

# Psychological processes mediating the link between depression severity and the level of behavioural activation: Assessment of a conceptual model

Aurélie WAGENER<sup>a</sup>, Céline BAEYENS<sup>b</sup> & Sylvie BLAIRY<sup>a</sup>

<sup>a</sup> Cognitive and Behavioural Clinical Psychology, University of Liège, Belgium, <sup>b</sup> Intervarsity laboratory of Psychology : Personality, Cognition and Social Change, University Pierre Mendès France

## BACKGROUND

According to Kinderman (2013), "biological factors, social factors and other environmental or life events lead to mental health problems through their conjoint effects on psychological processes, and these are the final common pathway to mental ill-health".

Our research focuses on **psychological processes** which characterize the **depression disorder**.  
 ↳ The influence of these processes on the level of **behavioural activation** is of interest because the inactivity (which is the behavioural avoidance) is one of the most important targets in depression treatments.

To investigate the influence of the biased psychological processes on the behavioural avoidance.  
 To find the psychological processes which have a positive influence on the behavioural activation.  
 To present an integration of our results with Kinderman's psychological model of mental health (2013).

AIMS

### RELEVANCE

To provide a model which can help clinicians to find the impaired psychological processes involved in the weak mental health of the patients.

## METHODS

### SAMPLE

Table 1. Sociodemographic data.

Sample (N = 477)			
Sex (♀/♂)	358/119	Age	34.25 (SD = 11.85)

### MEASURES

Nine different kinds of psychological processes were assessed using several questionnaires (Factorial scores were computed for each psychological process)\*.

↳ Cognitive symptoms, affective symptoms, somatic symptoms, negative repetitive thoughts, emotion regulation strategies, environmental reward, inhibition or approach, self-image, clarity of the self.

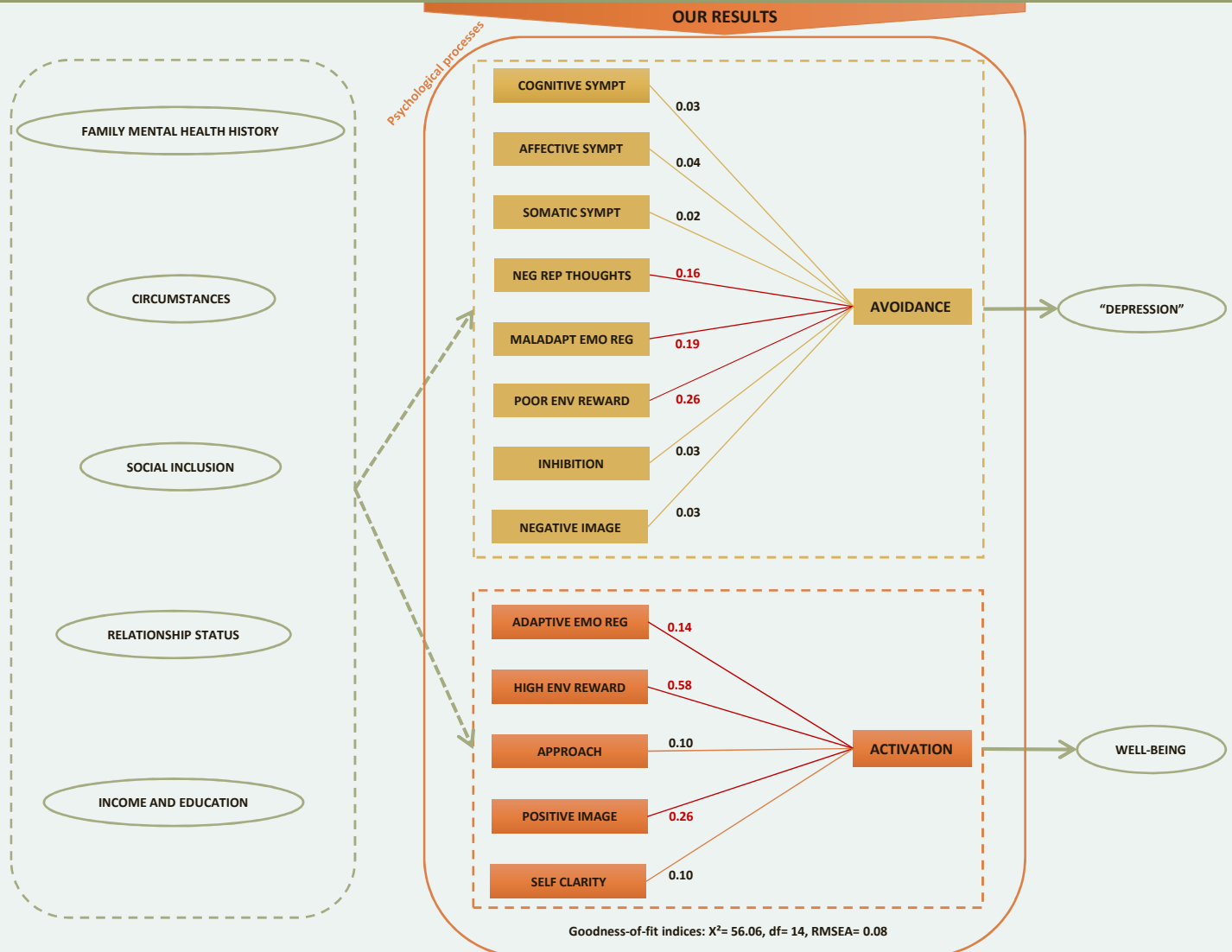
BDI-II, BADS-SF\*, RSE, GSES, SCCS, RRS, BIS/BAS, GMS, EROS\*, RPI\*, CERQ, FFMQ, AAQ-2, DTS\*

### STATISTICAL ANALYSES.

Factorial scores were computed for each psychological process. Confirmatory factor analyses were conducted.

## ACCORDING TO KINDERMAN

### OUR RESULTS



## DISCUSSION

The avoidance is highly influenced by

- Negative repetitive thoughts
- Poor environmental rewards
- Maladaptive emotion regulation strategies

The activation is highly influenced by

- High environmental rewards
- Positive self-image
- Adaptive emotion regulation strategies

According to their influence on both avoidance and activation, the environmental reward and the emotion regulation strategies appear to be important variables to work on during the treatment of depression.

Limitations:

Women >>> Men

\* These scales were validated by the authors and are available in French upon request by email. This poster's bibliography is available on demand by email.

Contact: All correspondence concerning this poster should be addressed to Aurélie Wagener. E-mail address: aurelie.wagener@ulg.ac.be