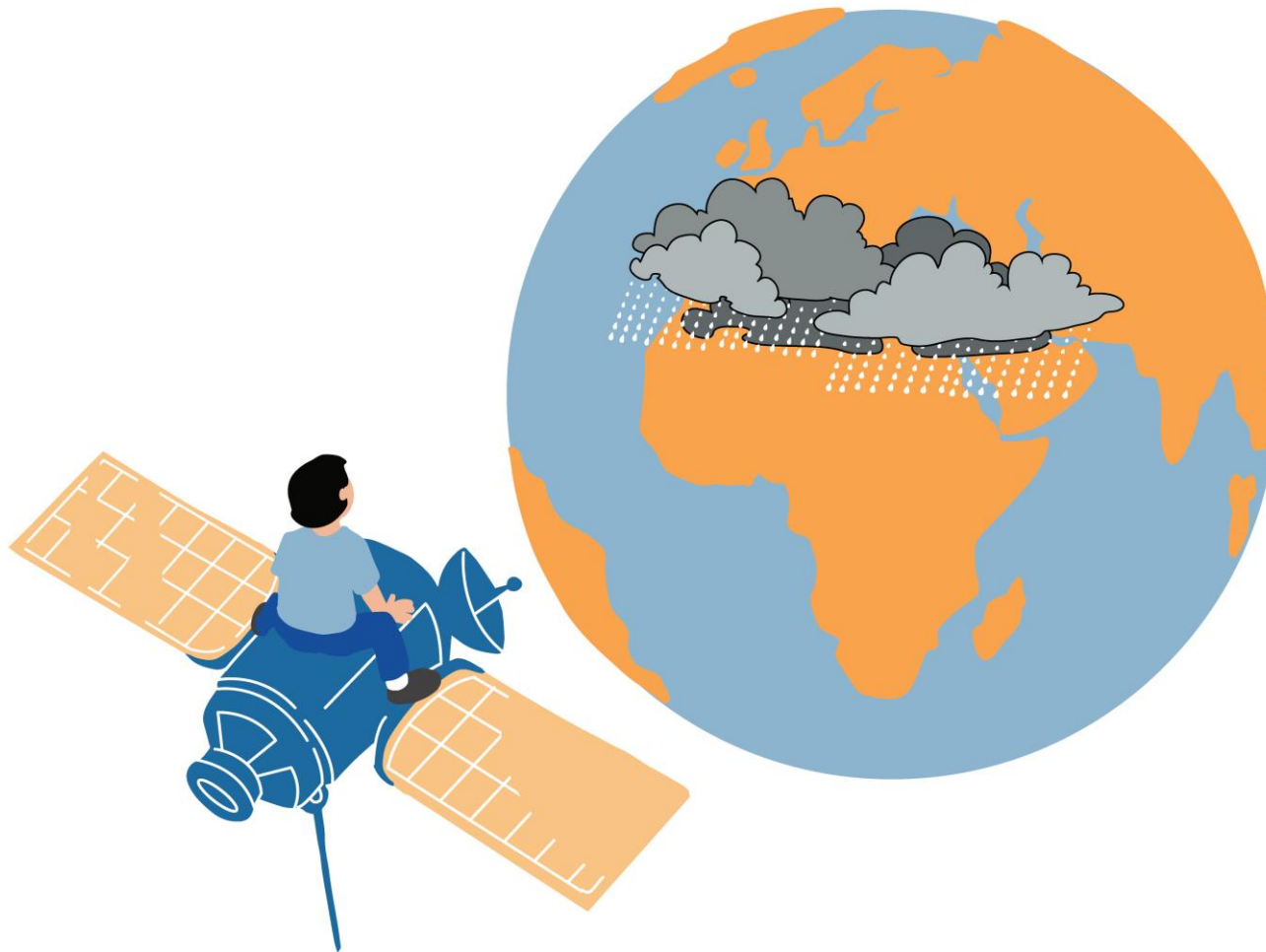




# Metacognitive Training for Depression

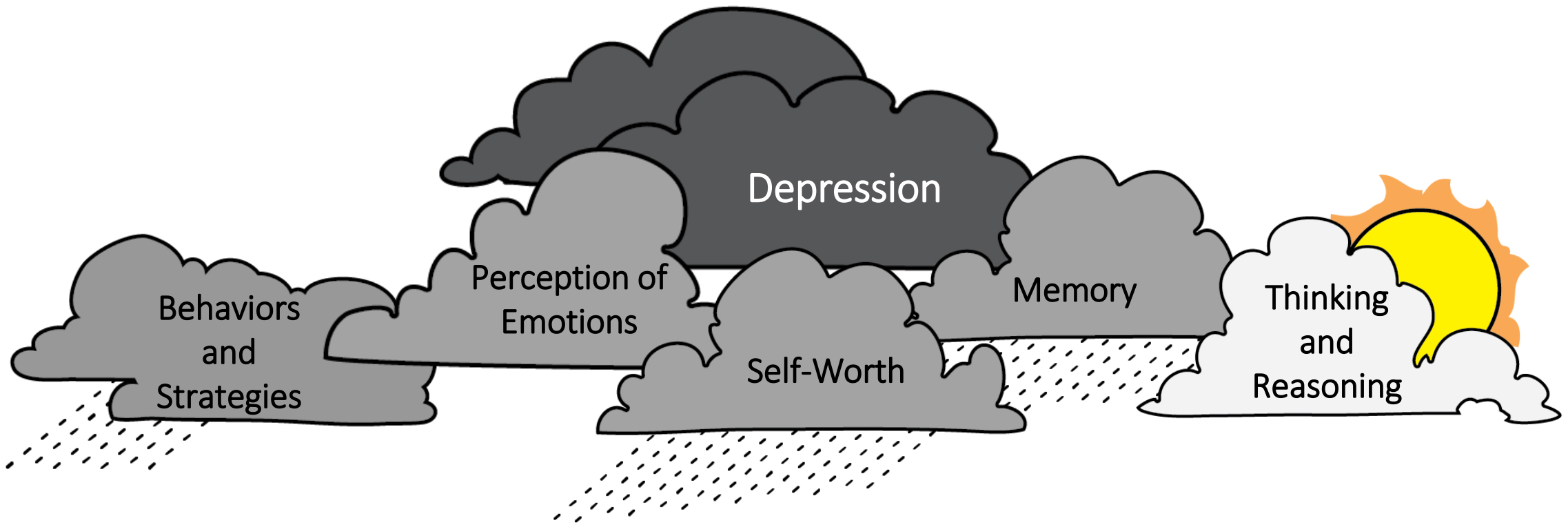


# D-MCT: Satellite Position





# Today's Topic





## Previous session

- What did you do for follow-up?
- Do you have any questions or success stories?



Training session

# D-MCT 5 – Thinking and Reasoning 3



# How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.



## How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.



## How is “thinking and reasoning” related to depression?

- In the USA and Germany, one in five people suffers from depression at least once in their lifetime.
- Many of them process information differently from people without depression.
- These depressive thinking patterns are often very one-sided and are called “thought distortions.” They can contribute to the development or maintenance of depression.





# Thought distortions in depression

adapted from Beck et al., 1979; Burns, 1989

1. Magnification or Minimizing
2. Depressive Attribution Style





## Name spontaneously ...

2 things

- that did not go well today
- that went well today





## Name spontaneously ...

2 things

- that did not go well today
- that went well today

Which is easier for you to deal with?





## Name spontaneously ...

2 things

- that did not go well today
- that went well today

Which is easier for you to deal with?

Which bothers you more?





# Magnifying and minimizing

adapted from Beck et al., 1979; Burns, 1989





# Magnifying and minimizing

adapted from Beck et al., 1979; Burns, 1989

- Magnifying the **extent** and **severity** of your mistakes and problems





# Magnifying and minimizing

adapted from Beck et al., 1979; Burns, 1989

- Magnifying the **extent** and **severity** of your mistakes and problems
- Minimizing your own abilities or seeing them as unimportant





# Magnifying and minimizing

adapted from Beck et al., 1979; Burns, 1989

- Magnifying the **extent** and **severity** of your mistakes and problems
- Minimizing your own abilities or seeing them as unimportant

Have you experienced either of these?









# Magnifying and minimizing

## Examples





| Event  | <i>Magnifying or minimizing</i><br>A more helpful thought |
|--|---|
|  <p>You repaired a flat tire on your bike.</p>  | <p>???</p> <p>???</p>                                     |
|  <p>You do not remember the name of the person you are about to introduce to the group.</p> | <p>???</p> <p>???</p>                                     |



# Magnifying and minimizing

## Examples





| Event  | <i>Magnifying or minimizing</i><br>A more helpful thought              |
|--|--|
|  <p>You repaired a flat tire on your bike.</p>  | <p><i>“Everyone can do that. It's nothing special.”</i></p> <p>???</p> |
|  <p>You do not remember the name of the person you are about to introduce to the group.</p> | <p>???</p> <p>???</p>  |



# Magnifying and minimizing

## Examples





| Event   | <i>Magnifying or minimizing</i><br>A more helpful thought   |
|---|---|
|  You repaired a flat tire on your bike.  | <p><i>“Everyone can do that. It's nothing special.”</i></p> <p>“I'm good at repairing bike tires. Since I don't need help, I can even offer to help others. The back tire is usually difficult to fix.”</p> |
|  You do not remember the name of the person you are about to introduce to the group. | <p>???</p> <p>???</p>   |



# Magnifying and minimizing

## Examples





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|  You do not remember the name of the person you are about to introduce to the group. | <p><i>“Oh no, that's totally embarrassing. She must think I don't like her and don't want her there. How insensitive of me.”</i></p> <p>???</p>   |



# Magnifying and minimizing Examples





| Event  | <i>Magnifying or minimizing</i><br>A more helpful thought  |
|--|--|
|  <p>You repaired a flat tire on your bike.</p>  | <p><i>“Everyone can do that. It's nothing special.”</i></p> <p>“I'm good at repairing bike tires. Since I don't need help, I can even offer to help others. The back tire is usually difficult to fix.”</p>  |
|  <p>You do not remember the name of the person you are about to introduce to the group.</p> | <p><i>“Oh no, that's totally embarrassing. She must think I don't like her and don't want her there. How insensitive of me.”</i></p> <p>“Everyone occasionally forgets the name of a person. It's not a big deal. That's why there are often name tags.”</p> |



# Magnifying and minimizing

## Examples



| Event  | <i>Magnifying or minimizing</i><br>A more helpful thought |
|--|---|
|  Positive Event   | <p>???</p> <p>???</p>                                     |
|  Negative Event | <p>???</p> <p>???</p>                                     |



# Depressive Attribution Style

Attribution = your own explanation of a situation (e.g., blaming yourself or others)



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We often overlook the fact that similar situations can have completely different causes.





# Depressive Attribution Style

Attribution = your own explanation of a situation (e.g., blaming yourself or others)

We often overlook the fact that similar situations can have completely different causes.

What could cause the following situation?



# “People start laughing while you are talking.”

Reasons ...

Me?

Other people?

The situation or a coincidence?





# “People start laughing while you are talking.”



Reasons ...

me:

- I said something funny
- I am unlikeable

other people:

- One of the other people just made a good joke that I didn't hear
- These people are always very silly

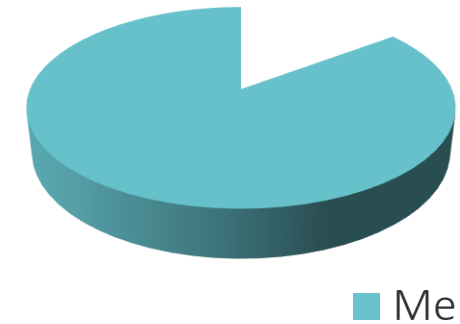
coincidence or chance:

- While I was talking, something funny happened that I didn't notice
- I didn't notice it, but I made a funny slip of the tongue



## How does this relate to depression?

- Studies show that individuals with depression tend to blame **themselves** for negative events!

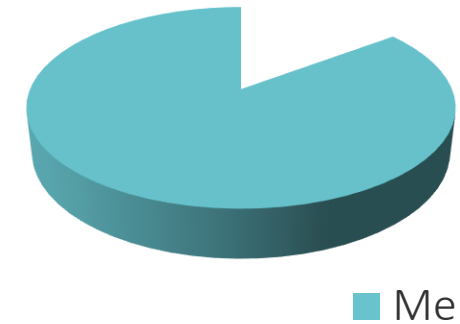




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What consequences can this depressive attributional style have?





# What consequences can this depressive attribution style have?

- decreased self-worth (for example, “I'm a loser”).
- sadness, dejection
- withdrawal out of fear of making a mistake
- ...

Beware of one-sided explanations!



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Beware of one-sided explanations!



# People start laughing while you are talking.

Consider a balanced explanation that includes several different causes (a combination of yourself, others, and circumstances)





# People start laughing while you are talking.

Consider a balanced explanation that includes several different causes (a combination of yourself, others, and circumstances)

- “These people are often pretty silly. Also, I may not have caught a funny situation or a slip of the tongue, and this made me feel insecure. I get rattled easily.”



# People start laughing while you are talking.

Consider a balanced explanation that includes several different causes (a combination of yourself, others, and circumstances)

- “These people are often pretty silly. Also, I may not have caught a funny situation or a slip of the tongue, and this made me feel insecure. I get rattled easily.”
- “Maybe next time I shouldn't be so hard on myself and should ask the others why they were laughing before I blame myself.”



# Consequences of different depressive attributional styles for negative events



If you'd been more careful, they wouldn't have scored!



|  |  |
|--|--|
| <p><b>Attribution: self</b><br/>(Example: "That was my mistake! I must apologize to the fans!")</p>                            | <p>Disadvantage: ???<br/><br/>Advantage: ???</p> |
| <p><b>Attribution: others/circumstance</b><br/>(Example: "It was the goalkeeper's fault!"; "The grass was very slippery.")</p> | <p>Disadvantage: ???<br/><br/>Advantage: ???</p> |



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|  |   |
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| <p><b>Attribution: self</b><br/>(Example: "That was my mistake! I must apologize to the fans!")</p>                            | <p><b>Disadvantage:</b> reduces self-confidence, increases depression and feelings of guilt<br/><b>Advantage:</b> ???</p> |
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# Consequences of different depressive attributional styles for negative events



If you'd been more careful, they wouldn't have scored!



|  |  |
|--|--|
| <p><b>Attribution: self</b><br/>(Example: "That was my mistake! I must apologize to the fans!")</p>                            | <p><b>Disadvantage:</b> reduces self-confidence, increases depression and feelings of guilt</p> <p><b>Advantage:</b> Team members are grateful for "scapegoats" who take the blame; praise for behaving chivalrously</p> |
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# Consequences of different depressive attributional styles for negative events



If you'd been more careful, they wouldn't have scored!



Balanced answer (a combination of yourself, others, circumstances; offers several explanations):

???

???





# Consequences of different depressive attributional styles for negative events



If you'd been more careful, they wouldn't have scored!



Balanced answer (a combination of yourself, others, circumstances; offers several explanations):

“I could have been in better shape, but that was a really accurate shot!”

“Of course it's frustrating, but I think I've thwarted many other opportunities for a goal.”



# Consequences of different depressive attributional styles for positive events



This food tastes great! How did you make it?

|   |  |
|---|--|
| <p><b>Attribution: others/circumstance</b><br/>                     (Example: “The ingredients were very good”;<br/>                     “I relied on the recipe”; “X helped me”)</p> | <p>Disadvantage: ???<br/>                     Advantage: ???</p> |
| <p><b>Attribution: self</b><br/>                     (Example: “I’m a good cook”; “I enjoy<br/>                     cooking!”; “I really tried hard today”)</p>                       | <p>Disadvantage: ???<br/>                     Advantage: ???</p> |



# Consequences of different depressive attributional styles for positive events



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|   |   |
|---|---|
| <p><b>Attribution: others/circumstance</b><br/>         (Example: “The ingredients were very good”;<br/>         “I relied on the recipe”; “X helped me”)</p> | <p><b>Disadvantage:</b> self-worth and mood are not strengthened<br/> <b>Advantage:</b> ???</p> |
| <p><b>Attribution: self</b><br/>         (Example: “I’m a good cook”; “I enjoy cooking!”; “I really tried hard today”)</p>                                    | <p><b>Disadvantage:</b> ???<br/> <b>Advantage:</b> ???</p>                                      |



# Consequences of different depressive attributional styles for positive events



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|   |   |
|---|---|
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| <p><b>Attribution: self</b><br/>(Example: “I’m a good cook”; “I enjoy cooking!”; “I really tried hard today”)</p>                       | <p><b>Disadvantage:</b> ???<br/><b>Advantage:</b> ???</p>   |



# Consequences of different depressive attributional styles for positive events



This food tastes great! How did you make it?

**Attribution: others/circumstance**

(Example: “The ingredients were very good”; “I relied on the recipe”; “X helped me”)

**Disadvantage:** self-worth and mood are not strengthened

**Advantage:** you could be seen as social and modest

**Attribution: self**

(Example: “I’m a good cook”; “I enjoy cooking!”; “I really tried hard today”)

**Disadvantage:** you might eventually appear arrogant (“Don’t toot your own horn.”)

**Advantage:** ???



# Consequences of different depressive attributional styles for positive events



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| <p><b>Attribution: self</b><br/>(Example: “I’m a good cook”; “I enjoy cooking!”; “I really tried hard today”)</p>                       | <p><b>Disadvantage:</b> you might eventually appear arrogant (“Don’t toot your own horn.”)<br/><b>Advantage:</b> being aware of your own strengths (improved self-worth, good mood)</p> |





# Consequences of different depressive attributional styles for positive events



This food tastes great! How did you make it?

Balanced answer (a combination of yourself, others, circumstances; offers several explanations):

???

???



# Consequences of different depressive attributional styles for positive events



This food tastes great! How did you make it?

Balanced answer (a combination of yourself, others, circumstances; offers several explanations):

“I'm very proud that it turned out so well, but I also have to thank XX for helping me prepare the meal.”

“I'm very pleased that you like it. I had been looking for the recipe for a long time and tried it once before to make sure it was a success. I got the original recipe from Emeril Lagasse.”





## How does this relate to depression?

Many individuals with depression tend to make one-sided appraisals of *complex* events and attribute them to general causes.

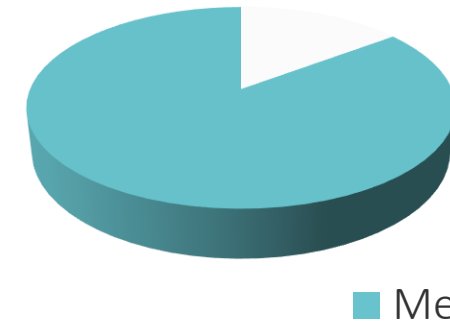


## How does this relate to depression?

Many individuals with depression tend to make one-sided appraisals of *complex* events and attribute them to general causes.



Failure is generally attributed to  
themselves



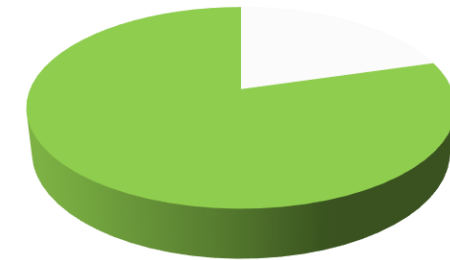


## How does this relate to depression?

Many individuals with depression tend to make one-sided appraisals of *complex* events and attribute them to general causes.



Success is attributed to **the situation/luck (others)** or is viewed as insignificant (“Anyone can do that”).



■ Situation



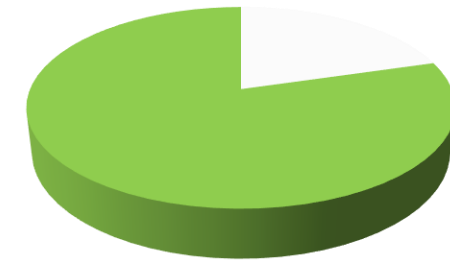
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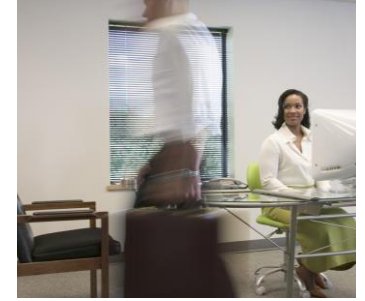
These depressive attributional styles do not reflect reality, and they can promote unhelpful behaviors and reduce self-worth!



■ Situation



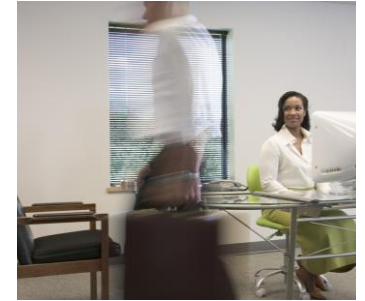
# Depressive attributional style and unhelpful behaviors



| Event | One-sided depressive attribution (cause: self) | Behavior | Long-term consequence |
|-------|--|----------|-----------------------|
| ???   | ???  | ???      | ???                   |



# Depressive attributional style and unhelpful behaviors



| Event   | One-sided depressive attribution (cause: self) | Behavior | Long-term consequence |
|---|--|----------|-----------------------|
| A colleague/ neighbor does not greet you as they go by. | ???  | ???      | ???                   |



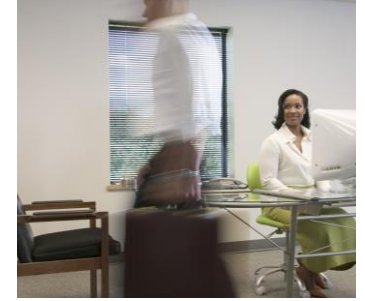
# Depressive attributional style and unhelpful behaviors



| Event   | One-sided depressive attribution (cause: self)  | Behavior | Long-term consequence |
|---|---|----------|-----------------------|
| A colleague/ neighbor does not greet you as they go by. | “He obviously realizes there is something wrong with me. Who would want anything to do with a loser like me?” | ???      | ???                   |



# Depressive attributional style and unhelpful behaviors

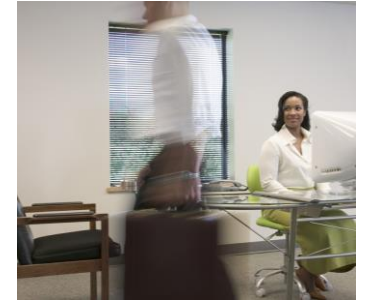


| Event   | One-sided depressive attribution (cause: self)  | Behavior   | Long-term consequence |
|---|---|--|-----------------------|
| A colleague/ neighbor does not greet you as they go by. | “He obviously realizes there is something wrong with me. Who would want anything to do with a loser like me?” | Keep your eyes down and do not greet your colleague/ neighbor. | ???                   |





# Depressive attributional style and unhelpful behaviors



| Event   | One-sided depressive attribution (cause: self)  | Behavior   | Long-term consequence   |
|---|---|--|---|
| A colleague/ neighbor does not greet you as they go by. | “He obviously realizes there is something wrong with me. Who would want anything to do with a loser like me?” | Keep your eyes down and do not greet your colleague/ neighbor. | Social withdrawal from others; denying yourself possible opportunities to be socially accepted. |



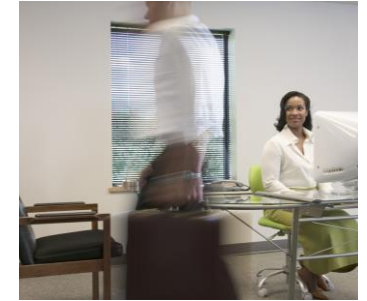
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| Event   | Alternative attribution (cause: combination)  | Behavior   | Long-term consequence   |
| ???   | ???   | ???  | ???   |



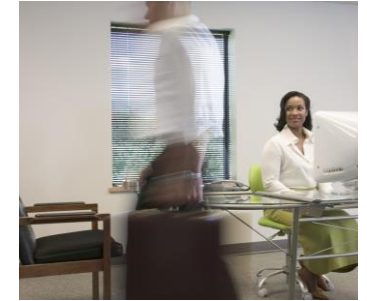
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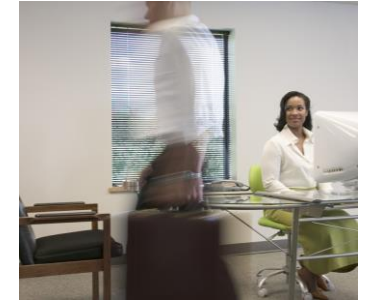
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| Event   | Alternative attribution (cause: combination)   | Behavior   | Long-term consequence   |
| A colleague/ neighbor does not greet you as they go by. | “Maybe I looked like I was lost in thought and he didn't want to disturb me. Perhaps he didn't see me or didn't recognize me.” | ???  | ???   |



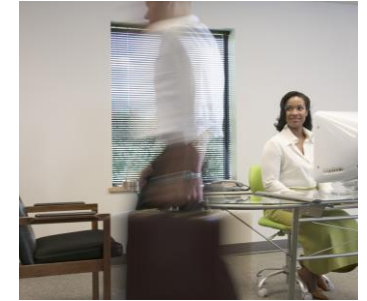
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| Event   | One-sided depressive attribution (cause: self)   | Behavior   | Long-term consequence   |
|---|--|--|---|
| A colleague/ neighbor does not greet you as they go by. | “He obviously realizes there is something wrong with me. Who would want anything to do with a loser like me?”                  | Keep your eyes down and do not greet your colleague/ neighbor. | Social withdrawal from others; denying yourself possible opportunities to be socially accepted. |
| Event   | Alternative attribution (cause: combination)   | Behavior   | Long-term consequence   |
| A colleague/ neighbor does not greet you as they go by. | “Maybe I looked like I was lost in thought and he didn't want to disturb me. Perhaps he didn't see me or didn't recognize me.” | Proactively greet the colleague/ neighbor.                     | ???   |



# Depressive attributional style and unhelpful behaviors



| Event   | One-sided depressive attribution (cause: self)   | Behavior   | Long-term consequence  |
|---|--|--|--|
| A colleague/ neighbor does not greet you as they go by. | “He obviously realizes there is something wrong with me. Who would want anything to do with a loser like me?”                  | Keep your eyes down and do not greet your colleague/ neighbor. | Social withdrawal from others; denying yourself possible opportunities to be socially accepted.  |
| Event   | Alternative attribution (cause: combination)   | Behavior   | Long-term consequence  |
| A colleague/ neighbor does not greet you as they go by. | “Maybe I looked like I was lost in thought and he didn't want to disturb me. Perhaps he didn't see me or didn't recognize me.” | Proactively greet the colleague/ neighbor.                     | Actively maintain or seek new contacts with others, create positive experiences, examine possible assumptions during the conversation. |



# How to make more helpful appraisals

Avoid making global attributions:



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Avoid making global attributions:

- Consider the different possible causes of a situation (i.e., myself, others, situation). With negative events, begin with the situation, and with positive events, begin with yourself!





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- Try to take another perspective (what would you think if someone else experienced a similar situation?).



# How to make more helpful appraisals

Avoid making global attributions:

- Consider the different possible causes of a situation (i.e., myself, others, situation). With negative events, begin with the situation, and with positive events, begin with yourself!
- Try to take another perspective (what would you think if someone else experienced a similar situation?).
- Consider how your depressive attributional style influences your behavior and what the possible long-term consequences are.



# How to make more helpful appraisals

We should try to be realistic in everyday life:



# How to make more helpful appraisals

We should try to be realistic in everyday life:

We are not always at fault for failures. Similarly, others are not entirely to blame if something doesn't go well!



# A friend did not wish you happy birthday

Why might the friend not have wished you happy birthday?

What do you attribute this to?

Situation or coincidence?

Another person or other people?

Yourself?





# A friend gave you a gift

What prompted your friend to give you a gift?

What do you attribute this to?

Situation or coincidence?

Another person or other people?

Yourself?





# A friend asks for your advice

Why is she asking for your advice?

What do you attribute this to?

Situation or coincidence?

Another person or other people?

Yourself?





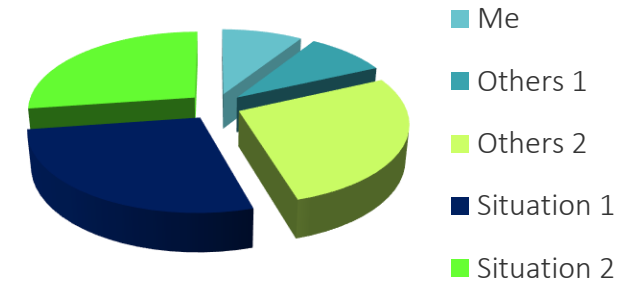
# Learning Points





# Learning Points

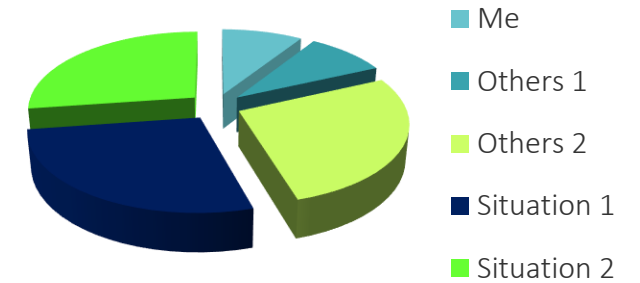
- Pay attention to magnification of your mistakes and minimization of your strengths and successes.





# Learning Points

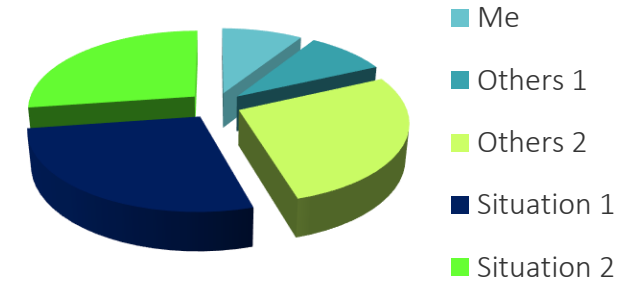
- Pay attention to magnification of your mistakes and minimization of your strengths and successes.
- Try to avoid one-sided appraisals and overgeneralizations in everyday life.





# Learning Points

- Pay attention to magnification of your mistakes and minimization of your strengths and successes.
- Try to avoid one-sided appraisals and overgeneralizations in everyday life.
- Try to assess everyday situations realistically. You are not always to blame when something goes wrong. Think about other factors that may have contributed to an event.





# Learning Points

- Think about what you would tell someone else in a similar situation.



## Learning Points

- Think about what you would tell someone else in a similar situation.
- One-sided appraisals of events may promote unhelpful behavior and lower self-esteem.



## Learning Points

- Think about what you would tell someone else in a similar situation.
- One-sided appraisals of events may promote unhelpful behavior and lower self-esteem.
- Before making up your mind, consider the consequences (on behavior, mood, self-esteem) of the causal attributions you make.



## Final round

- What was most important for you today?
- Which thought distortion would you like to do an exercise on as homework?



## For trainers:

Please hand out the worksheets. Introduce our app COGITO (download free of charge).



[www.uke.de/mct\\_app](http://www.uke.de/mct_app)







Thank you!

