

Topic in Action 1:
Testing the cognitive model
Part 1 of 2

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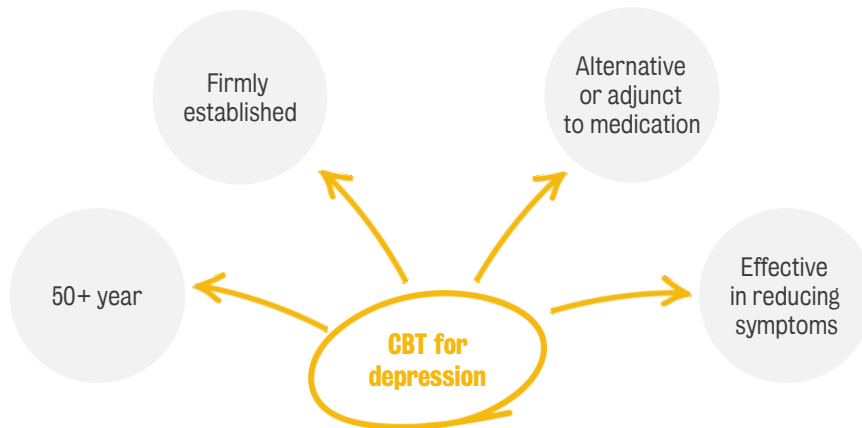
In this topic



- *Mediators, mechanisms and causes*
- The role and significance of dysfunctional thinking

Click **Next** to continue

Cognitive therapy for depression



Why and how does it work?

When and where is it effective?

When it is not effective, why not?

A note of caution

Why and how does it work?

When and where is it effective?

When it is not effective, why not?

Surely we know by now



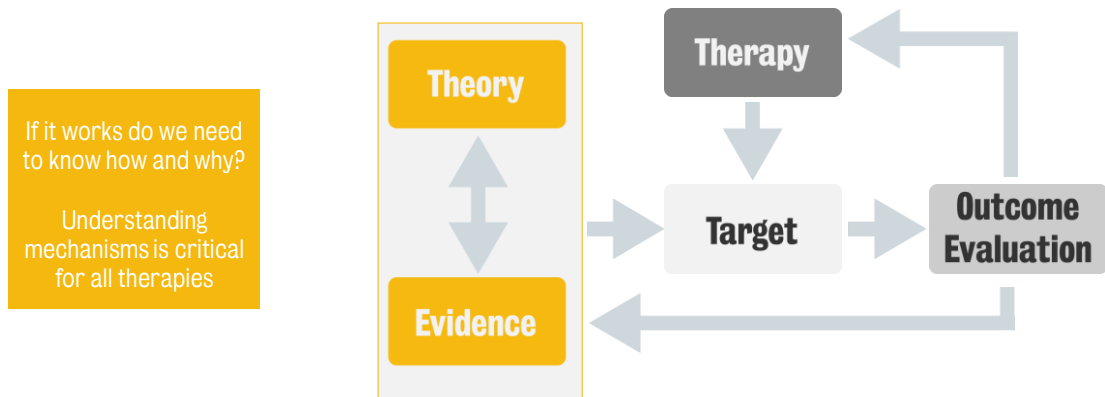
"There are very few forms of psychotherapy as well established as cognitive therapy (CT) for unipolar depression among adults ... But why does CT work, i.e., through what mediators or mechanisms? In fact, little can be stated as to why treatment works"

Kazdin (2007)

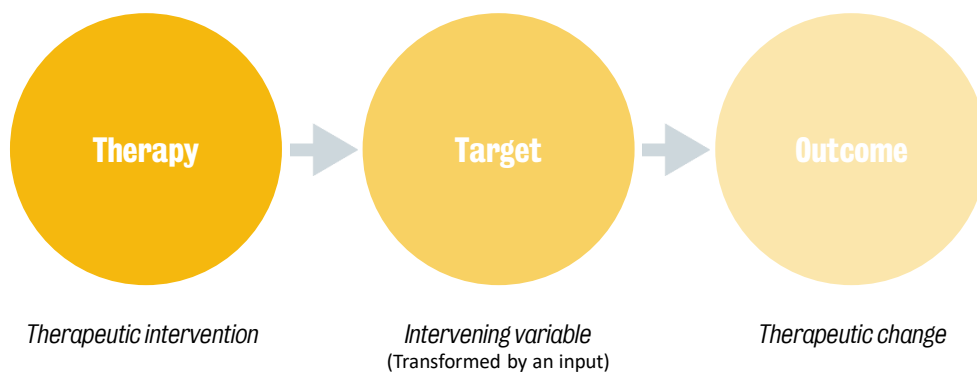
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Kazdin (2007)

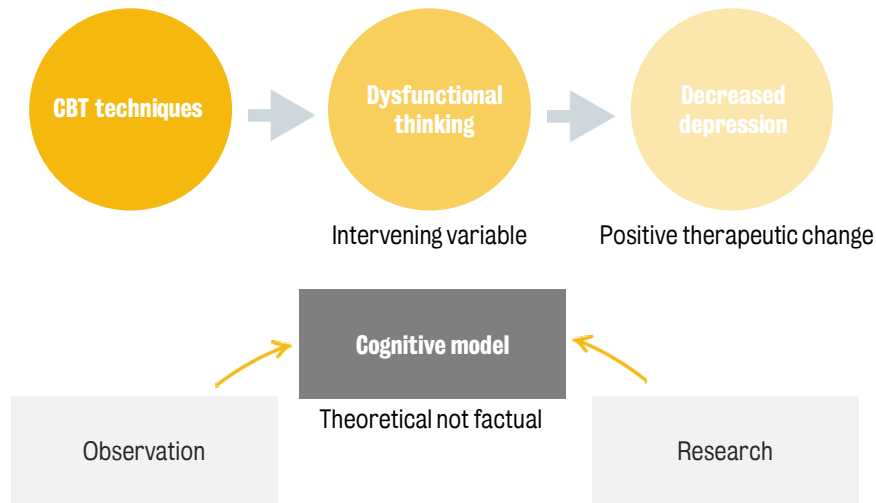
A cycle of translational research



The cognitive model of depression is an hypothesis (1)



The cognitive model of depression is an hypothesis (2)



"In fact, little can be stated as to why treatment works"

Kazdin (2007)

Week 5 Psychological therapies: From behaviour modification to behaviour therapy

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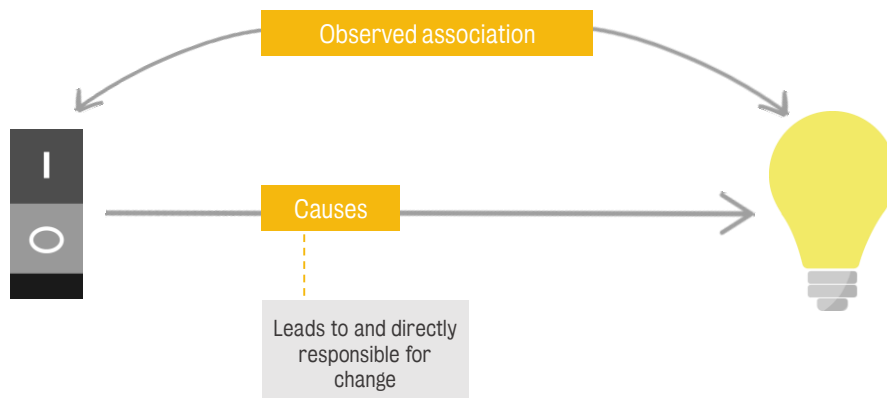
Definitions – Causes, mediators and mechanisms (1)

Testing and identifying causal and mediation variables

Cause

Mediation

Mechanism



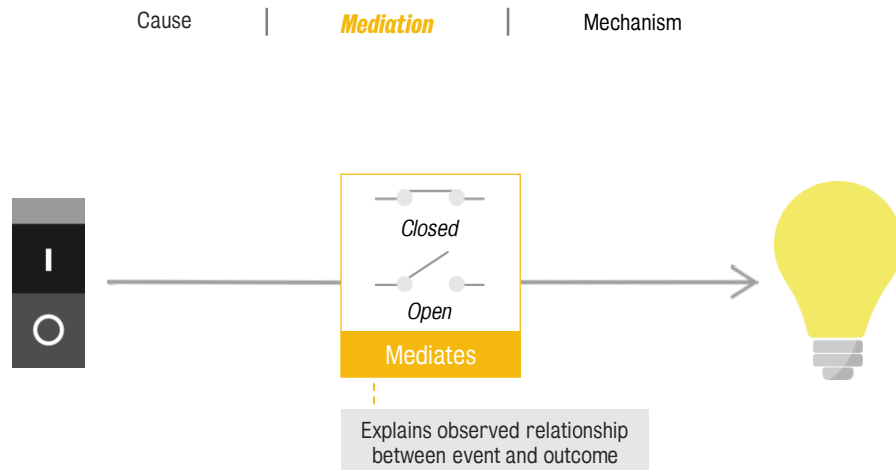
Kazdin (2007)

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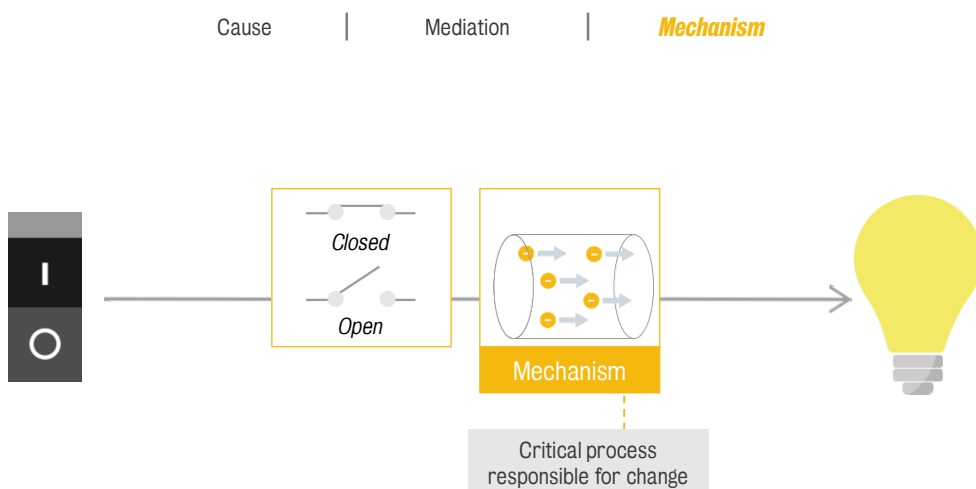
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Definitions – Causes, mediators and mechanisms (2)



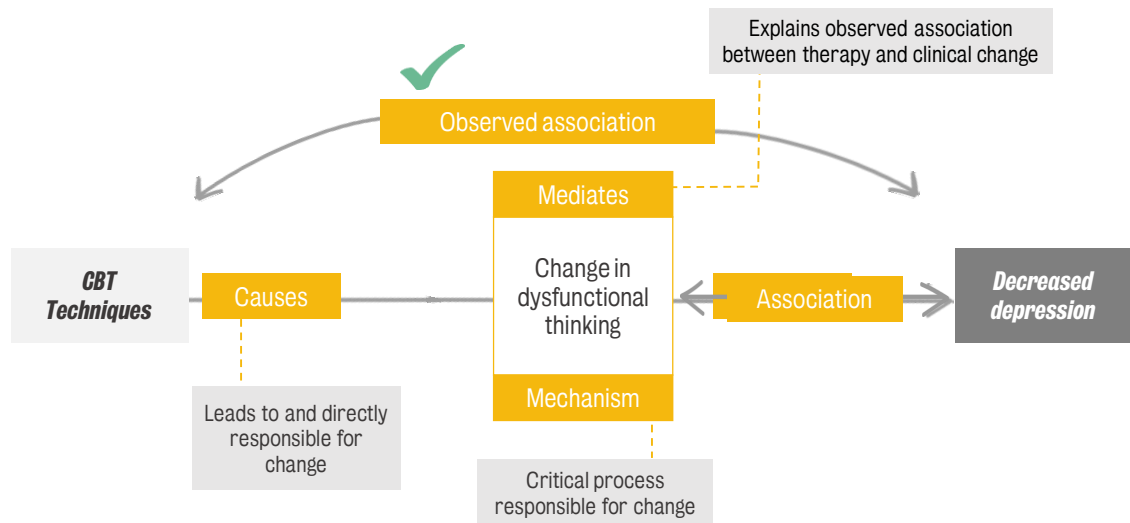
Kazdin (2007)

Definitions – Causes, mediators and mechanisms (3)



Kazdin (2007)

Definitions – Causes, mediators and mechanisms (4)



Kazdin (2007)

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Assessing mediation and mechanism of change

Variable

Does it mediate the relationship?

Is it a mechanism for change?

| We need convergent evidence | | Alan Kazdin (2007) | |
|--------------------------------|------------------------------|----------------------------|---------------------------|
| Strong & reliable associations | Specificity | Consistency and generality | |
| Experimental manipulation | Timeline and order of change | Gradient | Plausibility or coherence |

Kazdin (2007)

Week 5 Psychological therapies: From behaviour modification to behaviour therapy

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