

*Topic in Action 1*

**Maladaptive styles of emotion processing  
and regulation, and mental health**

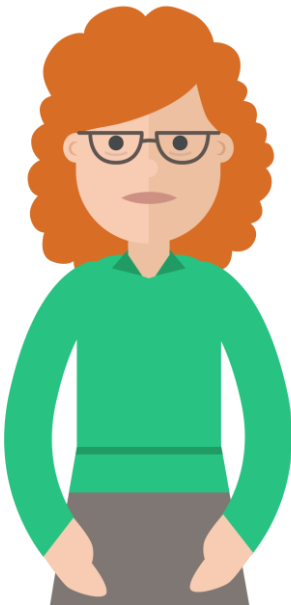
Part 3 of 4

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**Major depressive disorder**





## Exercise



What do you think the DSM-V criteria for MDD might be?

*Think about this question before you click the button below*

[Click here for a possible answer](#)

## Exercise: DSM-V criteria for depression

## Criteria for MDD

5 or more of the following symptoms

- Depressed mood
- Anhedonia
- Significant weight loss or weight gain
- Insomnia or hypersomnia
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Feelings of worthlessness or guilt
- Diminished ability to think or concentrate or indecisiveness
- Recurrent thoughts of death

## Exercise: Symptoms (1)

## Jo



Jo is a forty year old female. She is married with two children. Jo recently lost her job. Jo feels tired all the time and struggles to get out of bed in the mornings. She has often been late to take the children to school. This has led to frequent arguments with her husband.

Jo used to enjoy walking the dog and reading books but no longer finds these things relax her or make her happy. She feels like she has let her family down and is beginning to worry her sadness is impacting on her children.

Jo is applying for a new job but keeps thinking about last week when she couldn't get out of bed or last month when she couldn't finish an application. When Jo tries to remember happier times, she ends up thinking about how her and her husband are always arguing or that the dog is getting fat because she is not walking him.

*Think about this question before you click the button below*

**Click here for a possible answer**

## Exercise: Symptoms (2)

## Jo

Jo is a forty year old female. She is married with two children. Jo recently lost her job. Jo feels **tired** all the time and **struggles to get out of bed in the mornings**. She has often been late to take the children to school. This has led to frequent arguments with her husband.

Jo used to enjoy walking the dog and reading books but **no longer finds these things relax her or make her happy**. She feels like she has **let her family down** and is beginning to worry her **sadness** is impacting on her children.

Jo is applying for a new job but keeps thinking about last week when she couldn't get out of bed or last month when she **couldn't finish an application**. When Jo tries to remember happier times, she ends up thinking about how her and her husband are always arguing or that the dog is getting fat because she is not walking him.

## Exercise: MDD (1)



What processing style do you think has been consistently linked to MDD?

*Think about this question before you click the button below*

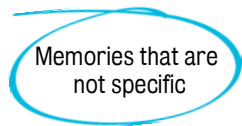
[Click here for a possible answer](#)

## Exercise: MDD (2)

**Overgeneral memory**

- Associated with current symptoms
- Onset and course of depression
  - Predictive of developing depression and later depression severity
- Interferes with effective processing of positive and negative emotional material

## Overgeneral memory (1)



# Grass



**Specific:** we had a picnic on the grass last weekend

**Categorical:** I cut the lawn every two weeks

**Extended:** I developed hay fever last summer

**Semantic associate:** my garden

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When Jo tries to remember happier times, she ends up thinking about how her and her husband are always arguing or that the dog is getting fat because she is not walking him.



[Click here for a possible answer](#)

## Overgeneral memory (2)

Jo is applying for a new job but keeps thinking about last week when she couldn't get out of bed or last month when she couldn't finish an application.

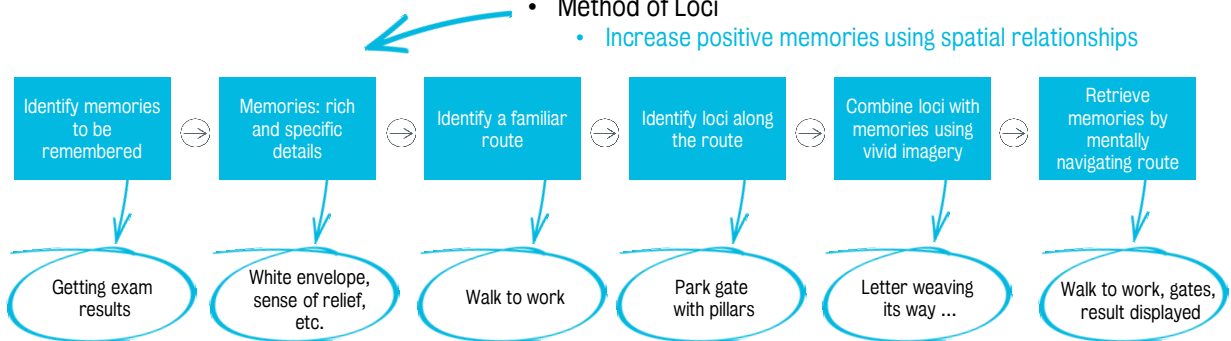
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## Treatment innovation? Memory therapeutics

Increased understanding of the **role of memory in depression** led to exploration of new treatments

For example:

- Cognitive bias modification
  - Process events in more concrete and specific ways
- Memory Specificity Training
  - More specific in recollection
- Method of Loci
  - Increase positive memories using spatial relationships



Watkins, Taylore & Byng et al (2012), Raes, Williams & Hermans (2009), Neshat-Doost, Dalgleish & Yule et al (2012)