

# PSYCHOLOGICAL PROCESSES LEADING TO ACTIVATION OR AVOIDANCE: PROTECTIVE AND VULNERABILITY FACTORS TO DEPRESSION

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**FIRST: APOLOGY**

# SECOND: PSYCHOLOGY

# BACKGROUND

# OUR RESEARCH ON DEPRESSIVE DISORDER

= a cross-fertilisation of...

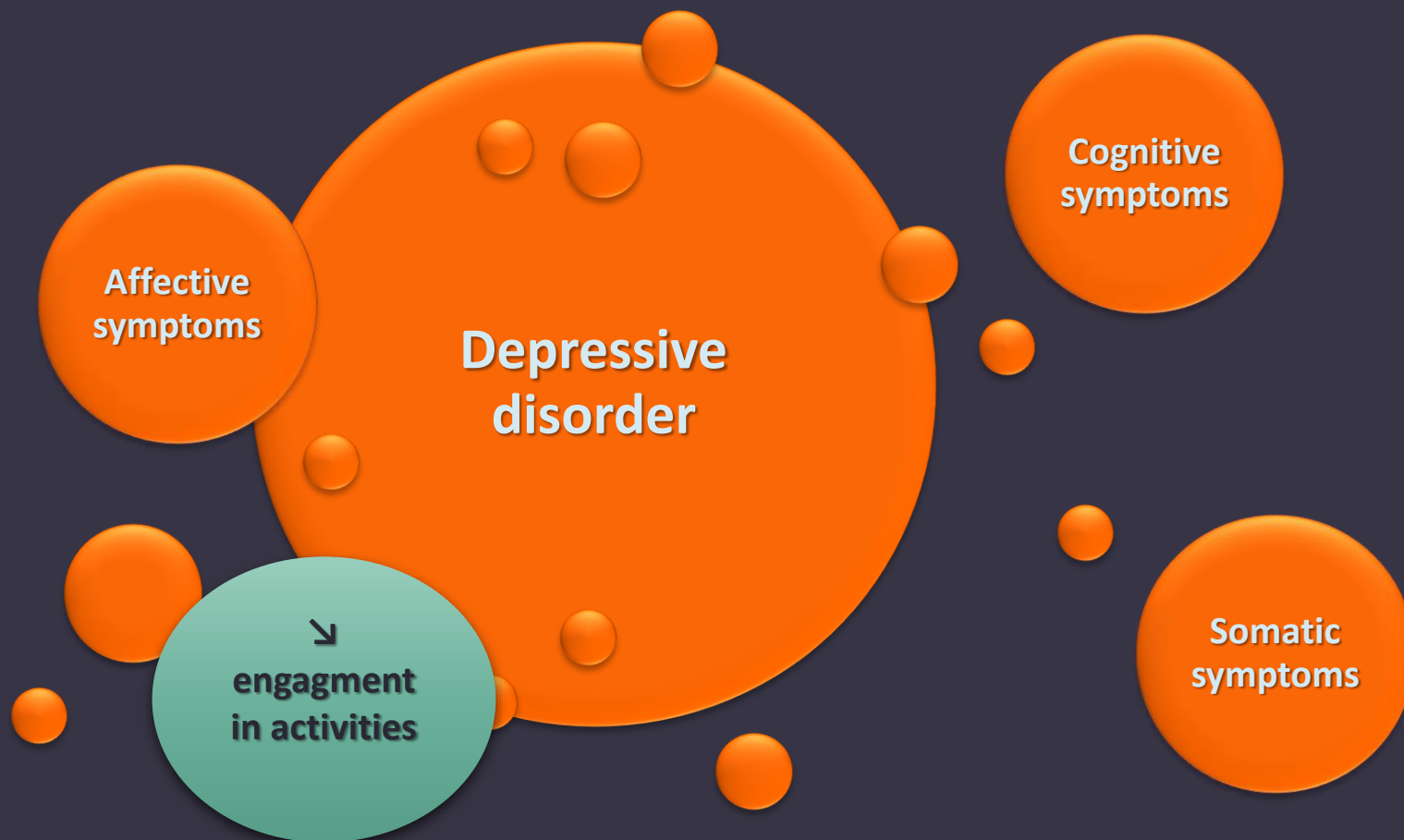
- ✓ Behavioural framework on depression (70')  
Ferster (1973 )  
Lewinsohn (1974)
- ✓ Kinderman's framework (2005 – 2013)

# OUR RESEARCH ON DEPRESSIVE DISORDER

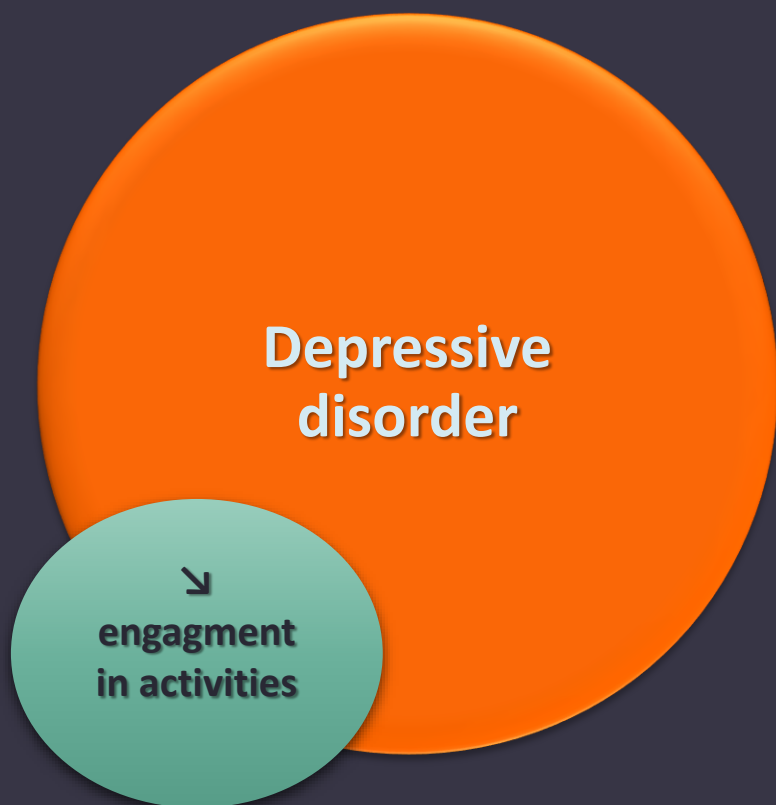
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# FERSTER (1973) & LEWINSOHN (1974)



# FERSTER (1973) & LEWINSOHN (1974)



Depressed patients

→ Loss of some activities

→ Loss of positive reinforcements

↳ **INACTIVITY** = One of the main symptoms of depression

--> Behavioural avoidance

→ Vulnerability factor

→ Maintaining factor

→ Clinical target of behavioural activation strategies



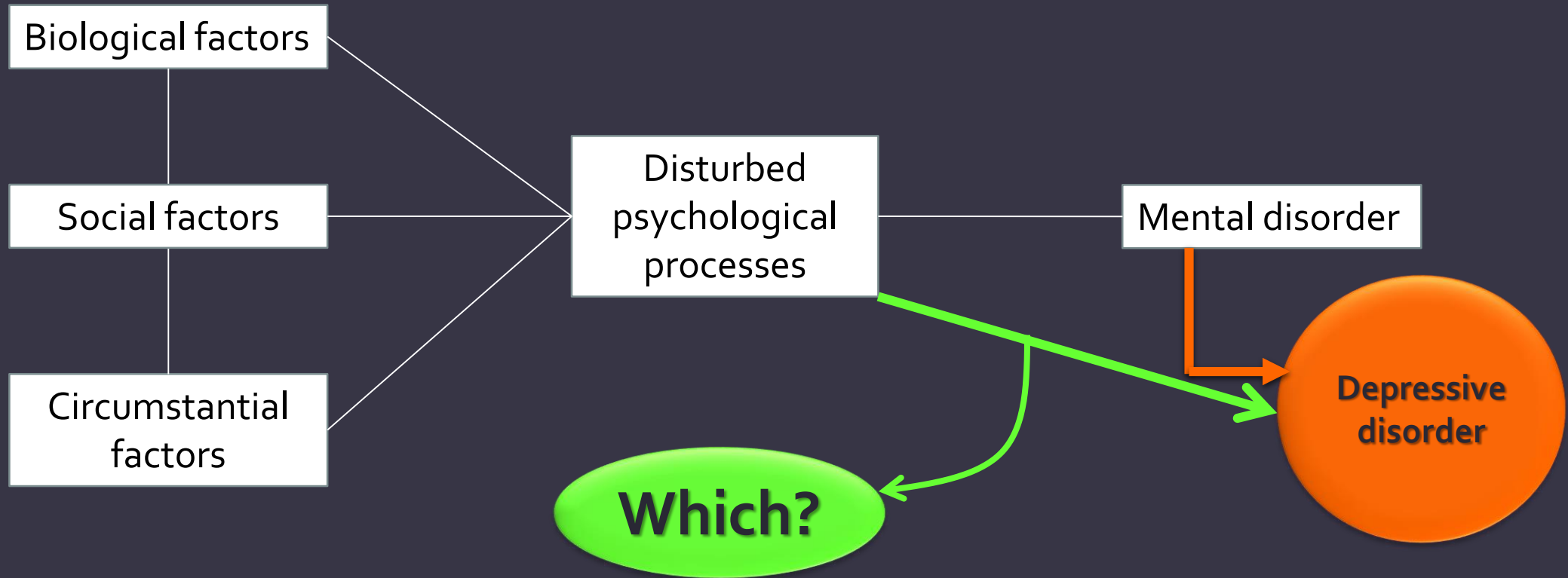
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# KINDERMAN (2005)

## A PSYCHOLOGICAL MODEL OF MENTAL DISORDER

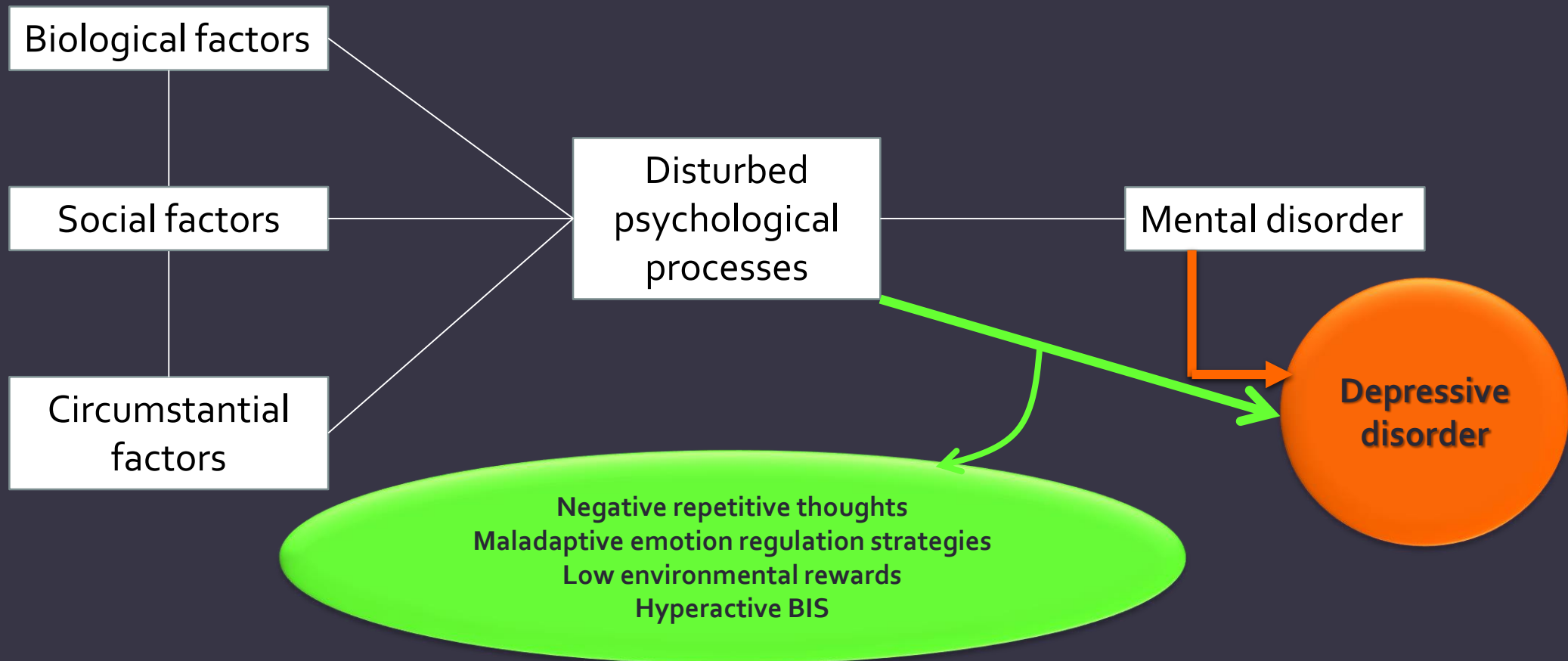


# DEPRESSION & DISTURBED PSYCHOLOGICAL PROCESSES

- **Negative repetitive thoughts**
  - Brooding
  - Reflection
  - Uncertainty intolerance
- **Maladaptive cognitive emotion regulation strategies**
  - Self-blame
  - Other blame
  - Catastrophization
- **Low environmental rewards**
- **Hyperactivation of the behavioural inhibition system (BIS)**

# KINDERMAN (2005)

## A PSYCHOLOGICAL MODEL OF MENTAL DISORDER

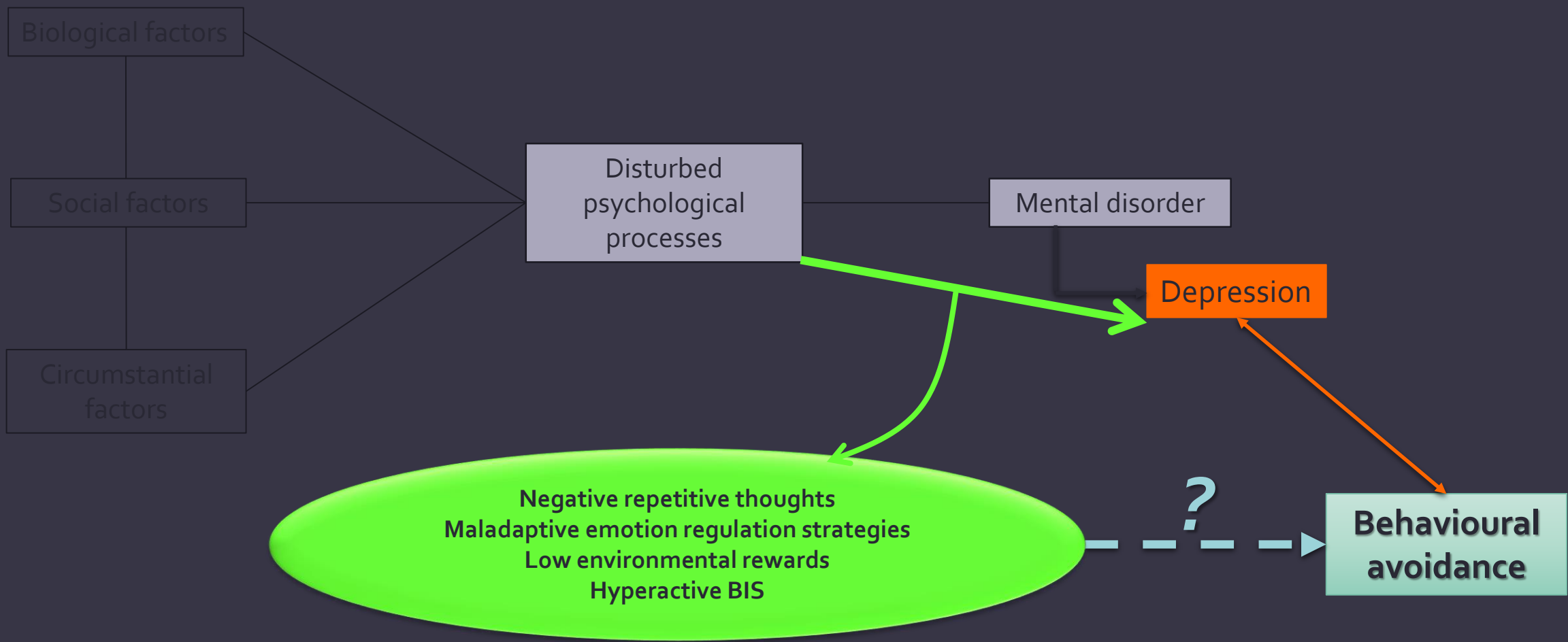


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# OUR RESEARCH ON DEPRESSIVE DISORDER



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> Clinical relevance: Tailoring our psychotherapeutic interventions



# OUR RESEARCH ON DEPRESSIVE DISORDER



> Clinical relevance: Tailoring our psychotherapeutic interventions





# HYPOTHESES

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## Disturbed psychological processes

Negative repetitive thoughts  
Maladaptive cognitive emotion regulation strategies  
Low environmental satisfaction  
Inhibition

Behavioural avoidance

→ Vulnerability factor to...



## Healthy psychological processes

Adaptive cognitive emotion regulation strategies  
High environmental satisfaction  
Approach  
High self-esteem  
High self-efficacy  
Identity clarity

Behavioural activation

→ Protective factor to...

Depression

# METHODS

# METHODS

- Adults [18-60 years] from clinical and non-clinical populations
- Questionnaires
  - ✓ Psychological processes
  - ✓ Behavioural avoidance & behavioural activation
  - ✓ Depression
- 541 women (mean age= 31.40, SD= 12.20)
- 281 men (mean age= 32.45, SD= 11.87)
- Regression analyses

# RESULTS

# RESULTS



→ Vulnerability factor to...

Behavioural avoidance

0.46\*\*

0.45\*\*

Behavioural activation

-0.37\*\*

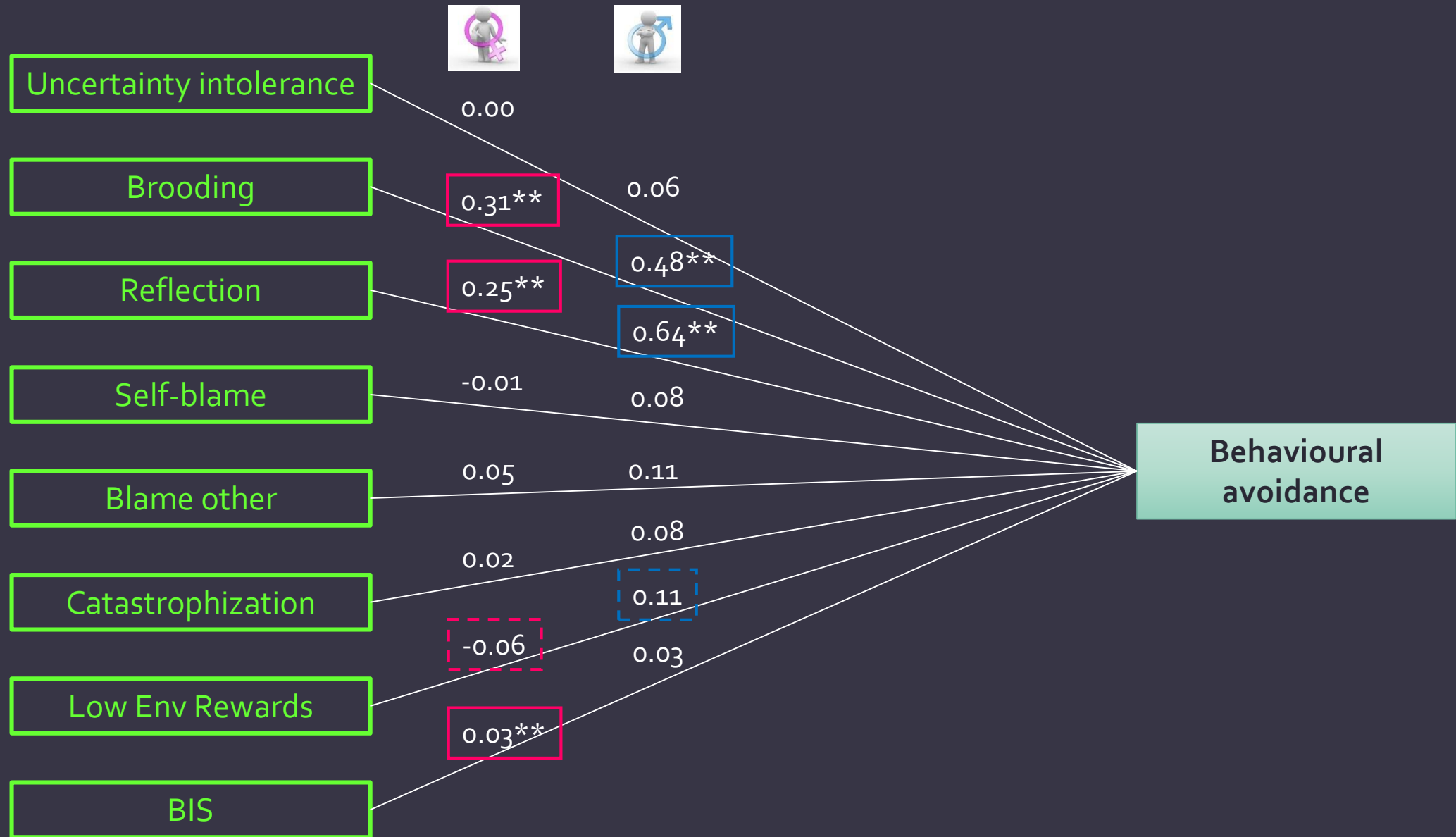
-0.39\*\*

→ Protective factor to...

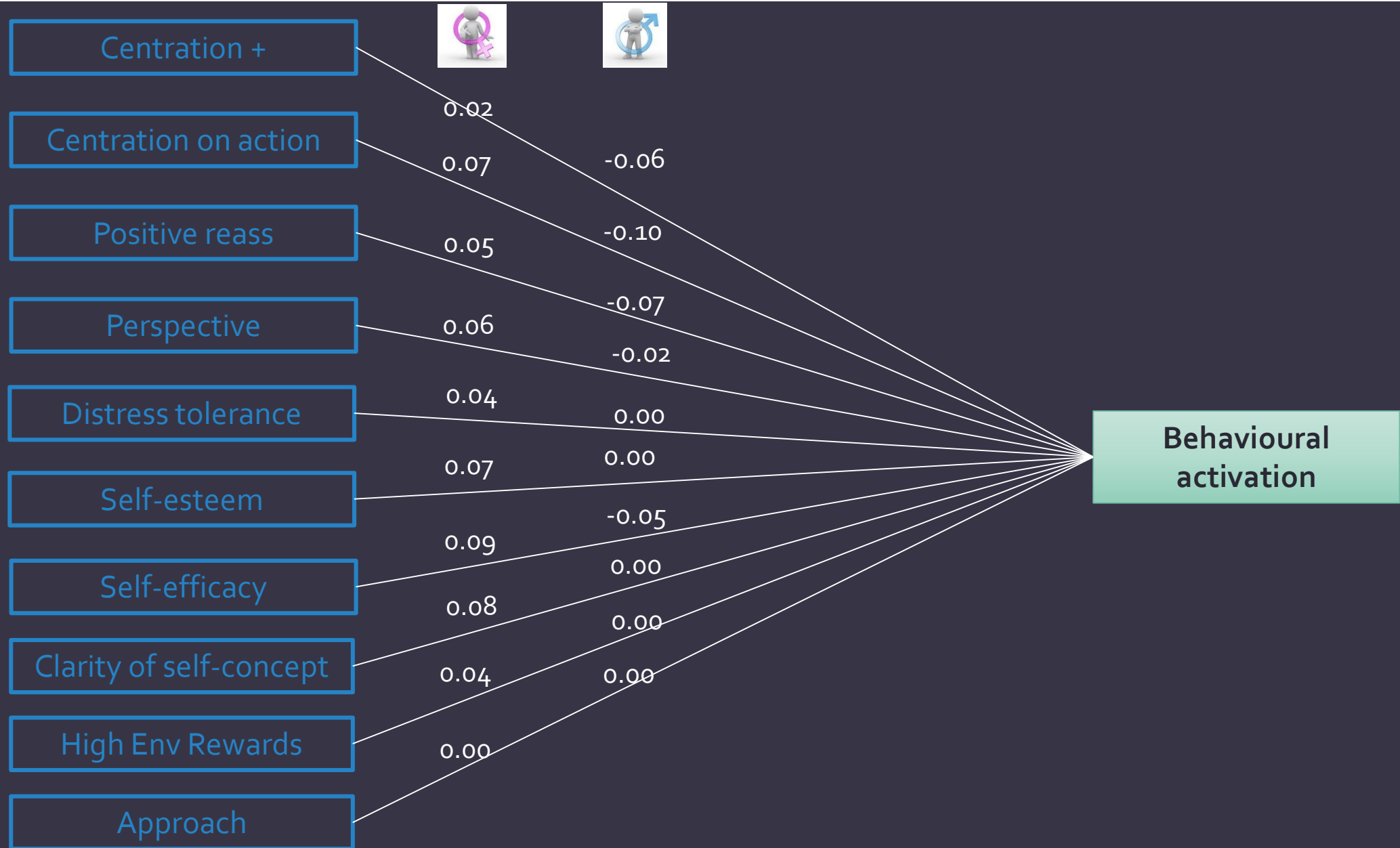
Depression



# RESULTS



# RESULTS





# DISCUSSION

# DISCUSSION

- Behavioural avoidance is predicted by
  - Brooding, reflection and BIS in women
  - Brooding and reflection in men
  - Relevance of working on the repetitive negative thoughts
  - With women, relevance on working on BIS' characteristics
- Behavioural activation?
  - No healthy psychological processes predict it...
- Perspectives
  - Mediation analyses

