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’s)
  Ferster (1973)
  Lewinsohn (1974)

✓ Kinderman’s framework (2005 – 2013)
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FERSTER (1973) & LEWINSOHN (1974)

Depressive disorder

Affective symptoms

Cognitive symptoms

Somatic symptoms

↓ engagement in activities
FERSTER (1973) & LEWINSOHN (1974)

**BACKGROUND**

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

**Depressive disorder**

- Engagement in activities
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KINDERMAN (2005)
A PSYCHOLOGICAL MODEL OF MENTAL DISORDER

BACKGROUND

Biological factors

Social factors

Circumstantial factors

Disturbed psychological processes

Mental disorder

Depressive disorder

Which?
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)
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- Negative repetitive thoughts
- Maladaptive emotion regulation strategies
- Low environmental rewards
- Hyperactive BIS
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Depression

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- Hyperactive BIS

Beahvioural avoidance
OUR RESEARCH ON DEPRESSIVE DISORDER

BACKGROUND

Negative repetitive thoughts
Maladaptive emotion regulation strategies
Low environmental rewards
Hyperactive BIS

> Clinical relevance: Tailoring our psychotherapeutic interventions

Healthy psychological processes

Behavioural avoidance

Behavioural activation
OUR RESEARCH ON DEPRESSIVE DISORDER

**BACKGROUND**

- Negative repetitive thoughts
- Maladaptive emotion regulation strategies
- Low environmental rewards
- Hyperactive BIS

> **Clinical relevance:** Tailoring our psychotherapeutic interventions

Adaptive emotion regulation strategies
- High environmental rewards
- BAS
- Self-image

Behavioural avoidance

Behavioural activation
HYPOTHESES
HYPOTHESES

Disturbed psychological processes
- Negative repetitive thoughts
- Maladaptive cognitive emotion regulation strategies
- Low environmental satisfaction
- Inhibition

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

 Behavourial avoidance

→ Vulnerability factor to...

Depression

→ Protective factor to...

Behavourial activation
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**

Behavioural activation
-0.37**

→ Protective factor to...
-0.39**

Depression
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
Slides available upon request by email.

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