

THEORETICAL FRAMEWORK

Emotion and Image:

According to bioinformational theory, the way information is stored is not relevant; rather, it focuses on the types of information stored and the results produced by the activation of that information. It assumes that all information processed by the human mind is encoded in the brain both abstractly and simultaneously.

Specifically, the bioinformation theory indicates that the basis of thought is rooted in logical relationships that can be expressed through propositional logic formulations. Propositions are grouped into psychic networks, which constitute an associative structure or associative memory of emotion, creating a kind of "affective program." In the psychological treatment of phobias, emotional memory is generally activated through a verbal method.

Concept of Associative Network (Bower):

Emotions are represented in memory as units or nodes within an associative network (semantic network). The nodes are related to other types of information: relevant situations that facilitate the emotion, visceral reactions, memories of pleasant or unpleasant events, etc.

The activation of an emotional node will facilitate access to material that is congruent with the individual's current mood (mood congruence hypothesis). Memorized material is recalled better when there is coupling between the conditions in which it was originally learned and the conditions under which it is intended to be remembered (mood state dependency hypothesis).

Biases operate at different levels of processing: attention, interpretation, and memory. Experimental data tend to indicate that depression is primarily associated with biases in elaboration rather than memory.

Concept of Schema (Beck):

Bower and Beck share the belief that patients with anxiety disorders must have a dysfunctional cognitive structure that leads them to produce certain biases in all aspects of information processing. They developed their theories focusing more on depression than on anxiety.

Thus, for Beck, there is an unadaptive cognitive schema that maintains high anxiety when applied to analyze and interpret reality. However, the reasons why a particular mode persists are not sufficiently explained.