In people whose schemas are dominant in these 2 domains, "openness" points to originality, intellectual curiosity, and creativity. The people whose schemas are dominant in these 2 domains may be staying away from dynamic, exciting, or creativity-related entertainment preferences.

Another schema domain, the Impaired Limits domain, points to the problems between internal boundaries and external boundaries. Individuals may not be able to adapt to other people's rights and wishes. The general characteristics of families have been reported as showing excessive freedom and tolerance. Entitlement, Approval/admiration-seeking, and Insufficient Self-control schemas are found in this domain. We found that this domain is negatively correlated with Turkish classical music and folk music and positively correlated with jazz music. Folk music and Turkish classical music point to more nostalgic themes in Turkish society. Nostalgic entertainment preferences may point to more traditional family structures. Traditional Turkish family structure has stricter boundaries within the family. The jazz music genre is generally preferred by people with high education levels and financial means in our society. People who grow up in these families may have wider boundaries and opportunities right from childhood. In this respect, the jazz music genre can be considered as the preference of an audience that stays away from the traditional structure.

To summarize, we found a relationship between pop music and 4 schema domains, and between adventure movies and 9 schema domains. When evaluated in terms of schemas, we found that the social isolation schema was associated with 5 entertainment preferences, while emotional inhibition, entitlement, and vulnerability schemas were associated with 4 entertainment preferences. Our correlations can be considered relatively low. However, even such small correlations between entertainment preferences and personality traits are important for understanding the reflections of personality on daily life.[1,3] Besides, we also found significant relationships between entertainment preferences and EMS, even after controlling for age and gender. Therefore, our findings support the theories proposing that choices and preferences in daily life are shaped by an interaction on the basis of personality.[1]

Strengths and Limitations

As one of the strengths of our study, unlike some studies in the literature, we used the inventory in full, not as a summary, to determine personality traits. We determined the music and movie preferences among the most preferred categories on digital platforms in Turkish society. To the best of our knowledge, this is the first study that evaluates entertainment preferences within the scope of schema theory. Our limitations are that our study is cross-sectional and self-report questionnaires were used in measurements. This situation may not fully reflect the true tastes of the individuals. Although a similar evaluation can be made on shopping attitudes, shopping attitudes do not directly show people's tastes either.[4] There is no guarantee whether they use the products they buy. In addition, it has been stated in previous studies that online music preferences and the preferences reported by the individual represent the same structure.[9] Nevertheless, studies can be planned that directly reveal people's consumption by using data of their consumption activities on online platforms. Furthermore, even though our study considers sociodemographic data such as gender, education level, occupation, and economic status of the people, many other parameters may be effective in entertainment preference. Our findings represent adults in the Turkish society and may differ across cultures.

CONCLUSION

Our study shows that there may be a relationship between entertainment preferences and EMS. However, these categories that we have discussed in our study also have sub-categories within themselves, and it is important to evaluate these categories as well in future studies. Nevertheless, with this exploratory work, understanding individual differences in entertainment preferences can be important in combining knowledge between personality and interests.

Data Availability Statement: The data that support the findings of this study are available from the corresponding author upon reasonable request.

Ethics Committee Approval: Ethics committee approval was received from the Muğla Sıtkı Koçman University (200256).

Informed Consent: Informed consent was obtained from the participants who participated in this study.

Peer Review: Externally peer-reviewed.

Author Contributions: Concept – F.Y, M.H.A.; Design - F.Y, M.H.A.; Materials – F.Y., Ş.B.N, A.D.; Data Collection and/or Processing – F.Y., Ş.B.N, A.D.; Analysis and/or Interpretation – F.Y., M.H.A.; Literature Review – F.Y., Ş.B.N, A.D.; Writing – F.Y., M.H.A.; Critical Review – F.Y., Ş.B.N, A.D.

Conflict of Interest: The authors have no conflicts of interest to declare.

Financial Disclosure: The authors declared that this study has received no financial support.

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Supplementary Table S1. EMS Data of the Participants

	Mean±SD	Median	Mode	Skewness	Kurtosis	Min-max
EMD	10.61±5.12	9	5	0.92	-0.10	5-25
ABAN	13.68±4.49	13	12	0.91	0.43	5-28
MIST	14.60±4.80	14	10	0.44	-0.47	5-28
SOCI	14.14±4.98	13	12	0.69	0.08	5-30
DEF	10.66±5.01	9	9	1.3	1.43	5-29
FAIL	11.10±5.15	10	10	1.09	0.7	5-28
DEP	10.05±4.53	9	5	1.4	2.25	5-30
VUL	13.30±4.73	13	10	0.42	-0.52	5-27
ENM	12.11±4.68	11	10	0.85	0.6	5-28
SUB	12.21±4.90	12	10	0.78	0.17	5-30
SS	17.40±4.69	17	18	0.06	-0.19	5-29
EMI	13.10±5.14	12	10	0.71	0.12	5-29
USTN	18.56±4.54	19	21	0.05	-0.74	8-29
ENT	16.90±4.45	17	14	0.42	-0.34	8-29
ISC	15.38±4.33	15	16	0.51	-0.01	6-28
APPS	17.58±4.81	17	19	-0.04	-0.56	6-30
PESS	15.92±4.86	15	17	0.23	-0.63	5-28
SPUN	15.12±4.38	15	17	0.29	-0.01	5-29

SD: standard deviation, min: minimum, max: maximum, EMS: Early maladaptive schemas, EMD: Emotional Deprivation, ABAN: Abandonment/Instability, MIST: Mistrust/Abuse, SOCI: Social Isolation/Alienation, DEF: Defectiveness/Shame, FAIL: Failure to Achieve, DEP: Dependence/Incompetence, VUL: Vulnerability to Harm, ENM: Enmeshment, SUB: Subjugation, SS: Self-Sacrifice, EMI: Emotional Inhibition, USTN: Unrelenting Standards, ENT: Entitlement, ISC: Insufficient Self-Control, APPS: Approval/Admiration-Seeking, PESS: Pessimism/Negativity, SPUN: Self-Punitiveness.

Supplementary Table S2. Examination of the Pearson correlations between Music Preferences and EMSs

	Rock	Pop	Hip hop/Rap	Turkish Classical Music	Folk Music	Classical	Jazz	Instrumental
EMD	-0.001	-0.177**	-0.068	0.028	0.094	-0.023	0.070	0.072
ABAN	0.102*	0.007	-0.078	-0.004	-0.036	0.013	0.051	-0.084
MIST	0.011	-0.079	-0.059	0.003	0.026	0.037	0.059	-0.011
SOCI	0.026	-0.126*	-0.135**	-0.024	-0.024	0.103*	0.165**	0.007
DEF	0.006	-0.089	-0.080	0.025	0.058	-0.002	0.073	-0.029
FAIL	0.041	0.000	-0.047	-0.047	0.012	-0.037	0.074	-0.068
DEP	0.040	-0.037	-0.085	0.014	-0.008	0.049	0.013	-0.017
VUL	0.039	-0.012	-0.035	-0.055	0.038	-0.025	0.033	-0.020
ENM	0.071	0.070	0.021	-0.032	-0.063	-0.057	0.004	-0.031
SUB	0.038	0.033	-0.058	0.012	-0.004	0.021	0.021	-0.064
SS	0.082	-0.017	-0.013	0.009	0.129*	-0.106*	-0.024	-0.087
EMI	0.091	-0.126*	-0.095	-0.074	0.042	0.030	0.051	0.075
USTN	0.063	-0.043	-0.060	-0.054	-0.027	-0.005	0.090	0.009
ENT	0.033	-0.120*	-0.096	-0.146**	-0.080	0.178**	0.171**	0.079
ISC	0.070	-0.082	0.005	-0.076	-0.128*	0.049	0.172**	-0.042
APPS	0.107*	0.064	-0.026	-0.063	-0.025	-0.075	-0.002	0.006
PESS	0.012	-0.012	-0.066	0.028	0.089	-0.059	0.023	-0.057
SPUN	-0.015	-0.075	-0.105*	0.060	0.069	0.034	0.011	0.021

*: $P < .050$, **: $P < .010$, EMS: Early maladaptive schemas, EMD: Emotional Deprivation, ABAN: Abandonment/Instability, MIST: Mistrust/Abuse, SOCI: Social Isolation/Alienation, DEF: Defectiveness/Shame, FAIL: Failure to Achieve, DEP: Dependence/Incompetence, VUL: Vulnerability to Harm, ENM: Enmeshment, SUB: Subjugation, SS: Self-Sacrifice, EMI: Emotional Inhibition, USTN: Unrelenting Standards, ENT: Entitlement, ISC: Insufficient Self-Control, APPS: Approval/Admiration-Seeking, PESS: Pessimism/Negativity, SPUN: Self-Punitiveness.

Supplementary Table S3. Examination of the Pearson correlations between Movie Preferences and EMS

	Romantic	Comedy	Action	Adventure	Drama	Horror/Thriller	Science Fiction	Animation
EMD	-0.083	0.015	0.010	-0.013	0.009	0.087	-0.088	0.034
ABAN	0.011	0.028	0.037	-0.054	0.011	0.045	-0.061	-0.065
MIST	-0.024	0.050	0.012	-0.108*	-0.014	-0.010	-0.022	0.052
SOCI	-0.012	-0.060	-0.065	-0.157**	0.086	0.069	-0.038	0.054
DEF	-0.035	0.040	-0.039	-0.109*	0.093	0.048	-0.084	0.027
FAIL	0.002	-0.010	-0.002	-0.068	0.094	0.051	-0.064	-0.074
DEP	0.008	0.045	0.023	-0.147**	0.085	0.027	-0.093	-0.015
VUL	0.102*	0.111*	-0.043	-0.124*	0.038	-0.013	-0.143**	0.056
ENM	0.058	0.041	0.040	0.009	-0.013	0.024	-0.053	-0.153**
SUB	0.050	0.049	0.032	-0.068	0.010	0.013	-0.080	-0.033
SS	0.003	0.059	0.058	0.059	-0.068	0.056	-0.109*	-0.016
EMI	-0.122*	-0.041	-0.009	-0.116*	0.075	0.112*	-0.038	0.054
USTN	0.001	0.018	0.011	-0.040	-0.012	-0.007	-0.058	0.062
ENT	0.020	-0.061	0.003	-0.058	0.029	0.036	-0.006	-0.003
ISC	0.017	-0.025	-0.085	-0.031	0.025	0.120*	0.007	-0.073
APPS	0.092	0.125*	-0.059	-0.107*	0.050	0.022	-0.050	-0.062
PESS	0.027	0.130*	-0.022	-0.139**	0.012	0.042	-0.125*	0.048
SPUN	-0.047	0.105*	0.057	-0.156**	-0.038	0.011	-0.054	0.089

*: $P < .05$. **: $P < .01$, EMS: Early maladaptive schemas, EMD: Emotional Deprivation, ABAN: Abandonment/Instability, MIST: Mistrust/Abuse, SOCI: Social Isolation/Alienation, DEF: Defectiveness/Shame, FAIL: Failure to Achieve, DEP: Dependence/Incompetence, VUL: Vulnerability to Harm, ENM: Enmeshment, SUB: Subjugation, SS: Self-Sacrifice, EMI: Emotional Inhibition, USTN: Unrelenting Standards, ENT: Entitlement, ISC: Insufficient Self-Control, APPS: Approval/Admiration-Seeking, PESS: Pessimism/Negativity, SPUN: Self-Punitiveness.