INTRODUCTION

According to Kinderman’s model (2005-2013):

- Biological factors
- Social factors
- Circumstantial factors

Disturbed psychological processes → Mental disorder → Depression

According to theoretical models of depression:

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

Disturbed psychological processes → Depression

According to behavioral framework on depression:

Behavioral avoidance is...
- A vulnerability factor to depression
- One of the main depressive symptoms
- One of the main psychotherapeutic targets

Research questions:
1/ Which disturbed psychological processes lead to behavioral avoidance?
2/ Which healthy psychological processes lead to behavioral activation?

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

METHOD

Adults [18-60 years] from clinical and non-clinical populations

Questionnaires:
- Psychological processes
- Behavioral avoidance & behavioral activation
- Depression

Regression analyses: women vs men

RESULTS

541 women 281 men

M  SD M  SD
31.40 12.20 32.45 11.87

RESULTS

Regression analyses: women vs men

- Depression

HYPOTHESES

- There is only a few significant relationships between psychological processes and behavioral avoidance/activation
  - Role of other variables?
  - Life events, family mental health history, cognitive disturbances, cognitive biases,...
  - Kinderman’s model

- According to the relationships between negative repetitive thoughts and behavioral avoidance:
  - Behavioral activation
  - Martell, Dimidjian & Hermann-Dunn (2010)

- Catastrophization & behavioral avoidance: relevance of a cognitive work on schemas of catastrophization

- Self-efficacy & behavioral activation: relevance of enhancing this psychological variable

CONCLUSIONS

- Negative relationship between acceptance & behavioral activation?
  - Active process OR resignation?

*Corresponding author: aurelie.wagener@ulg.ac.be
This poster’s bibliography is available upon request by email.