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

Keep in mind that ‘motivation follows action’

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Motivation follows action
I’ll do when I’ll be motivated or want to...

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

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

I’m not motivated to go out tonight, another time...
I'll do when I'll be motivated or want to...

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

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

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

Motivation follows action
Motivation follows action...

Origins?

< *Behavioural models of depression* elaborated by Charles Ferster and Peter Lewinsohn, 70’
Motivation follows action...

Origins?

< Behavioural models of depression elaborated by Charles Ferster et Peter Lewinsohn, 70’

Principles adapted and adaptable to mood, in general

Ferster, 1973; Lewinsohn, 1975
Motivation follows action...

Origins?

< Behavioural models of depression elaborated by Charles Ferster et Peter Lewinsohn, 70’

- Depression
  - engagement in pleasant and/or mandatory activities

Ferster, 1973; Lewinsohn, 1975
Motivation follows action...

Origins?

< Behavioral models of depression elaborated by Charles Ferster et Peter Lewinsohn, 70’

- Depression
  - \( \searrow \) engagement in pleasant and/or mandatory activities
  - \( \nearrow \) behavioural avoidance

Ferster, 1973; Lewinsohn, 1975
Motivation follows action...

Origins?

< Behavioural models of depression elaborated by Charles Ferster et Peter Lewinsohn, 70’

- 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

<table>
<thead>
<tr>
<th>Age</th>
<th></th>
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<tbody>
<tr>
<td>≤ 20 years</td>
<td>186 (15.91)</td>
<td></td>
</tr>
<tr>
<td>21–30 years</td>
<td>498 (42.60)</td>
<td></td>
</tr>
<tr>
<td>31–40 years</td>
<td>187 (16.00)</td>
<td></td>
</tr>
<tr>
<td>41–50 years</td>
<td>116 (9.92)</td>
<td></td>
</tr>
<tr>
<td>51–60 years</td>
<td>101 (8.64)</td>
<td></td>
</tr>
<tr>
<td>&gt; 60 years</td>
<td>62 (5.30)</td>
<td></td>
</tr>
<tr>
<td>Missing</td>
<td>19 (1.63)</td>
<td></td>
</tr>
</tbody>
</table>

- Assessment of the depressive symptomatology and activation(1)/avoidance(2)
  - Regression analyses
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?

- Engagement in activities ↓ depressive symptomatology
- Behavioural avoidance ↑ depressive symptomatology
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
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*

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**Aims?**

- ↓ depressive symptomatology
- ↑ quality of life
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

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**Aims?**

- ↘ depressive symptomatology
- ↗ quality of life

**Environmental satisfaction**
Behavioural models of depression’s postulates

Real access to sources of pleasure

Perception of these sources

Environmental satisfaction

Wagener & Blairy (2015)
Behavioural models of depression’s postulates

From a clinical perspective,

Working the access to sources of pleasure

Real access to sources of pleasure

Perception of these sources

Environmental satisfaction

From a clinical perspective,

Working the perception and the interpretation of this access

Wagener & Blairy (2015)
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

Environmental satisfaction
Behavioural activation

"Guidelines"

Mood's maintenance/enhancement
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?

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
Behavioural activation

Key steps

- Self-observance
- Activities’ selection
- Activities’ planification
Behavioural activation

Key steps

Self-observance → Activities’ selection → Activities’ planification
Behavioural activation

Key steps

Self-observance  Activities’ selection  Activities’ planification
Behavioural activation

Key steps

Self-observance  Activities’ selection  Activities’ planification
Behavioural activation

Key steps

Self-observance  Activities’ selection  Activities’ planification

Where? When? How?
Behavioural activation

Is it really useful?

Depression & substance use (tobacco/cannabis) 1

Caregivers 9

Oncology 4

Grief 3

PTSD 5

Depression & diabetes 6

Psychosis 4

Anxiety 2

1 Hopko, 2003; McIndoo et al., 2016; Snarski et al., 2011
2 Hopko et al., 2004
3 Eisma et al., 2015
4 Mairs et al., 2011
5 Acierno, 2016; Strachan, 2012
6 Schneider et al., 2011, 2016
7 Daughters et al., 2008; Delgadillo, 2015; MacPherson et al., 2010, 2016
8 Armento et al., 2009; Hopko et al., 2009, 2011; Lyons et al., 2015
9 Read, 2016
Behavioural activation

Is it really useful?
Behavioural activation

Is it really useful?

Well-being

Mazzucchelli et al. (2010)
Behavioural activation

Is it really useful?

Meta-analysis
20 studies
> 1300 participants

Mazzucchelli et al. (2010)
Behavioural activation

Briefly

Behavioural activation

↑ engagement in activities

↑ environmental satisfaction

↑ quality of life & ↓ depression
Behavioural activation

Briefly

Behavioural activation

↑ engagement in activities

↑ environmental satisfaction

↑ quality of life & ↓ depression
COVID-19 pandemics

- Negative emotions
- Decrease in quality of life
- Depression
- Stress
- Anxiety
- Sleep disturbances
- Etc.

Wagener, Stassart & Etienne (submitted)
Restriction of activities

\[\rightarrow\]

Environmental satisfaction

Wagener, Stassart & Etienne (submitted)
Restriction of activities

Environmental satisfaction
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)

<table>
<thead>
<tr>
<th></th>
<th>Since COVID-19</th>
<th>Before COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Negative emotions</td>
<td>↑</td>
<td>↓</td>
</tr>
<tr>
<td>Positive emotions</td>
<td>↓</td>
<td>↑</td>
</tr>
<tr>
<td>Environmental satisfaction</td>
<td>↓</td>
<td>↑</td>
</tr>
</tbody>
</table>
How has the lockdown impacted environmental satisfaction and negative emotions?

Negative emotions:
- (+) worries
- (+) intolerance of uncertainty
- (-) environmental satisfaction

Positive emotions:
- (+) positive reappraisal
- (+) environmental satisfaction

Wagener, Stassart & Etienne (submitted)
In that specific context, how do we go from the vicious circle to the virtuous one?

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
Behavioural activation

Key steps

Self-observance → Activities’ selection → Activities’ planification
Behavioural activation

Key steps

Self-observance  Activities’ selection  Activities’ planification

Creativity
Behavioural activation

Key steps

- Self-observance
- Activities’ selection
- Activities’ planification
- Reflection on life domains
In conclusion
In conclusion

Motivation follows action

1. Engagement in activities
2. Environmental satisfaction
3. Mood’s maintenance/enhancement
In conclusion

Motivation follows action

Engagement in activities

Environmental satisfaction

Mood’s maintenance/enhancement

COVID-19 pandemics

Different does not mean less interesting...
In conclusion

Motivation follows action

Engagement in activities

Environmental satisfaction

Mood’s maintenance/enhancement

COVID-19 pandemics

Which learnings? Which opportunities?

Different does not mean less interesting...
Thank you