

Topic in Action 1

Maladaptive styles of emotion processing and regulation, and mental health

Part 1 of 4

Dr Victoria Pile

Department of Psychology, King's College London



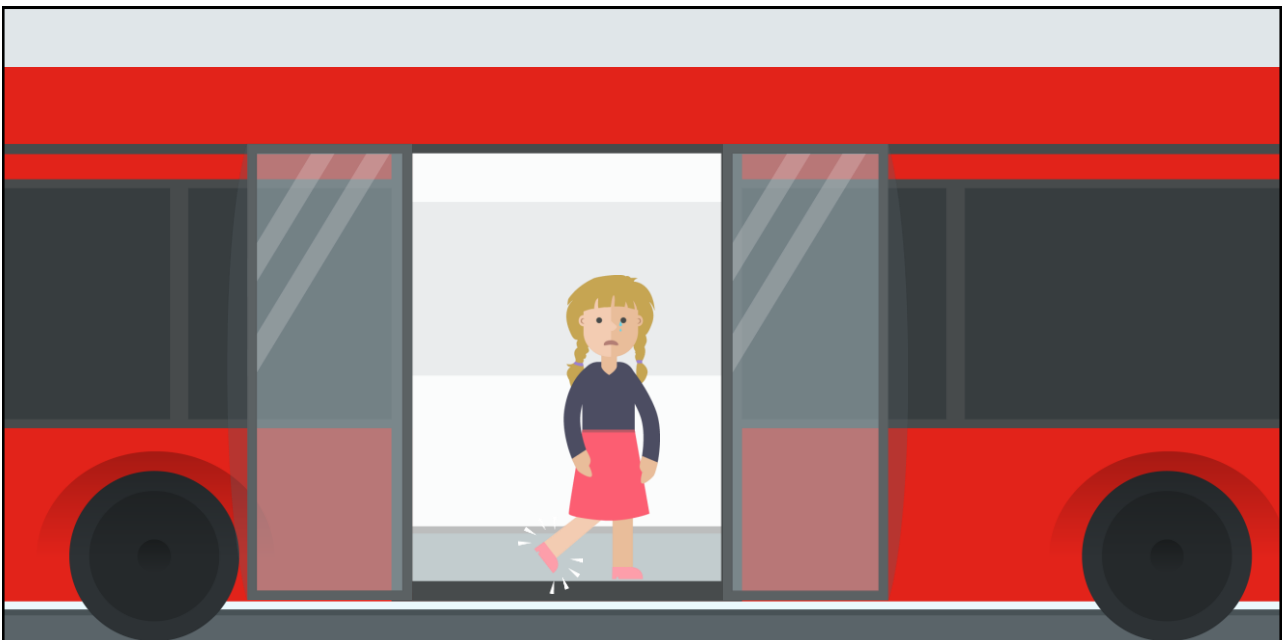
Post traumatic stress disorder



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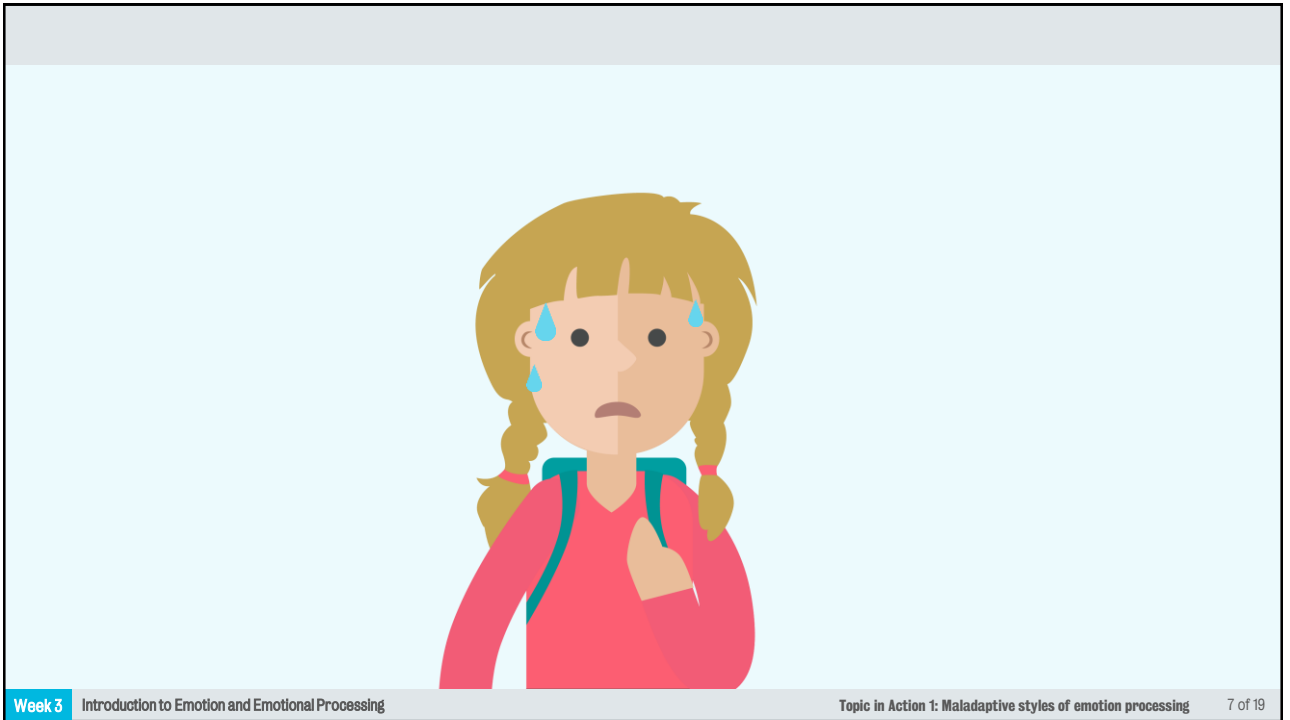


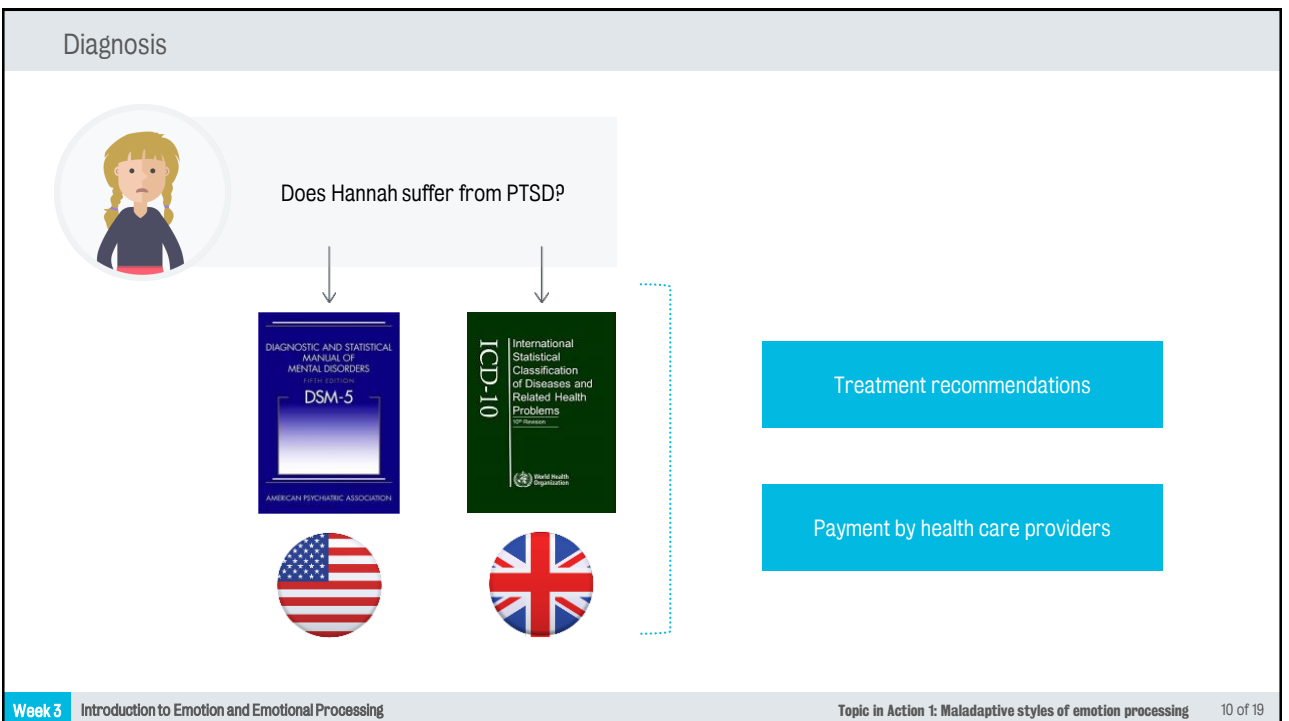
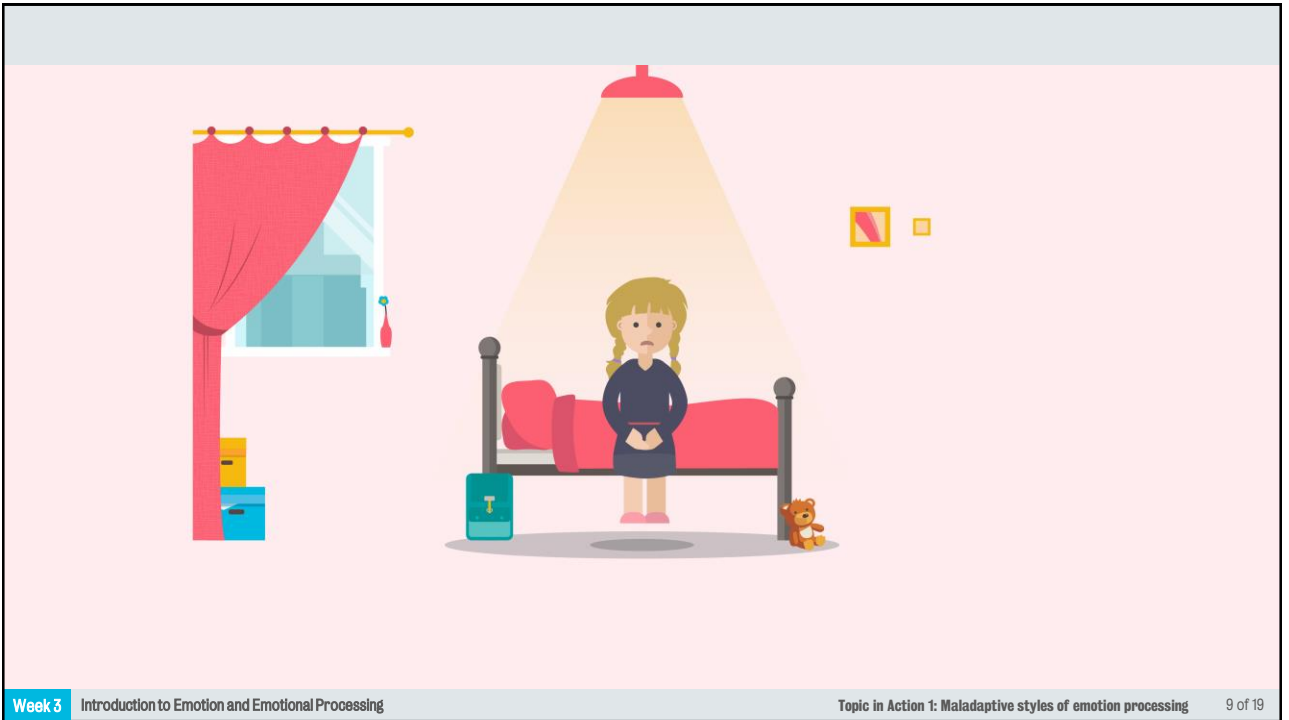
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Criteria for PTSD diagnosis (1)

A. Exposure to a trauma

**Event that involves:**

- Actual or threatened death
- Threat to physical integrity of self or another (this includes repeated exposure)

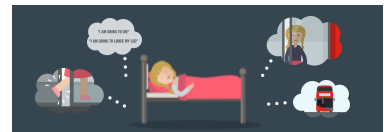
Three most common traumas:

- Violent death of a friend or family member
- Witnessing severe injury or death
- Being involved in a serious motor vehicle accident

Criteria for PTSD diagnosis (2)

B. At least one intrusion symptom associated with event and beginning after event

- Distressing memories (flashbacks)
- Dissociative reactions
- Psychological/physiological distress when exposed to reminders

**C. Avoidance** symptoms

- Avoiding reminders of the event

**D: Negative alterations in cognitions and mood**

- Forgetting aspects of event
- Negative beliefs
- Loss of interest
- Detachment

**E: Alterations in arousal and reactivity**

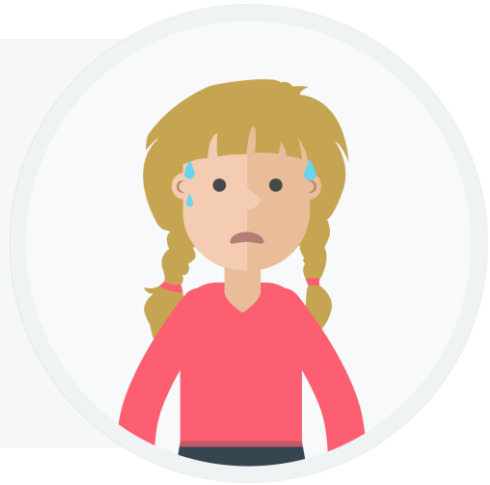
- Irritability
- Anger
- Destructive behaviour
- Hyper-vigilance
- Difficulty in concentrating



Phenomenology & diagnosis

Symptoms:

- **Duration** > 1 month
- Cause **clinically significant distress or impairment**
- Not **attributable** to effects of substance or other medical condition



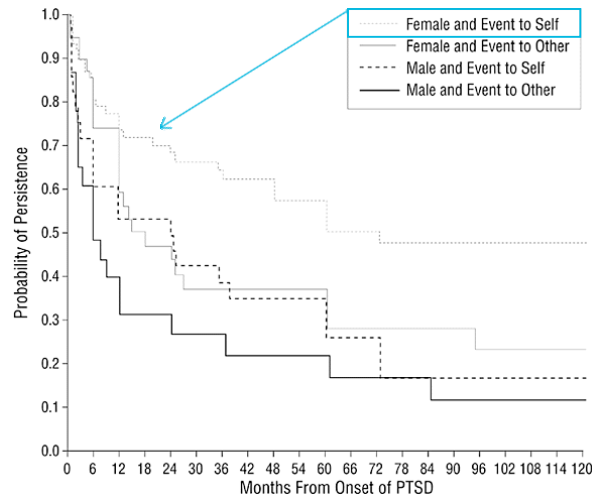
Epidemiology & course (1)

PTSD > reaction to horrible event:

- Majority of people will experience a traumatic event
- Most develop PTSD
- Most recover with time (therefore the duration criterion)

Epidemiology & course (2)

PTSD cases: Median time to remission – 24.9 months



Breslau et al (1998)

What predicts chronic PTSD? (maintenance)

Predictors of PTSD

Recovery environment:

- Lack of social support and negative responses from others
- Further stressful events

Psychological factors:

- Dysfunctional appraisals or its sequelae
- Trauma memory characteristics
- Dysfunctional behaviours
- Cognitive strategies

Reflective exercise



Can you identify any cognitive processes that might be maintaining Hannah's PTSD?

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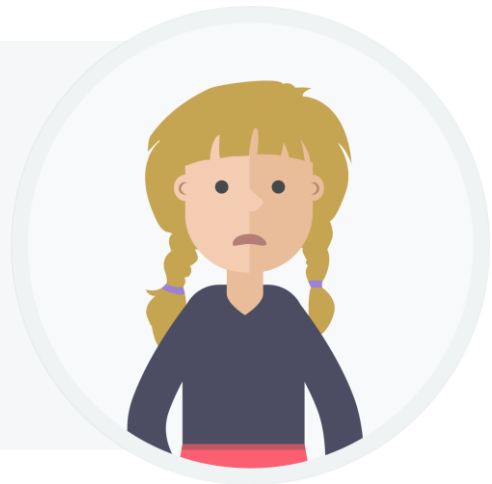
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Possible answer (1)

Two cognitive processes:

- Increased attention to threat
- Fragmented nature of trauma memory



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