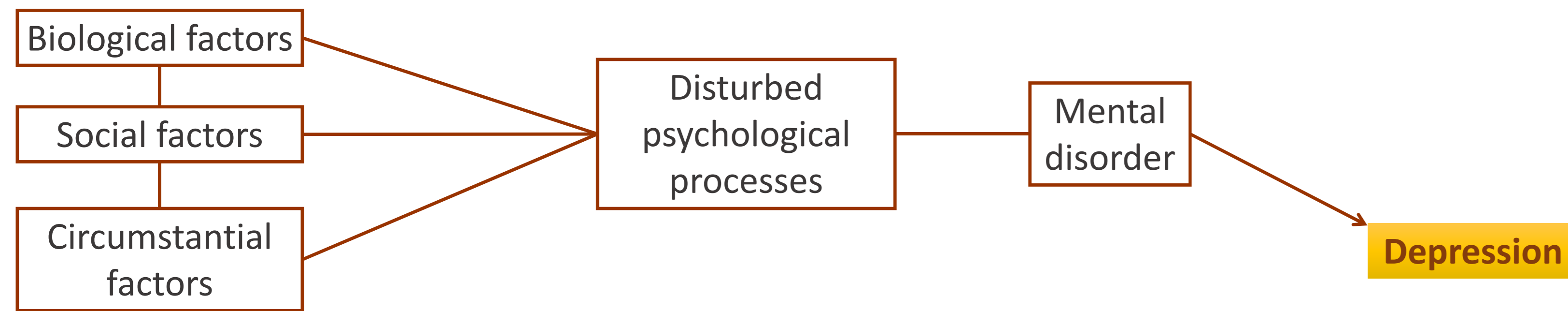
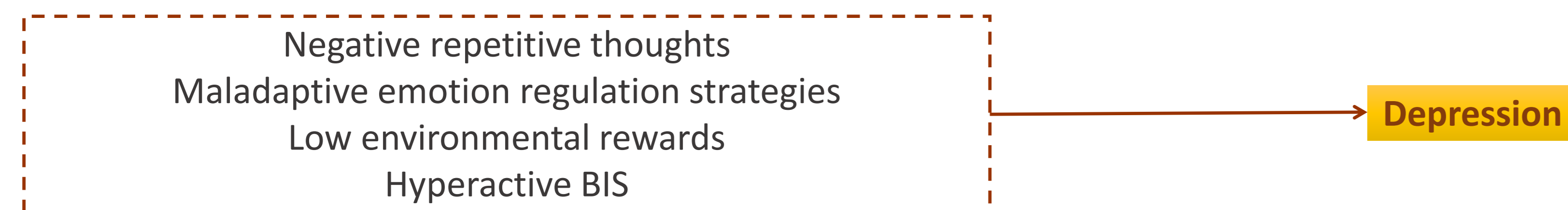


INTRODUCTION

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



According to theoretical models of depression:

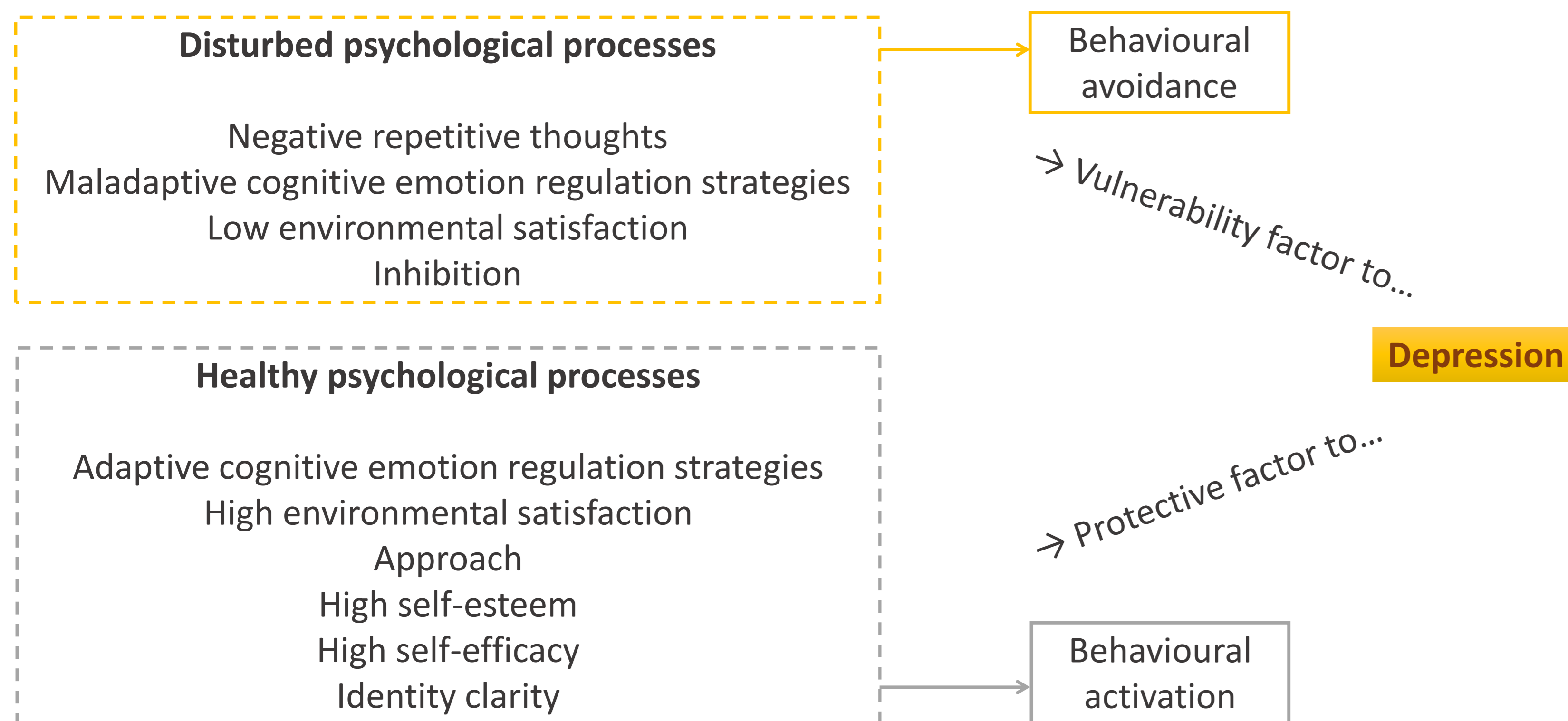


According to behavioral framework on depression:

- 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?

HYPOTHESES

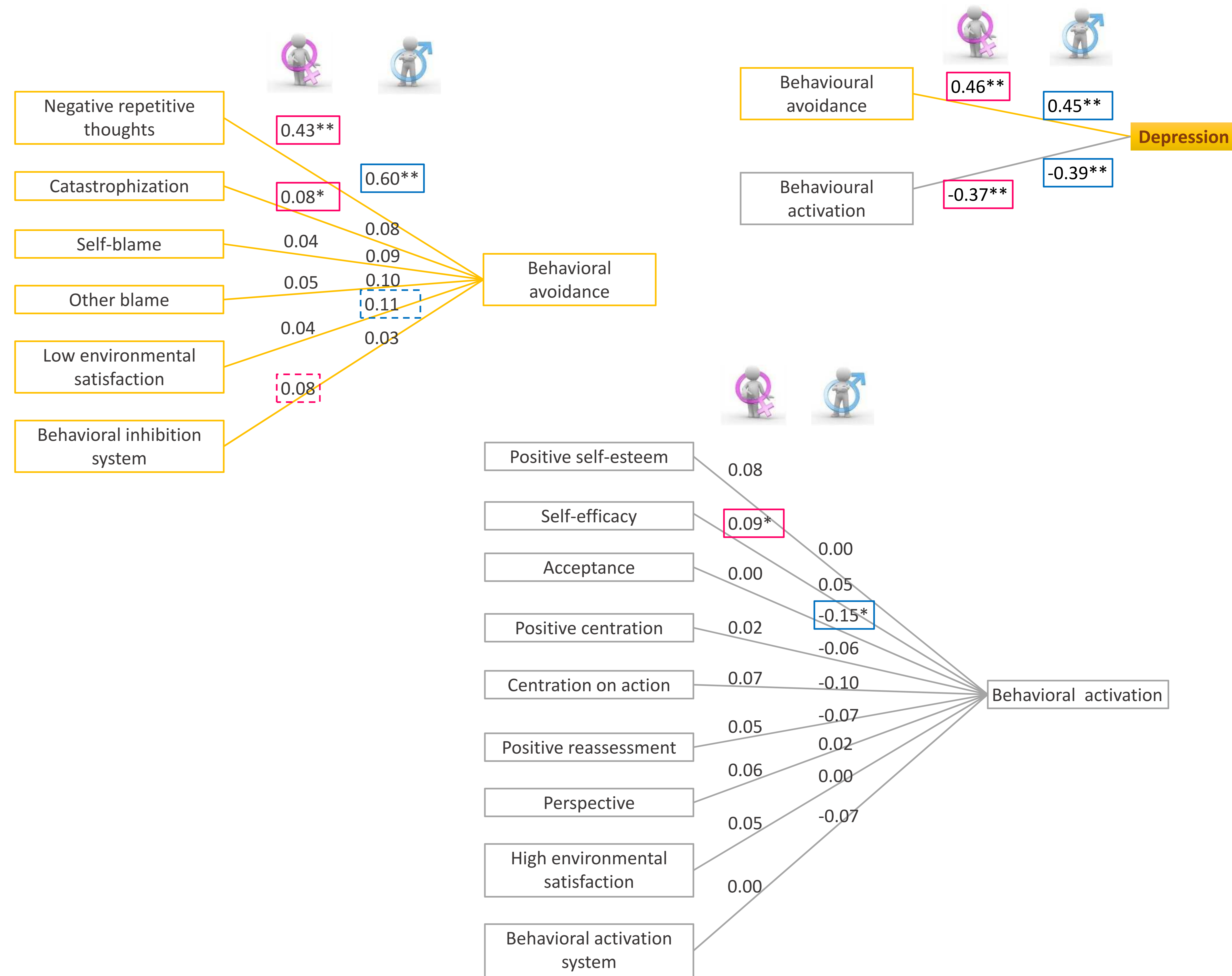


METHOD

Adults [18-60 years] from clinical and non-clinical populations Regression analyses: women vs men

Questionnaires	Psychological processes		Behavioral avoidance & behavioral activation		Depression	
	M	SD	M	SD	M	SD
	541	281	31.40	12.20	32.45	11.87
	women	men				

RESULTS



CONCLUSIONS

- **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 activation**
 - ↳ Relevance of working on repetitive negative thoughts with depressed patients
 - // 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
- **Negative relationship between acceptance & behavioral activation?**
 - ↳ Active process OR resignation?

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 This poster's bibliography is available upon request by email.