Depression severity, engagement in activities and psychological processes: Assessment of a conceptual model: Preliminary results

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Sample.
Table 1. Sociodemographic data.

<table>
<thead>
<tr>
<th>Sample (N = 150)</th>
<th>Sex (♀/♂)</th>
<th>105/45</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>37 (SD = 15)</td>
<td></td>
</tr>
<tr>
<td>Education level</td>
<td>Low level: 3 %</td>
<td>Legal level: 30 %</td>
</tr>
</tbody>
</table>

Experimental design.
Participants fulfilled once an online survey.

Assessment. Depression severity
• Beck Depression Inventory (II) & Center for Epidemiological Studies of Depression
Anxiety
• STAI-B & Penn State Worry Questionnaire
Engagement in activities
• Behavioural Activation for Depression scale – Short form
• Frequency factor of the Pleasant Event Schedule
Self-image
• Rosenberg Self-Esteem Scale
• General Self-Efficacy Scale
• Self-Concept Clarity Scale
Negative repetitive thoughts
• Ruminative Response Scale
• Uncertainty Intolerance Scale
• Why Worry Questionnaire (II)
Approach
• Behavioural Inhibition System/Behavioural Activation System Scale
• Global Motivation Scale
Environmental satisfaction
• Environmental Reward Observation Scale
• Probability Reward Index
• Pleasure factor of the Pleasant Event Schedule
Emotional regulation
• Cognitive Emotion Regulation Questionnaire
• Five Facets Mindfulness Questionnaire
• Acceptance and Action Questionnaire (II)

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

RESULTS
 Anxiety 0.37 Activity Engagement
 Depression 0.35

<table>
<thead>
<tr>
<th>Positive self-image</th>
<th>-0.32</th>
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</thead>
<tbody>
<tr>
<td>Negative repetitive thoughts</td>
<td>0.15</td>
</tr>
<tr>
<td>Approach’s tendency</td>
<td>0.31</td>
</tr>
<tr>
<td>High environmental satisfaction</td>
<td>-0.01</td>
</tr>
<tr>
<td>Adaptive emotional regulation’s strategies</td>
<td>-0.10</td>
</tr>
</tbody>
</table>

METHOD
AIM
Identify the influence of these 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

DISCUSSION
Depression
Depression
Decrease of the level of engagement in activities

Five sets of biased psychological processes:
• Self-image
• Negative repetitive thoughts
• Approach
• Environmental satisfaction
• Emotional regulation

About depression:
→ Results confirm previous findings
About engagement in activities:
→ Results are in line with our hypotheses excepted that
→ Negative repetitive thoughts don’t negatively predict the engagement in activities
→ Engagement in activities positively predicts depression

Analyses on this sample will be computed in order to determine which psychological processes are mediators of the link between depression and engagement in activities. Further analyses will be conducted in order to build clusters of depression’s profile.

Limitation:
Women >> > Men

This poster’s bibliography is available on demand by email.
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