

# Which tips to keep motivated when access to our pleasant and/or meaningful activities is limited?

Keep in mind that ‘motivation follows action’

**Aurélie Wagener, PhD**

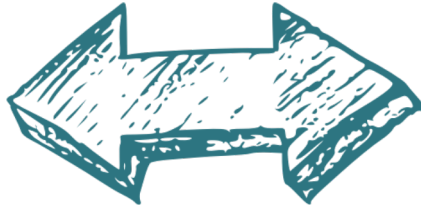
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Motivation  
follows  
action





The weather is  
not cool...I'll go  
for a run  
tomorrow...

I'm not inspired  
to write, I'll do it  
later...

I'll do when I'll  
be motivated or  
want to...

I'm not motivated  
to go out tonight,  
another time...





The weather is  
not cool...I'll go  
for a run  
tomorrow

I'm not inspired  
I'll do it

Motivation  
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I'm not motivated  
but tonight,  
other time...





# Motivation follows action...

## Origins?

< **Behavioural models of depression** elaborated by Charles Ferster and Peter Lewinsohn, 70'



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Principles adapted and adaptable to mood, in general



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### ❖ Depression

- ❑ ↘ engagement in pleasant and/or mandatory activities





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### ❖ Depression

- ❑ ↘ engagement in pleasant and/or mandatory activities
- ❑ ↗ behavioural avoidance





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### ❖ Depression

- ❑ ↘ engagement in pleasant and/or mandatory activities
- ❑ ↗ behavioural avoidance
- ❑ // « lack of motivation »

❑ = behavioural models of depression's postulates



# Behavioural models of depression's postulates

While clinically observed, are these postulates empirically grounded ?

## ► General population

- 759 women
- 410 men

Age	≤ 20 years	186 (15.91)
	21–30 years	498 (42.60)
	31–40 years	187 (16.00)
	41–50 years	116 (9.92)
	51–60 years	101 (8.64)
	> 60 years	62 (5.30)
Missing		19 (1.63)

## ► Assessment of the depressive symptomatology and activation(1)/avoidance(2)

- Regression analyses

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journal homepage: [www.elsevier.com/locate/jad](http://www.elsevier.com/locate/jad)



Research paper

Depressive symptomatology and the influence of the behavioral avoidance and activation: A gender-specific investigation

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<sup>a</sup> University of Liege, Belgium  
<sup>b</sup> University Grenoble Alpes, France

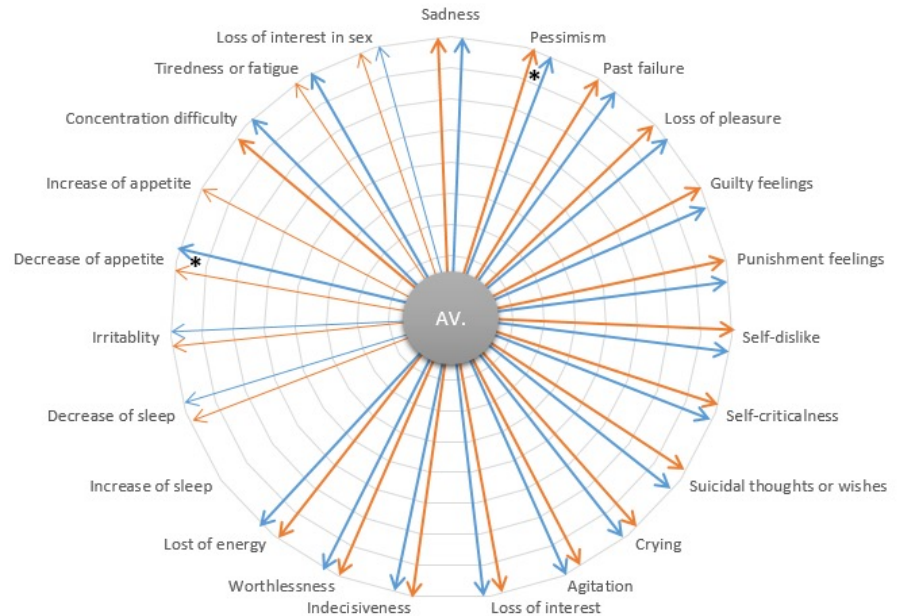
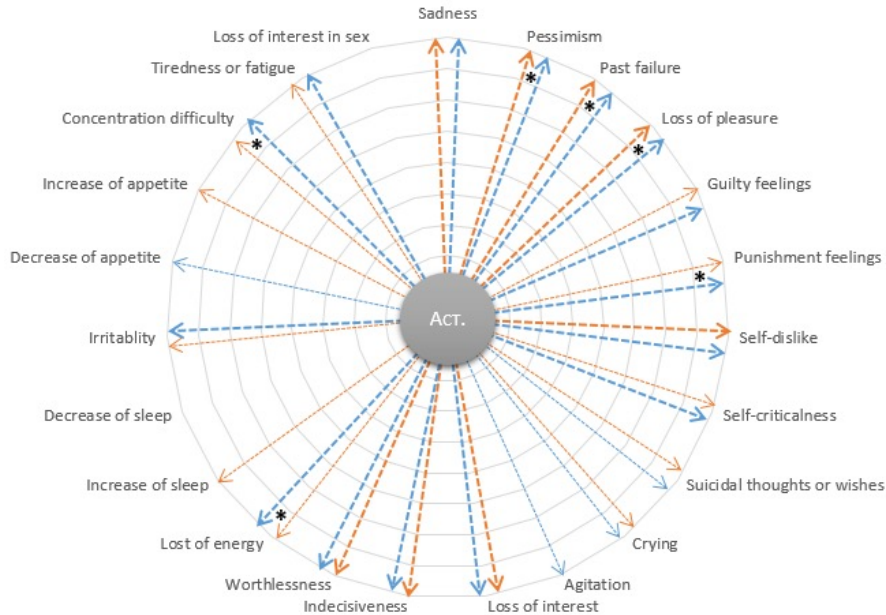




# Behavioural models of depression's postulates

Women : Orange lines  
Men : Blue lines

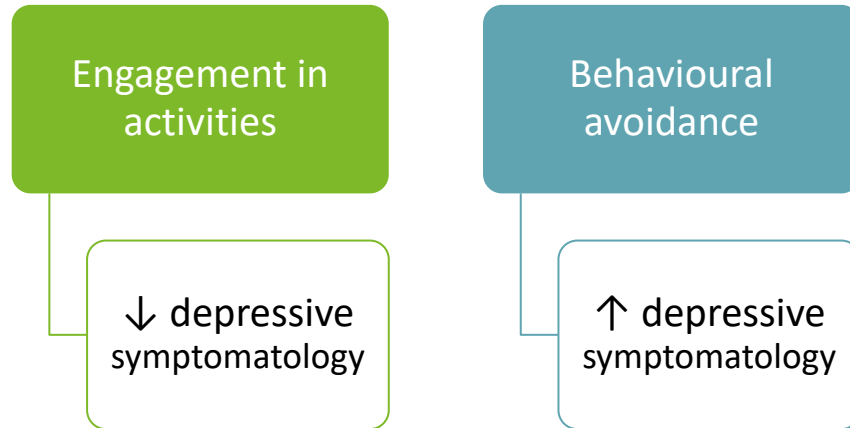
Full line → Positive relationship  
Dotted line → Negative relationship





# Behavioural models of depression's postulates

While clinically observed, are these postulates empirically grounded ?





# Behavioural models of depression's postulates

Based on these postulates...

→ Development of the « **behavioural activation** » intervention



## Two principles

- 1) **Increase** the engagement in activities which are associated with **pleasure and/or sense of competence**
- 2) **Decrease** the engagement in **behaviours that maintain negative feelings or increase their risks** (→ decrease the avoidance)

## Aims?

- ↘ depressive symptomatology
- ↗ quality of life



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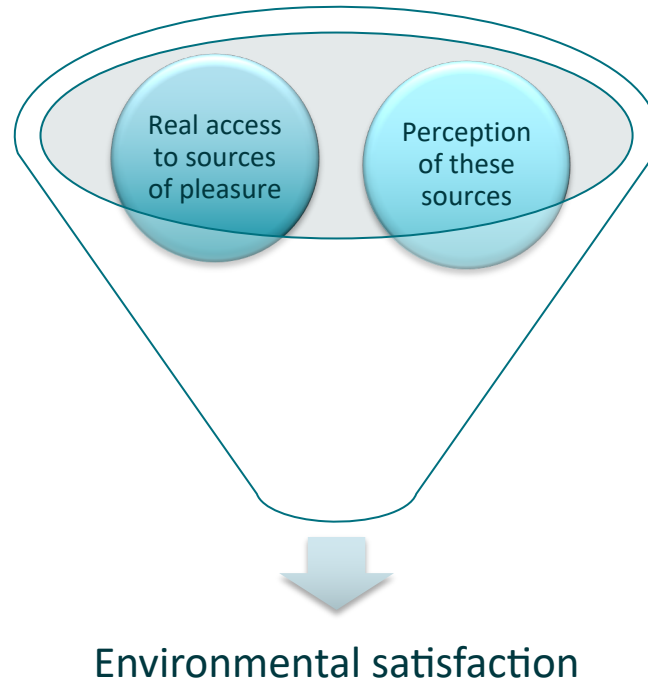
## Aims?

- ↘ depressive symptomatology
- ↗ quality of life

Environmental satisfaction

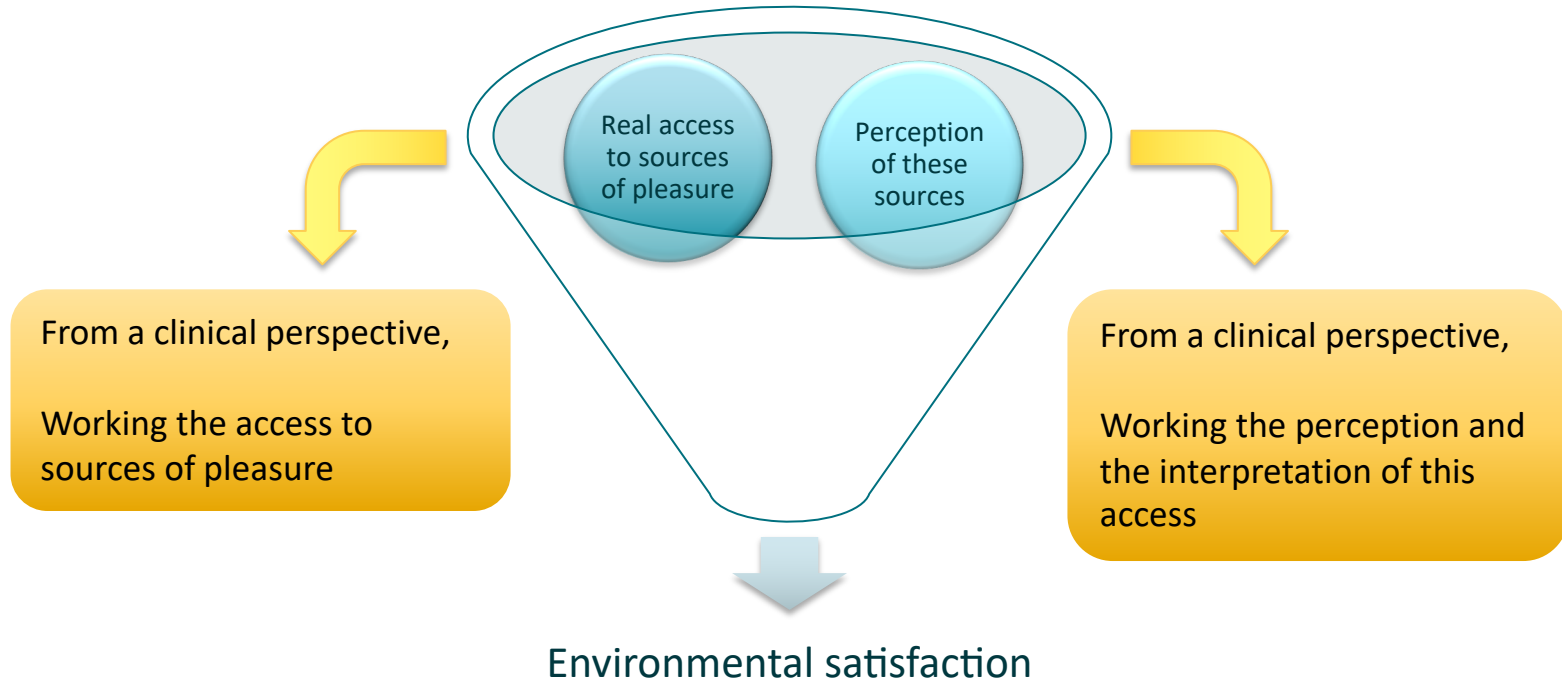


# Behavioural models of depression's postulates





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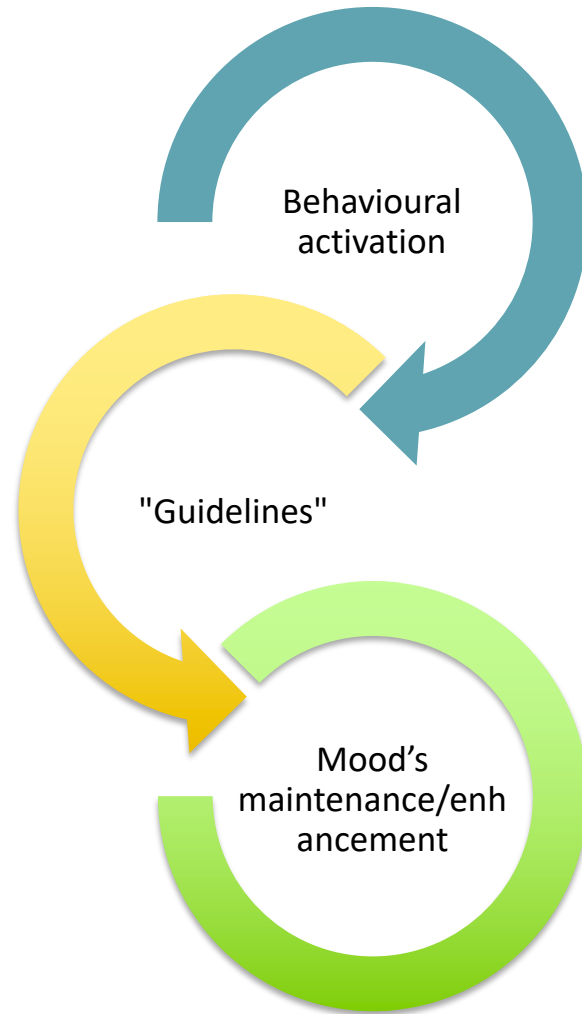
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## Aims?

- ↘ depressive symptomatology
- ↗ quality of life

Environmental satisfaction





I don't want to, I  
have no motivation,  
nor energy  
- I feel sad -

I brood, I  
procrastinate, isolate  
myself and don't see  
my relatives





I don't want to, I have no  
motivation, nor energy  
- I feel sad -

I do a  
positive/pleasant/...activity  
in which I feel competent





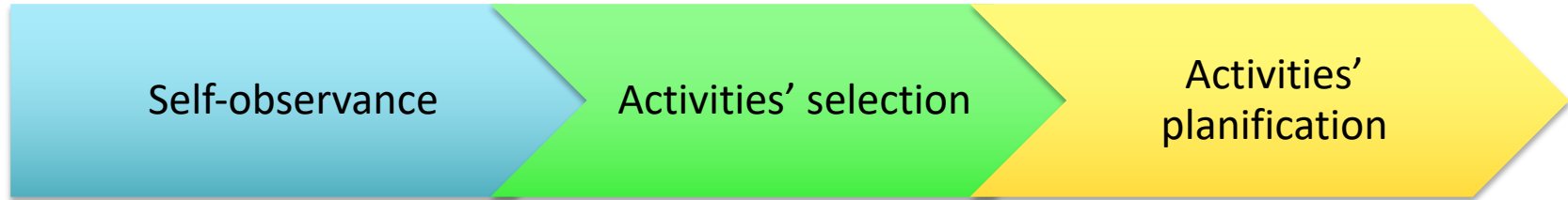
# How do we go from the vicious circle to the virtuous one?





# Behavioural activation

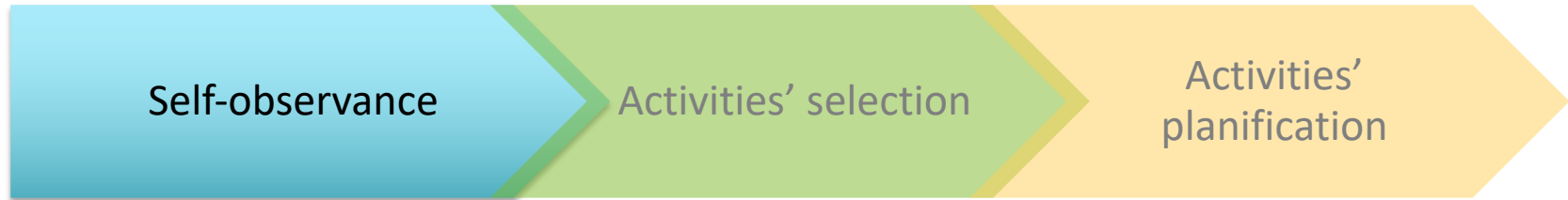
## Key steps





# Behavioural activation

## Key steps





# Behavioural activation

## Key steps

Self-observance

Activities' selection

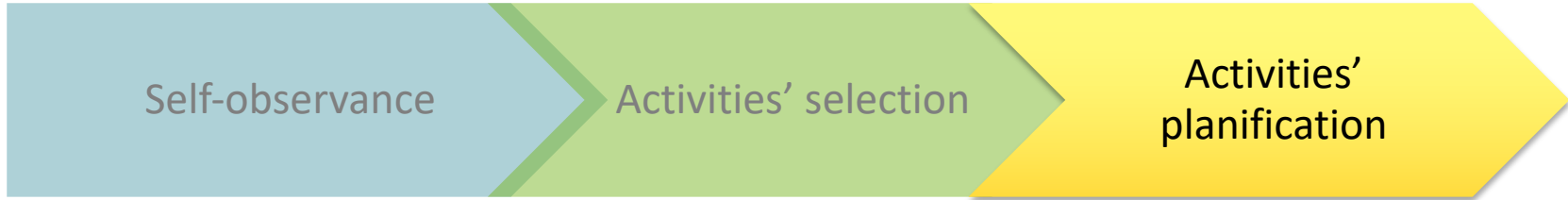
Activities'  
planification





# Behavioural activation

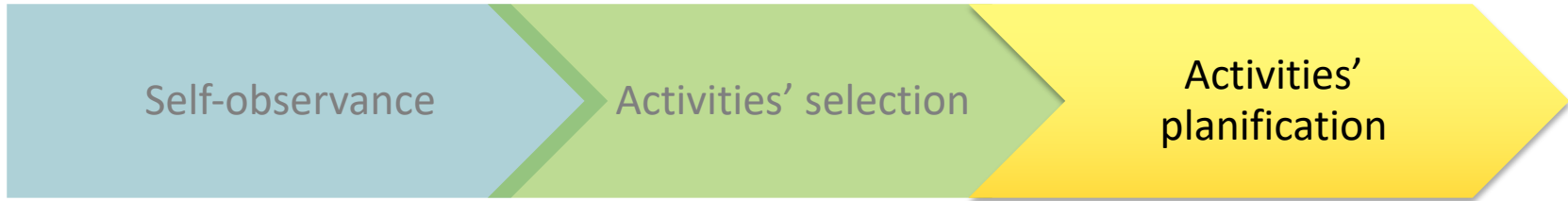
## Key steps





# Behavioural activation

## Key steps



Where?  
When?  
How?

<sup>1</sup> Hopko, 2003; McIndoo et al., 2016; Snarski et al., 2011

<sup>2</sup> Hopko et al., 2004

<sup>3</sup> Eisma et al., 2015

<sup>4</sup> Mairs et al., 2011

<sup>5</sup> Acierno, 2016; Strachan, 2012

<sup>6</sup> Schneider et al., 2011, 2016

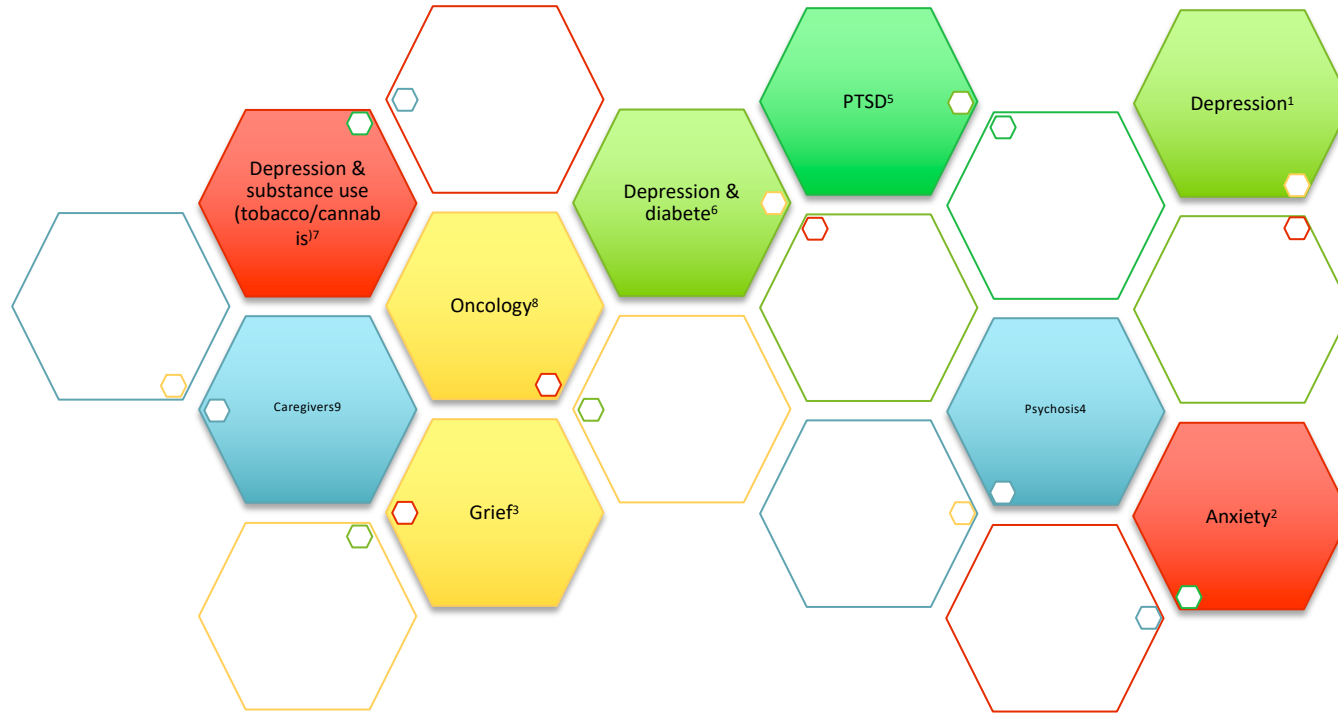
<sup>7</sup> Daughters et al., 2008; Delgadillo, 2015; MacPherson et al., 2010, 2016

<sup>8</sup> Armento et al., 2009; Hopko et al., 2009, 2011; Lyons et al., 2015

<sup>9</sup> Read, 2016

# Behavioural activation

## Is it really useful?





# Behavioural activation


Is it really useful?





# Behavioural activation

Is it really useful?



Well-  
being



# Behavioural activation

Is it really useful?

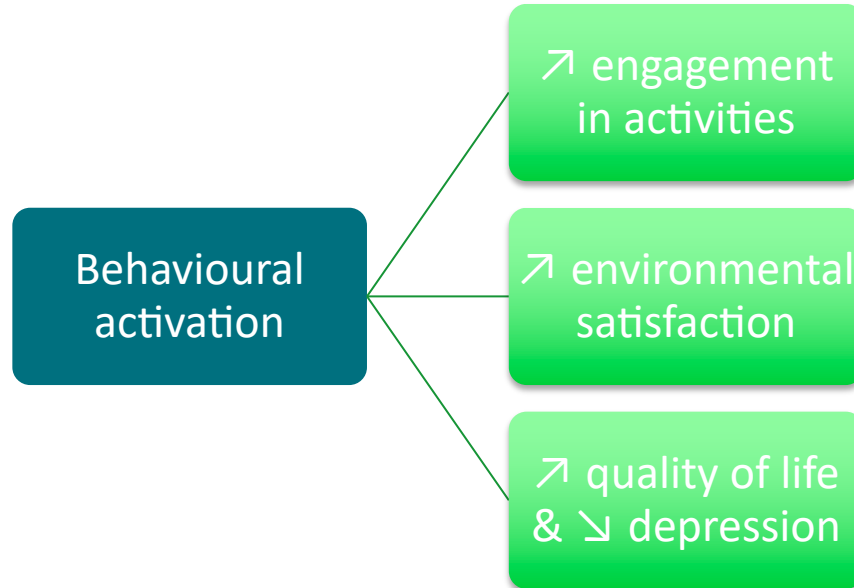


Meta-analysis  
20 studies  
> 1300 participants



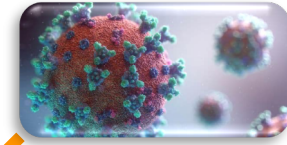
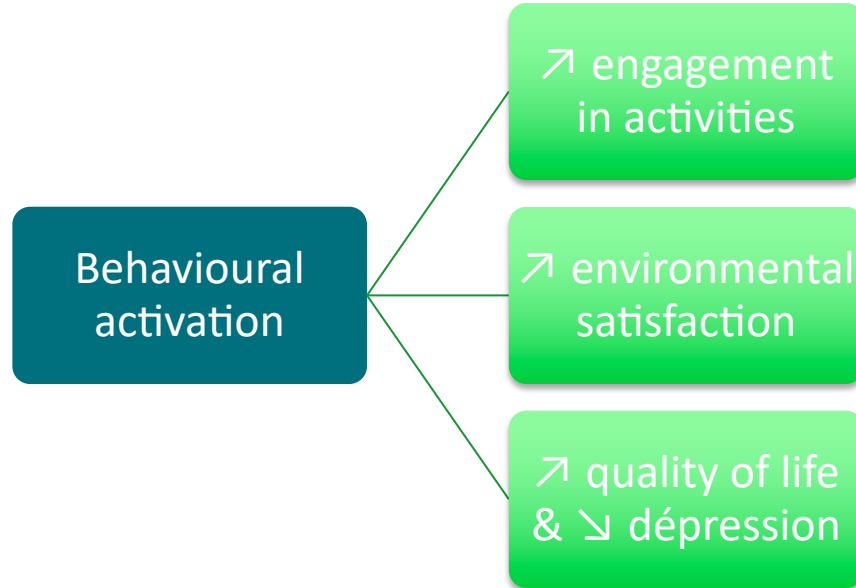
# Behavioural activation

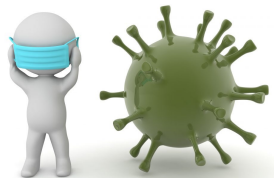
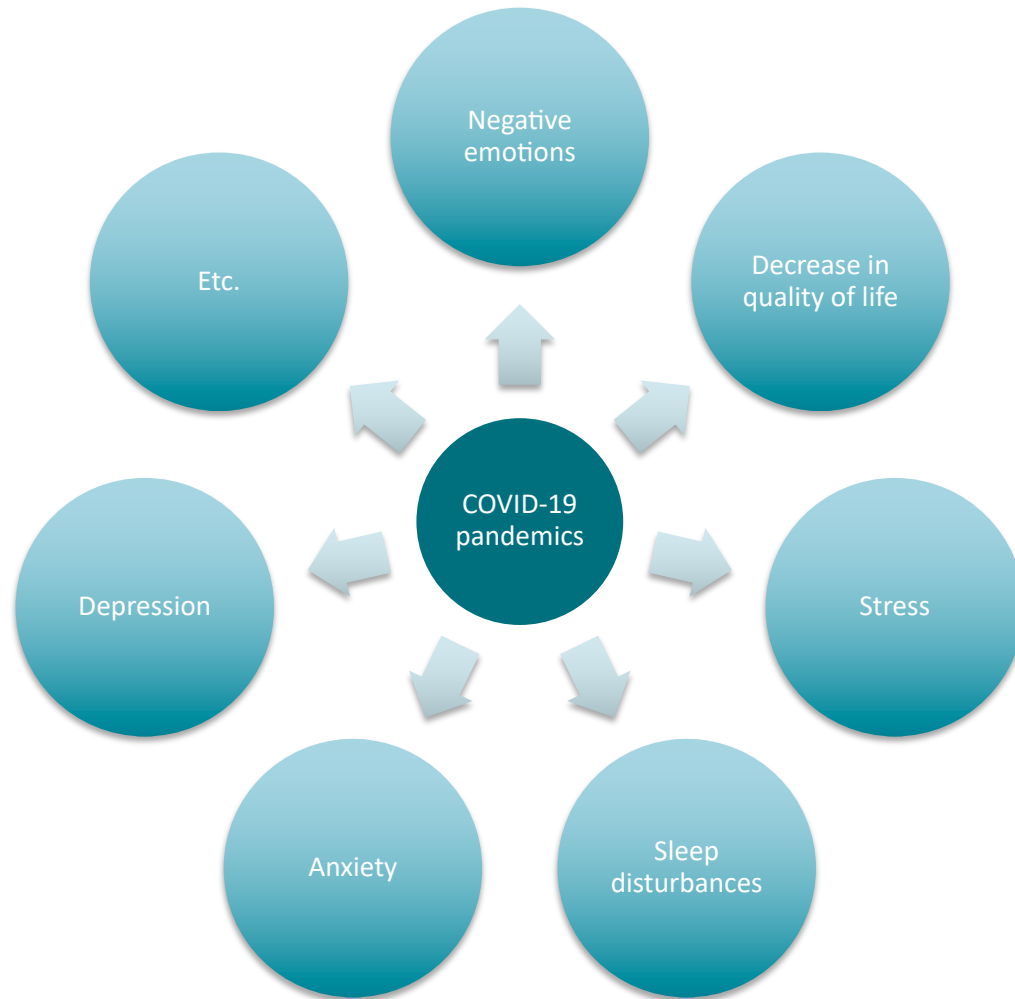
Briefly

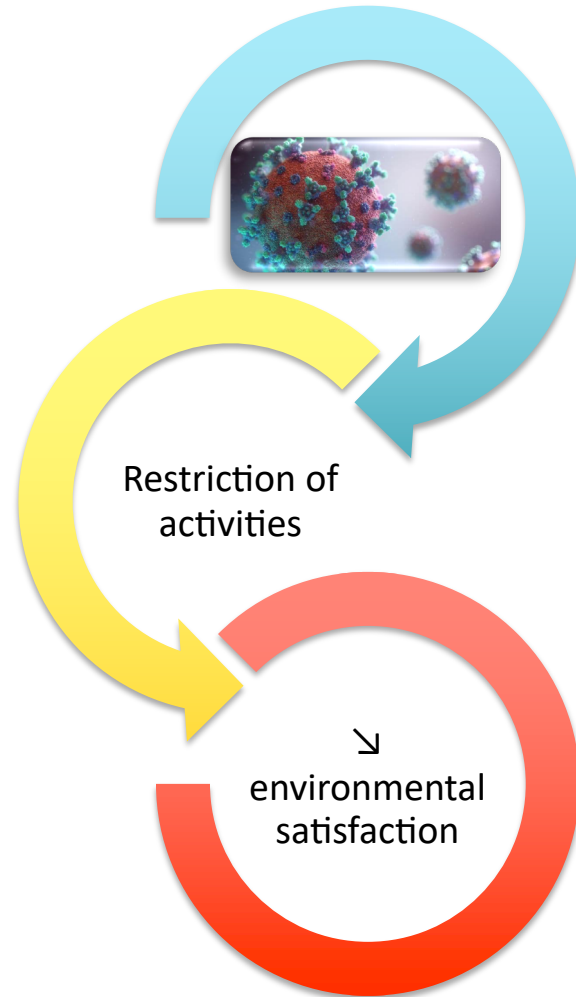


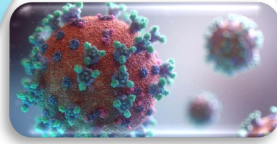
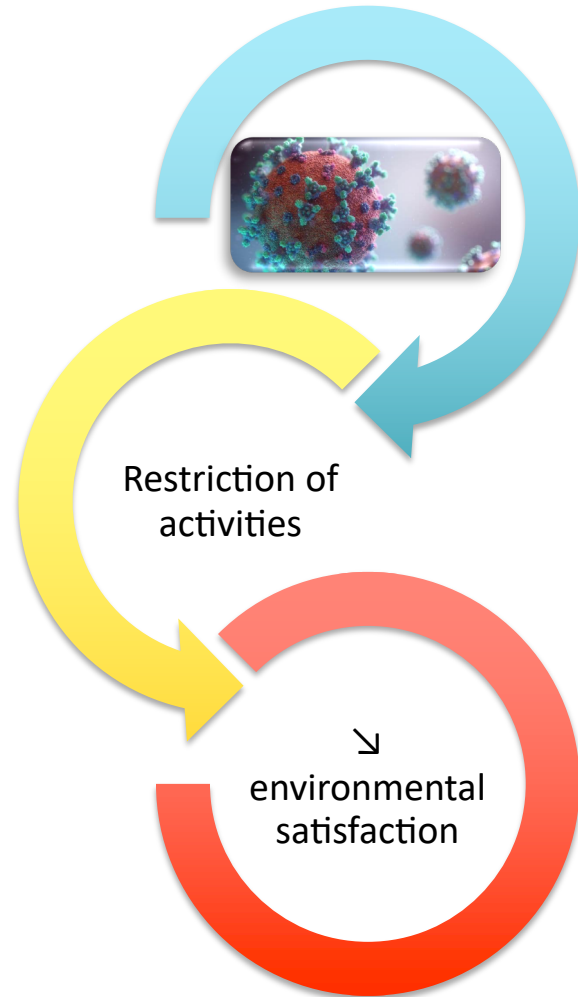
# Behavioural activation

Briefly











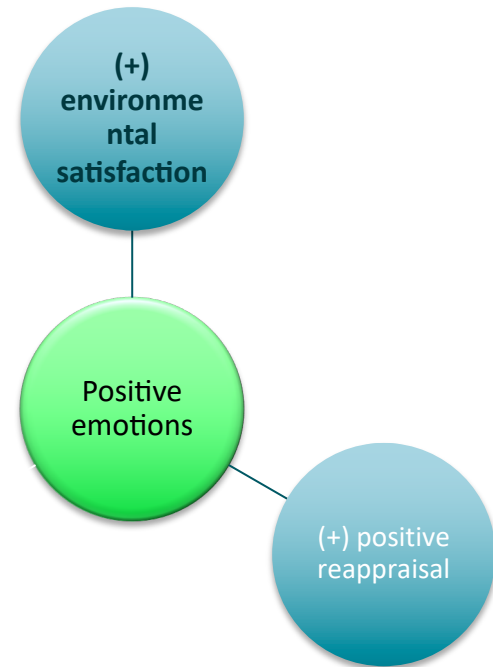
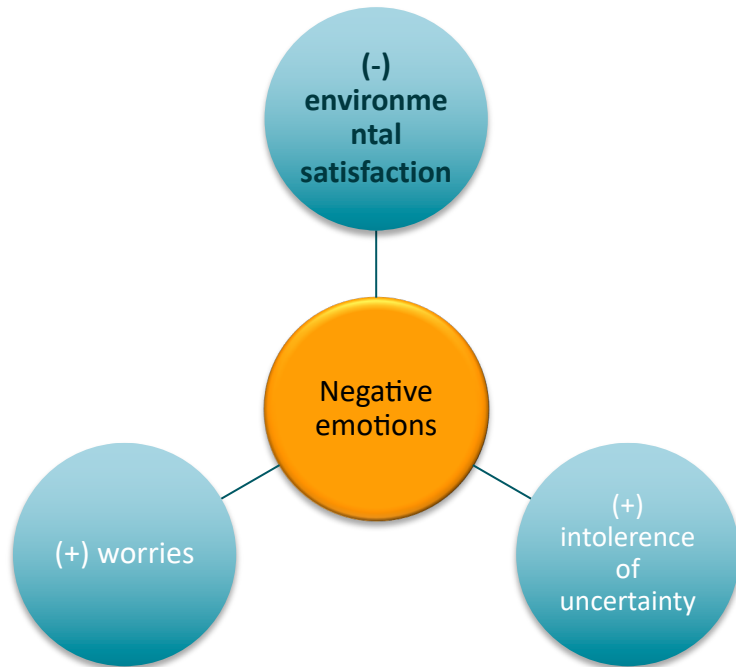
# How has the lockdown impacted environmental satisfaction and negative emotions?

- ▶ General population
  - ▶ 742 women
  - ▶ 289 men
  - ▶ M Age = 40.41 (SD = 13,89; between 18 et 79 years)

	Since COVID-19	Before COVID-19
Negative emotions	↑	↓
Positive emotions	↓	↑
Environmental satisfaction	↓	↑



## How has the lockdown impacted environmental satisfaction and negative emotions?





# In that specific context, how do we go from the vicious circle to the virtuous one?





# Behavioural activation

## Key steps

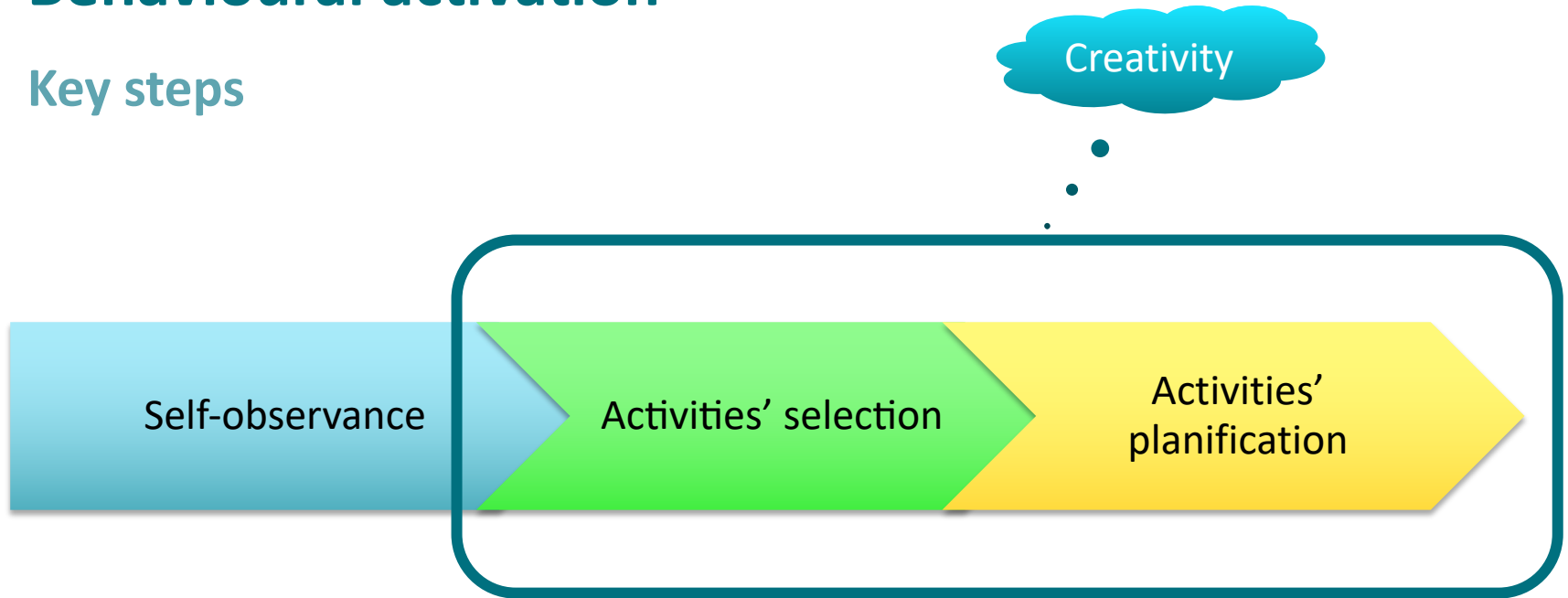






# Behavioural activation

## Key steps

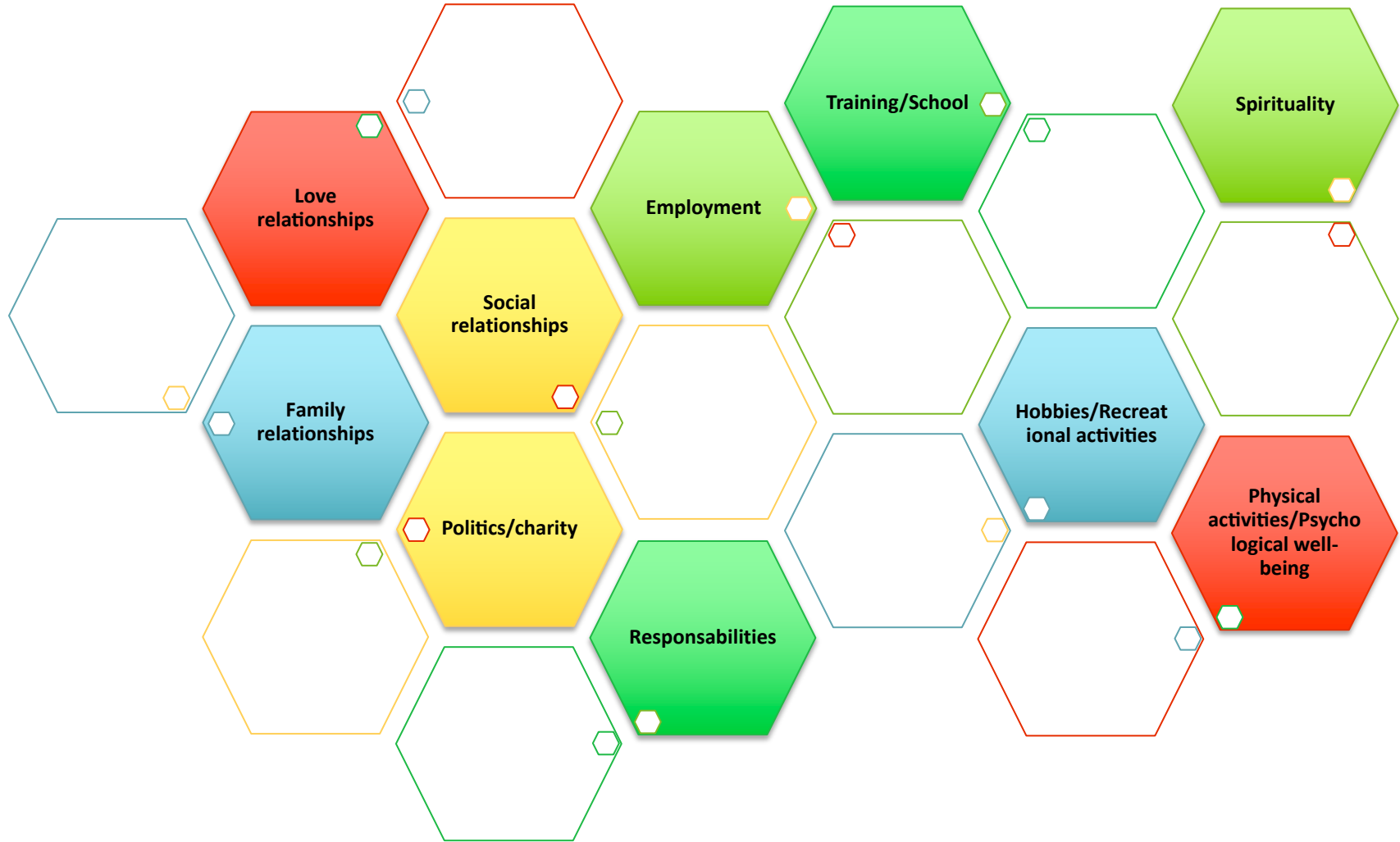


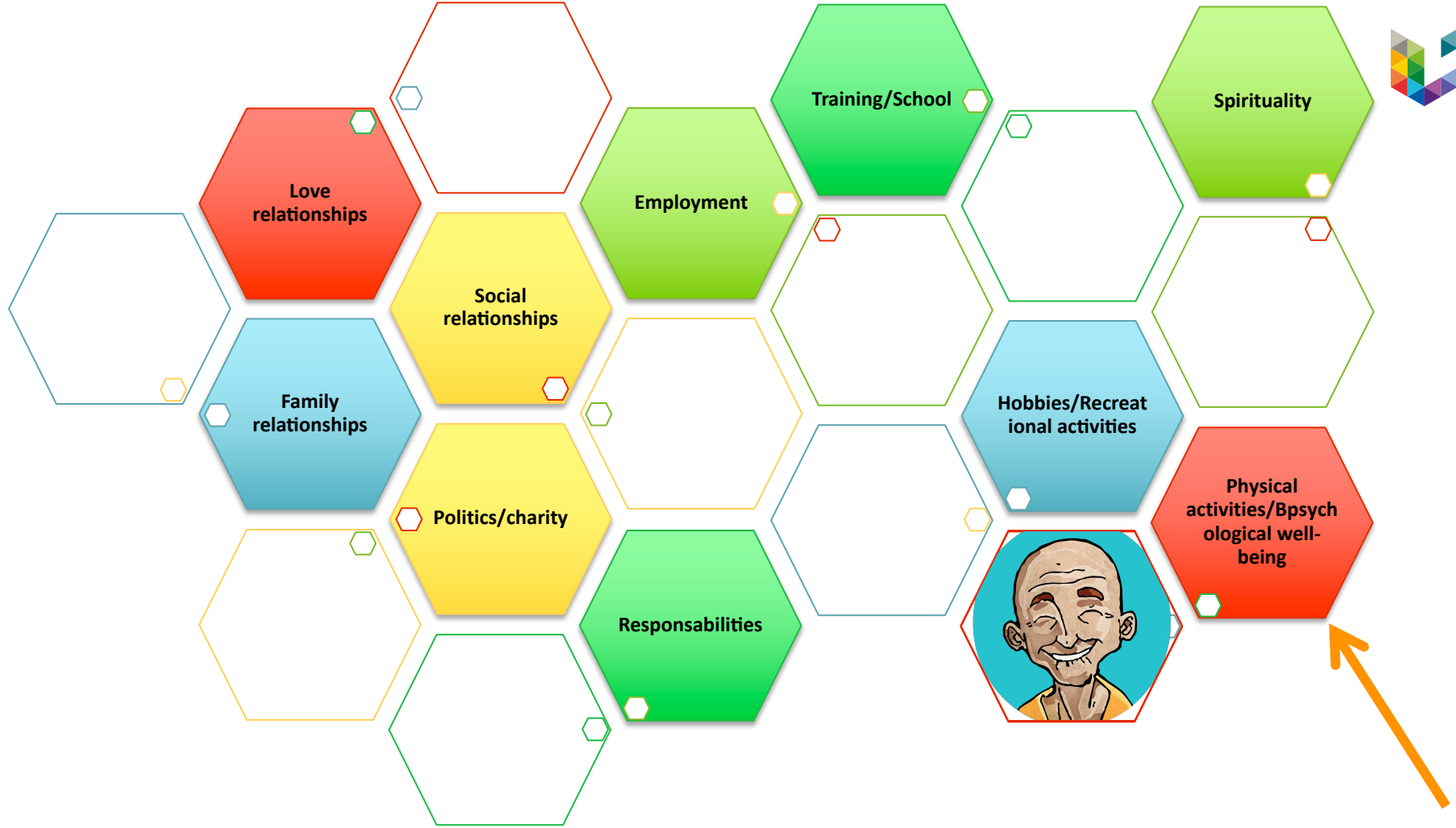


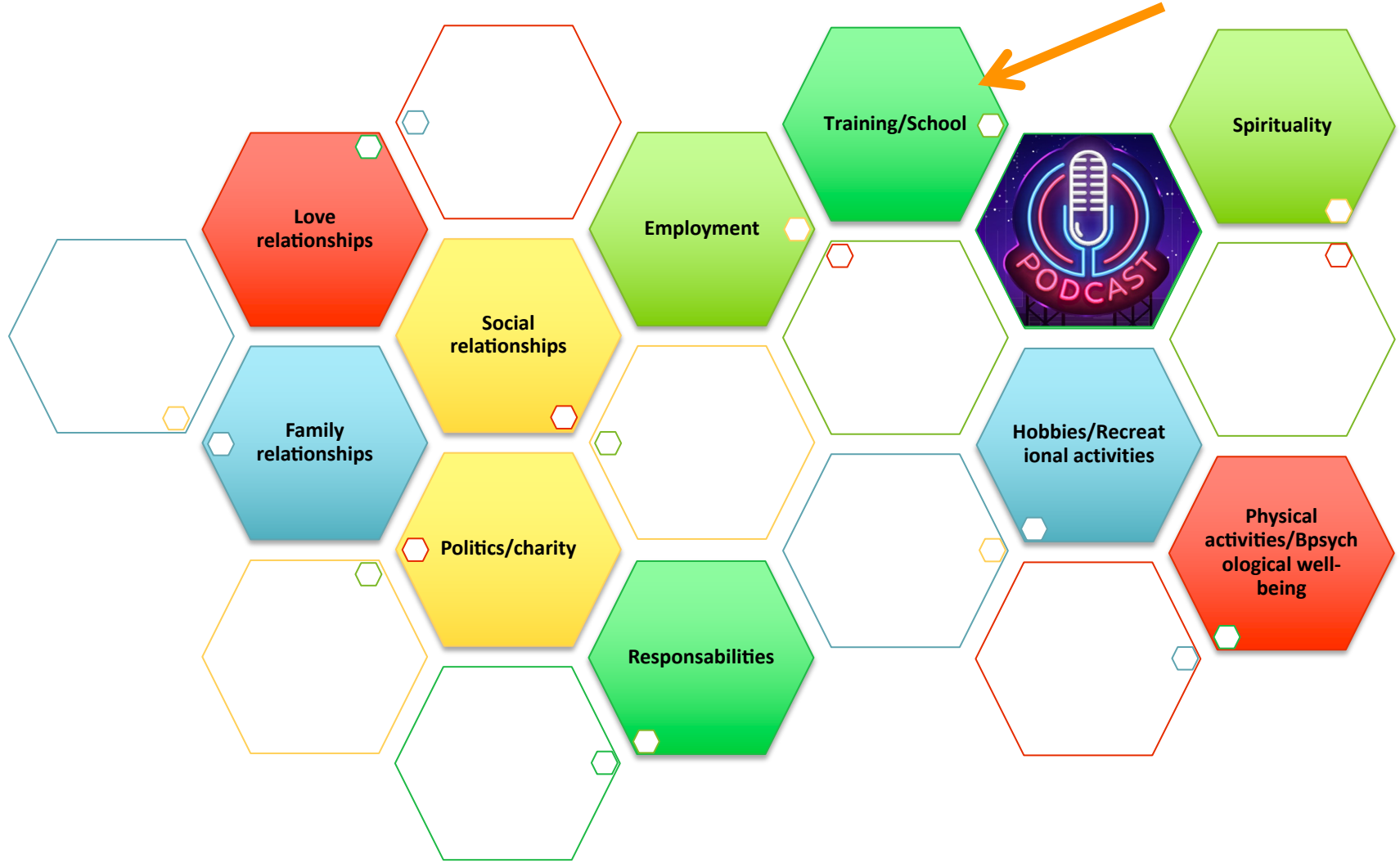
# Behavioural activation

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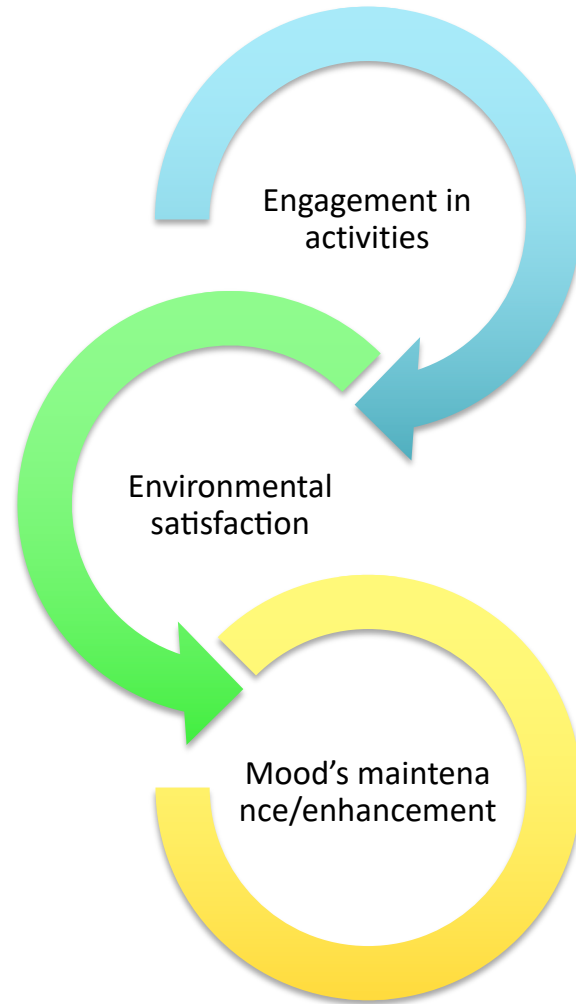
# In conclusion





## In conclusion

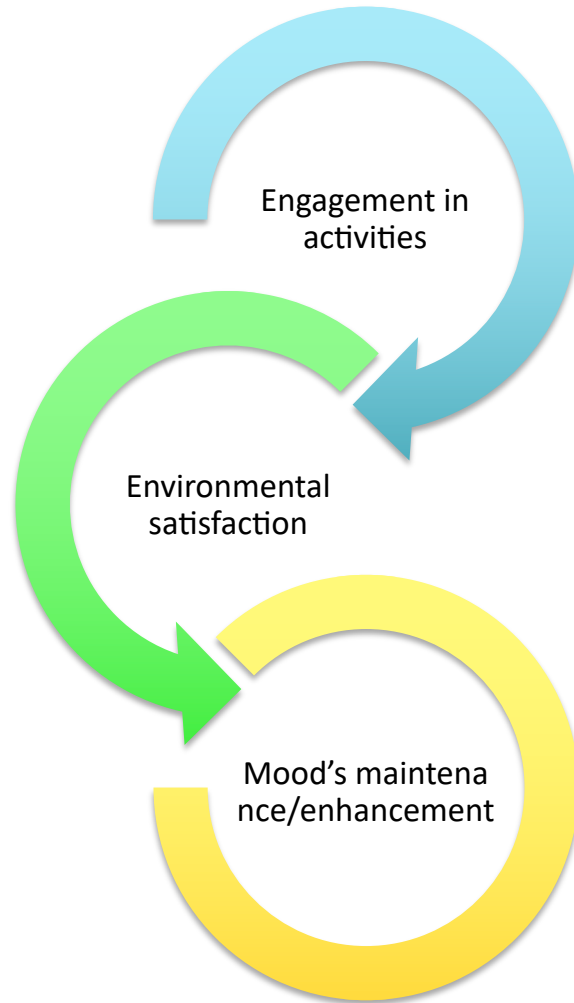
Motivation  
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## In conclusion

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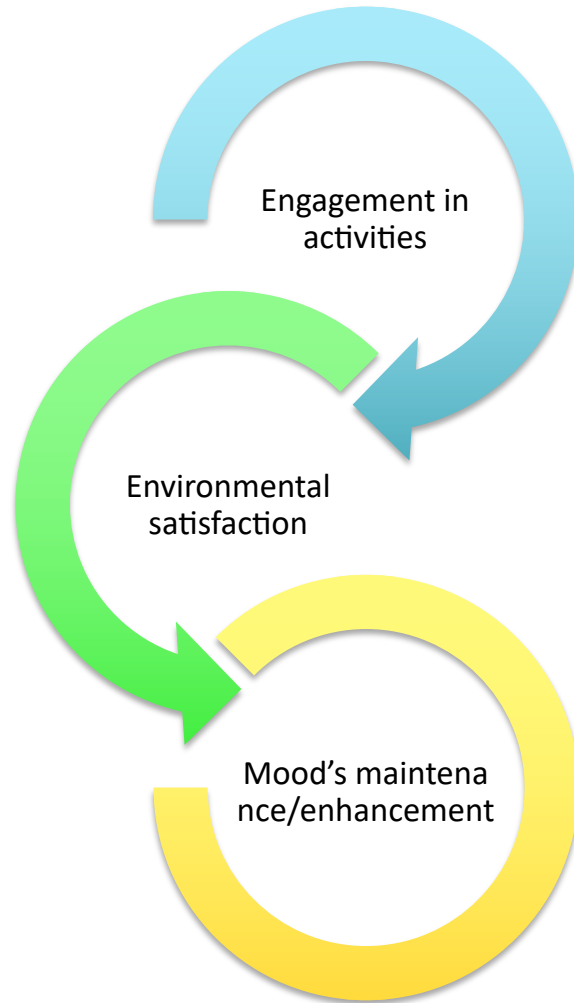
COVID-19 pandemics



Different does not mean  
less interesting...

## In conclusion

Motivation  
follows  
action



Which learnings?  
Which opportunities?



COVID-19 pandemics



Different does not mean  
less interesting...

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Thank you

