

Welcome to

Metacognitive Training for Depression (D-MCT)

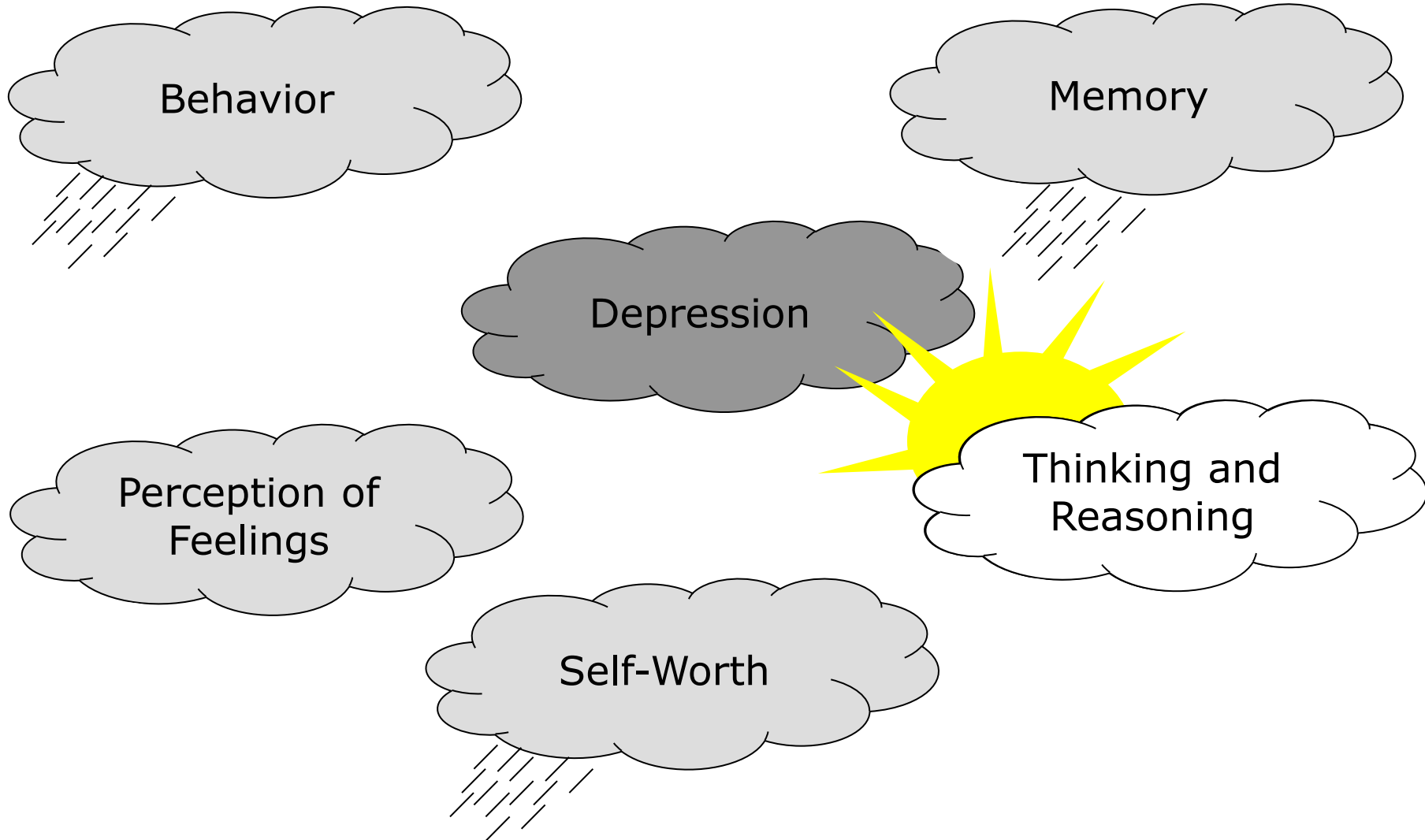
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Moritz & Schneider;
ljelinek@uke.de

D-MCT: Satellite Position



Today's Topic



D-MCT Topic:



Thinking and Reasoning 3

How is "thinking and reasoning" related to depression?

- Many individuals with depression process information differently.

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- Many individuals with depression process information differently.
- These depressive thought patterns are often not based on reality or tend to be very one-sided (i.e. always blaming yourself for failures).
- We refer to this as "distorted thinking", which 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. Attributional Style





Name spontaneously ...

2 Things ...

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



Name spontaneously ...

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- ... 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?

Magnification or minimizing

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



Magnification or minimizing

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



Magnification or minimizing

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



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Have you experienced this?



Magnification or minimizing



Examples

Event	Magnification or minimizing More helpful thought
You repaired a flat tire on your bike. 	??? ???
You get lost driving while on vacation. You have to stop and ask for directions. 	??? ???



Magnification or minimizing



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You repaired a flat tire on your bike. 	"Everyone can do that. It's nothing special." ???
You get lost driving while on vacation. You have to stop and ask for directions. 	??? ???



Magnification or minimizing



Examples

Event	Magnification or minimizing More helpful thought
<p>You repaired a flat tire on your bike.</p> 	<p>"Everyone can do that. It's nothing special." "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 get lost driving while on vacation. You have to stop and ask for directions.</p> 	<p>???</p> <p>???</p>



Magnification or minimizing



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<p>You get lost driving while on vacation. You have to stop and ask for directions.</p> 	<p>"I am incapable of reading maps and have a horrible sense of direction. Without help, I would be totally lost. I must be getting Alzheimers." ???</p>



Magnification or minimizing



Examples

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<p>You repaired a flat tire on your bike.</p> 	<p>"Everyone can do that. It's nothing special." "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 get lost driving while on vacation. You have to stop and ask for directions.</p> 	<p>"I am incapable of reading maps and have a horrible sense of direction. Without help, I would be totally lost. I must be getting Alzheimers." "It seemed to take longer because I had some difficulty reading the map. It's good that I asked someone for help that knew the way. There is a reason why many people use a GPS."</p>



Magnification or minimizing

Examples

Event	Magnification or minimizing More helpful thought
Positive Event 	??? ???
Negative Event 	??? ???

Attributional Style

Attributions =
your own explanation for the occurrence of a
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What could cause the following situation?

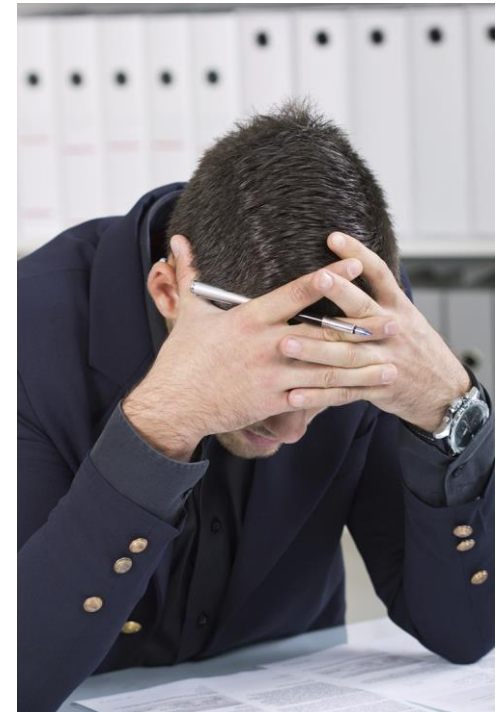
"You fail an exam."

Reasons ...

... myself?

... others?

... situation or coincidence?





"You fail an exam." Reasons ...

... myself:

- didn't learn enough.
- didn't believe that I could pass.
- I'm "stupid".

... others:

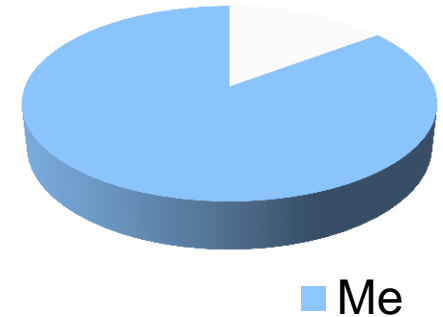
- the examiner mumbled and spoke softly.
- if I would have had a better teacher, I would have been better prepared.

... situation or coincidence:

- I may have passed if I was tested on a different topic.
- if the air conditioner wasn't so loud, I could have concentrated better.

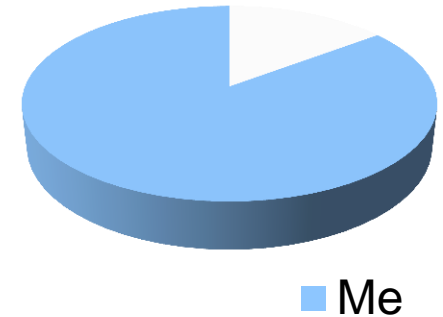
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- sadness, dejection
- withdrawal, out of fear of making a mistake
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Beware of one-sided explanations!

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Consider a balanced explanation that includes many different causes (Combination: others, the situation & yourself)

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- "The questions on the exam were more difficult than in the practice exercises and I did not have much time to prepare for the exam. In addition, the air conditioning made it more difficult for me to concentrate and the examiner was hard to understand."

"You fail an exam."

Consider a balanced explanation that includes many different causes (Combination: others, the situation & yourself)

- "The questions on the exam were more difficult than in the practice exercises and I did not have much time to prepare for the exam. In addition, the air conditioning made it more difficult for me to concentrate and the examiner was hard to understand."
- "Maybe next time I should take more time to prepare for the exam and ask the examiner to speak more clearly so that I can understand the questions. I bet the exam will go better."



Consequences of different attributional styles for negative events!



<p>Attribution: self (Ex: "That was my mistake! I must apologize to the fans!")</p>	<p>Disadvantage: ???</p> <p>Advantage: ???</p>
<p>Attribution: others/circumstance (Ex: "It was the goal keepers fault!"; "Every game has its own dynamic")</p>	<p>Disadvantage: ???</p> <p>Advantage: ???</p>



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<p>Attribution: self (Ex: "That was my mistake! I must apologize to the fans!")</p>	<p>Disadvantage: reduces self-confidence, increases depression Advantage: ???</p>
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Consequences of different attributional styles for negative events!



Balanced answer (i.e. a combination of the situation, others and yourself; offers several explanations):

???

???



Consequences of different attributional styles for negative events!



Balanced answer (i.e. a combination of the situation, others and yourself; offers several explanations):

"I could have been in better shape, but that shot was so good that there is nothing I could have done!"

"Of course it's frustrating, but at least I stopped them from scoring more goals."



Consequences of different attributional styles for positive events!



This food tastes great! How did you make it?

<p>Attribution: others/circumstance (Ex: "The ingredients were expensive.", "That depends on the cookbook", "X helped me.")</p>	<p>Disadvantage: ???</p> <p>Advantage: ???</p>
<p>Attribution: self (Ex: "I'm a good cook."; "I really tried hard.")</p>	<p>Disadvantage: ???</p> <p>Advantage: ???</p>



Consequences of different attributional styles for positive events!



This food tastes great! How did you make it?

<p>Attribution: others/circumstance (Ex: "The ingredients were expensive.", "That depends on the cookbook", "X helped me.")</p>	<p>Disadvantage: self-worth and mood are not strengthened Advantage: ???</p>
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Consequences of different attributional styles for positive events!



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(Ex: "The ingredients were expensive.", "That depends on the cookbook", "X helped me.")

Disadvantage: self-worth and mood are not strengthened

Advantage: you could be seen as social and modest

Attribution: self

(Ex: "I'm a good cook."; "I really tried hard.")

Disadvantage: you might eventually appear arrogant ("Don't toot your own horn.")

Advantage: self-worth improves, good mood



Consequences of different attributional styles for positive events!



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Balanced answer (i.e. a combination of the situation, others and yourself; offers several explanations):

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Consequences of different attributional styles for positive events!



This food tastes great! How did you make it?

Balanced answer (i.e. a combination of the situation, others and yourself; 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 already tried out the recipe once before to make sure it was a success. I got the original recipe from Emeril Lagasse."

How does this relate to depression?

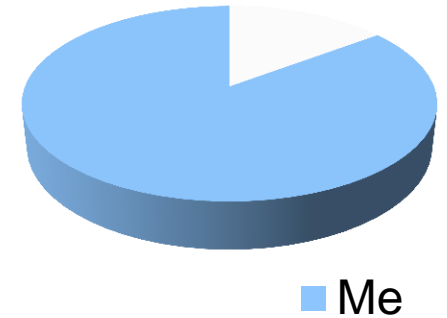
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Failures are generally attributed to **oneself**.



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Success is attributed to **the situation/luck (others)** or is viewed as unworthy ("nothing special").



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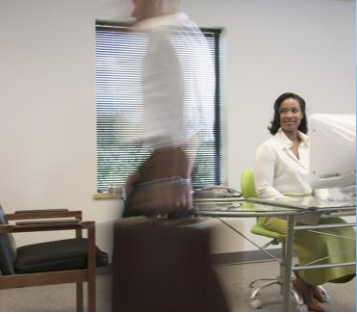
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These attributional styles do not reflect reality, and they can promote unhelpful behaviors and reduce self-worth!



Attributional style and unhelpful behaviors

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



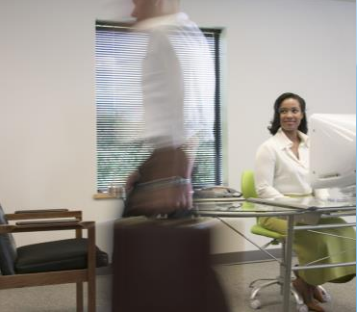
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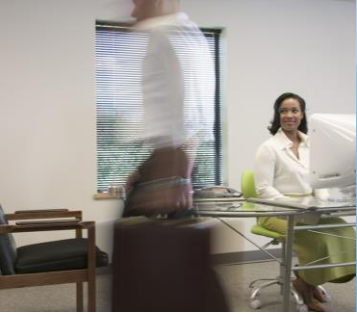
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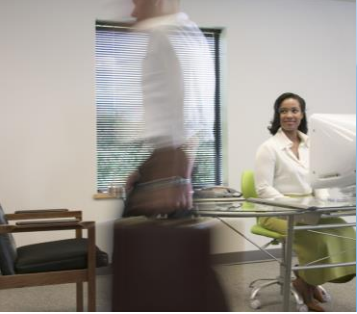
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A colleague/ neighbor does not greet you as they go by.	"Perhaps he didn't see me or didn't recognize me"	???	???

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Event	Alternative attribution (cause: combination)	Behavior	Long-term consequence
A colleague/ neighbor does not greet you as they go by.	"Perhaps he didn't see me or didn't recognize me"	Proactively greet the colleague	Actively seek contact, 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 for 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 other perspectives (What would you think if someone else experienced a similar situation?).
- Consider how your 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 every day life:



How to make more helpful appraisals?

We should try to be realistic in every day 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 tell you happy birthday

Why did the friend perhaps not tell 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?



You are invited for a job interview.

Why were you invited for the interview?

What do you attribute this to?

Situation or coincidence?

Another person or other people?

Yourself?





Thinking and Reasoning 3

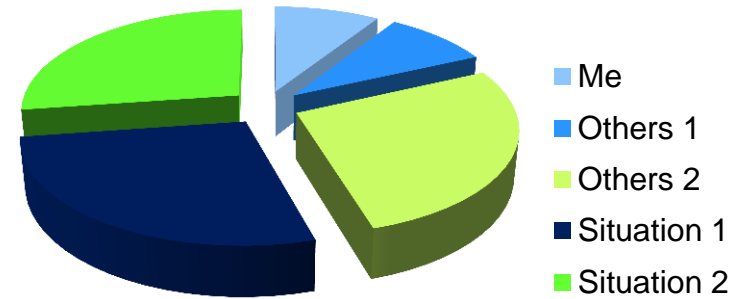
Learning Points



Thinking and Reasoning 3

Learning Points

- Pay attention to overexaggerating your mistakes and minimizing strengths and successes!

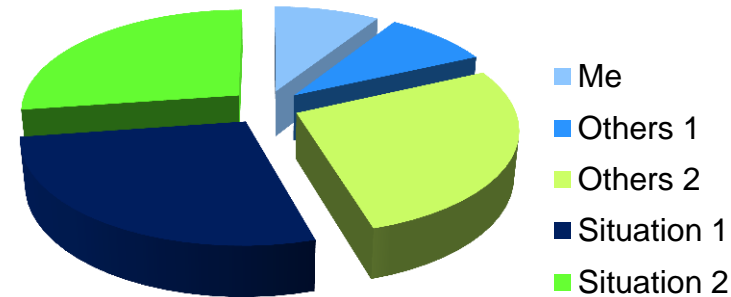




Thinking and Reasoning 3

Learning Points

- Pay attention to overexaggerating your mistakes and minimizing strengths and successes!
- Try to avoid one-sided appraisals and overgeneralizations in everyday life!

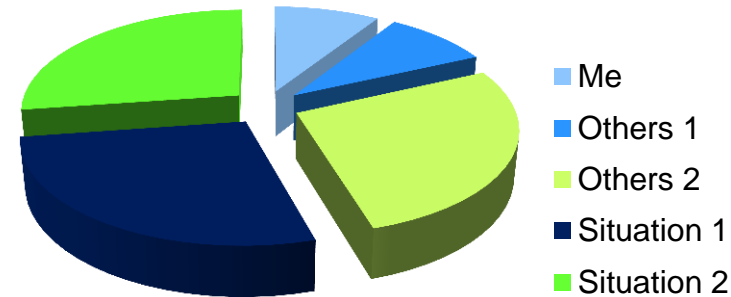




Thinking and Reasoning 3

Learning Points

- Pay attention to overexaggerating your mistakes and minimizing strengths and successes!
- Try to avoid one-sided appraisals and overgeneralizations in everyday life!
- We should 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.





Thinking and Reasoning 3

Learning Points

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



Thinking and Reasoning 3

Learning Points

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- One-sided appraisals of events may promote unhelpful behaviors and lower self-esteem.



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Learning Points

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

Thank you!

