Which links exist between depression, engagement in activities’ level and several psychological processes?

Aurélie WAGENER & Sylvie BLAIRY

Cognitive and Behavioural Clinical Psychology
Department of Psychology: Cognition and Behaviour
University of Liège, Belgium

Contact: aurelie.wagener@ulg.ac.be
AIM: Identify the specific influence of the psychological processes on the level of engagement in activities.

HYPOTHESES:
- Engagement in activities will be **positively predicted** by:
  - A positive self-image
  - An approach’s tendency
  - A high environmental satisfaction
  - Adaptive emotional regulation’s strategies
- Engagement in activities will be **negatively predicted** by:
  - Negative repetitive thoughts
**Method**

Sample

<table>
<thead>
<tr>
<th>Sample (N = 486)</th>
<th>358/158</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex (∆/♀)</td>
<td></td>
</tr>
<tr>
<td>Age</td>
<td>37 (SD = 15)</td>
</tr>
<tr>
<td>Education level</td>
<td>Low level: 3 % Legal level: 30 % High level: 64 % Missing data: 3 %</td>
</tr>
</tbody>
</table>

**Experimental design.**

Online survey.

**Assessment.**

Several scales have been used to evaluate each variable.

**Statistical analyses.**

Factorial scores have been computed for each variable. Path analyses have been conducted.

**Results**

Several scales have been used to evaluate each variable.

Negative repetitive thoughts

Positive self-image

Approach’s tendency

High environmental satisfaction

Adaptive emotional regulation’s strategies

**Discussion**

- About depression → Results confirm previous findings
- About engagement in activities → Results are in line with our hypotheses
  → Further analyses are needed in order to improve our understanding of the influence of the psychological processes on the function of the engagement in activities ("activation" or "avoidance").
- Limitation: Women >> Men