

ATINER



Psychologie
des *Ages* de la *Vie*
et *Adaptation* EA 2114

COGNITIVE DISTORTION AND MIXED ANXIETY-DEPRESSIVE DISORDER

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Mixed anxiety-depressive disorder

- Anxiety + Depression symptom
 - *Focusing difficulty*
 - *Sleeping disorder*
 - *Low self-esteem*
 - *Hazard anticipation*
 - ...
- Impact on everyday life, social and professional life



Cognitive distortion in anxiety and depression disorder

Anxiety

- Arbitrary focusing
- Maximization
- Minimization
- Dichotomous reasoning
- Disqualification of one of the poles

Depression

- Arbitrary focusing
- Maximization
- Minimization
- Dichotomous reasoning
- Disqualification of one of the poles
- Requalification in the other pole
- Neutral's omission



Cognitive distortion

- Filter of information
- Leads to a misunderstanding of reality
- Maintenance of dysfunctional cognitive schemas and psychological disorders
- Use in of cognitive behavioral therapy (CBT)



Different kinds of distortion

Franceschi (2007)

- Dichotomous reasoning
- Disqualification of one of the poles
- Arbitrary focusing
- Neutral's omission
- Requalification in the other pole
- Minimization
- Maximization



Research problem

- Are cognitive distortions characteristic of mixed anxiety-depressive disorder?
- Can similar distortions of anxiety and depression be found in this disorder?



Hypothesis

- People with mixed anxiety-depressive features have more cognitive distortions than participants without these features.
- Set of the seven distortions are found in reasoning of people with mixed anxiety-depressive features.



Method

- 916 participants
- Hospital Anxiety and Depression Scale (HADS, Zigmond and Snaith, 1983)
- Cognitive Distortion Scale for Adult (Echelle de Distorsion Cognitive pour Adulte, EDC-A, Robert et al., pre-print)

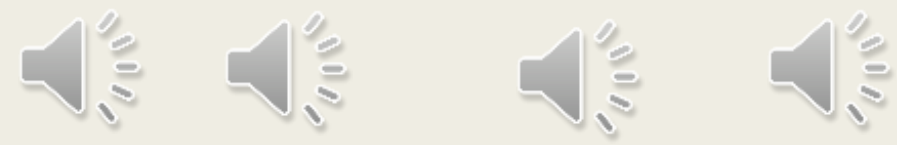


MADD groups

Control Group (CG)	Mixed Anxiety-Depressive Disorder (MADD)
573	343

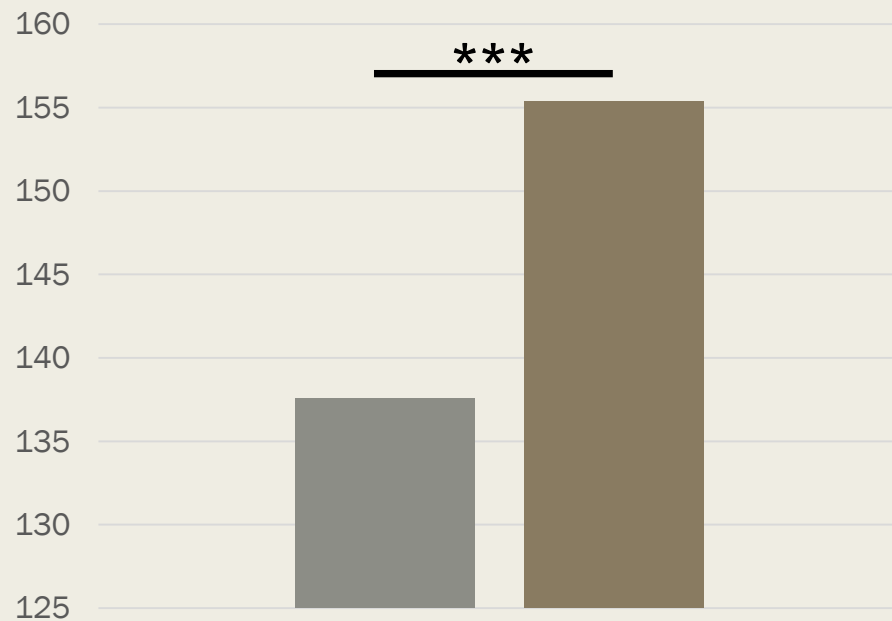
Ibbotson threshold (Ibbotson et al., 1994) : HADS score > 14





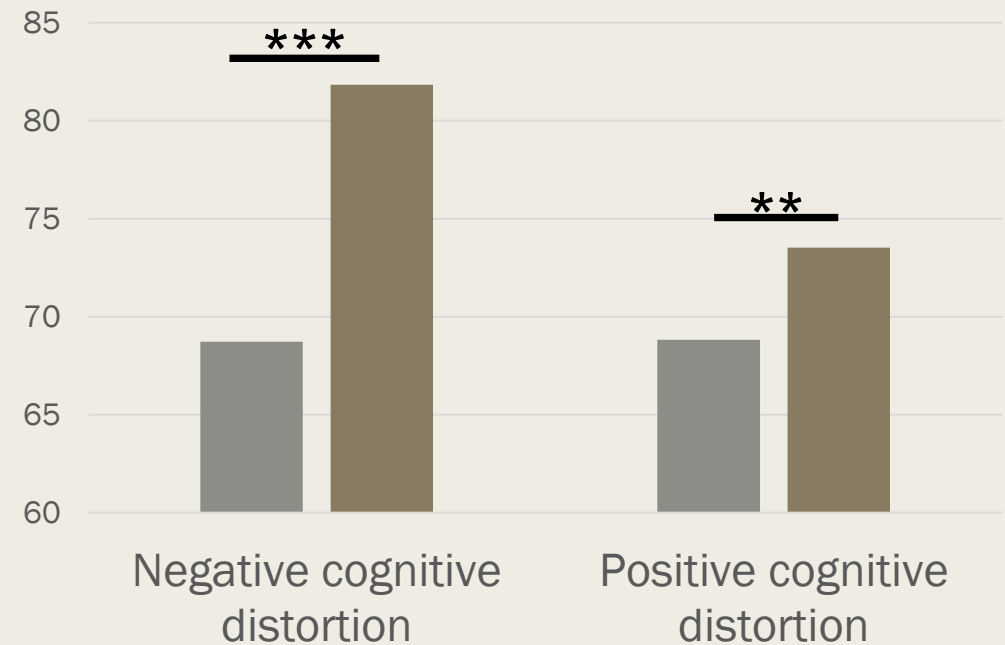
Cognitive distortion and mixed anxiety-depressive disorder

EDC-A mean score



**** p<,01 ***p<,001**
■ CG ■ MADD

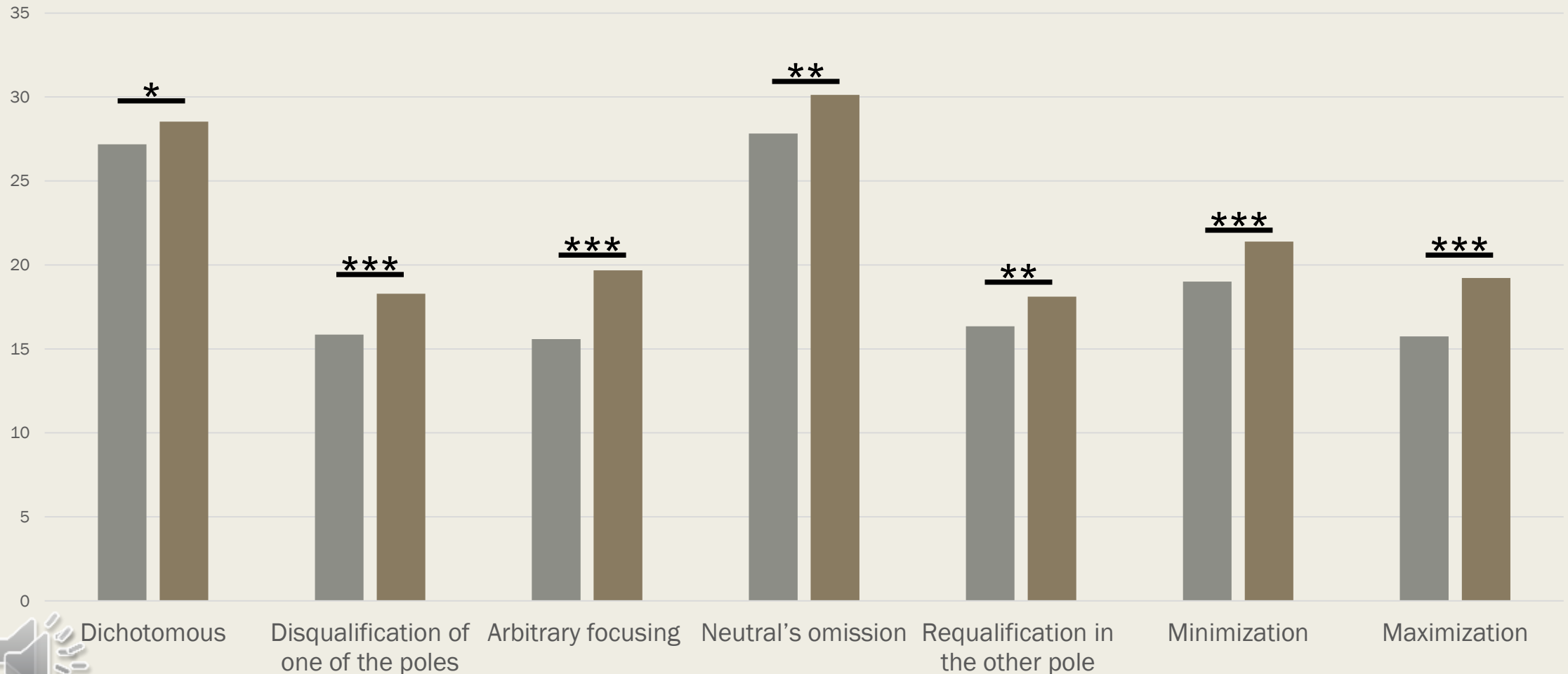
Negative and Positive cognitive distortion mean score



Cognitive distortion profile

* $p < ,05$ ** $p < ,01$ *** $p < ,001$

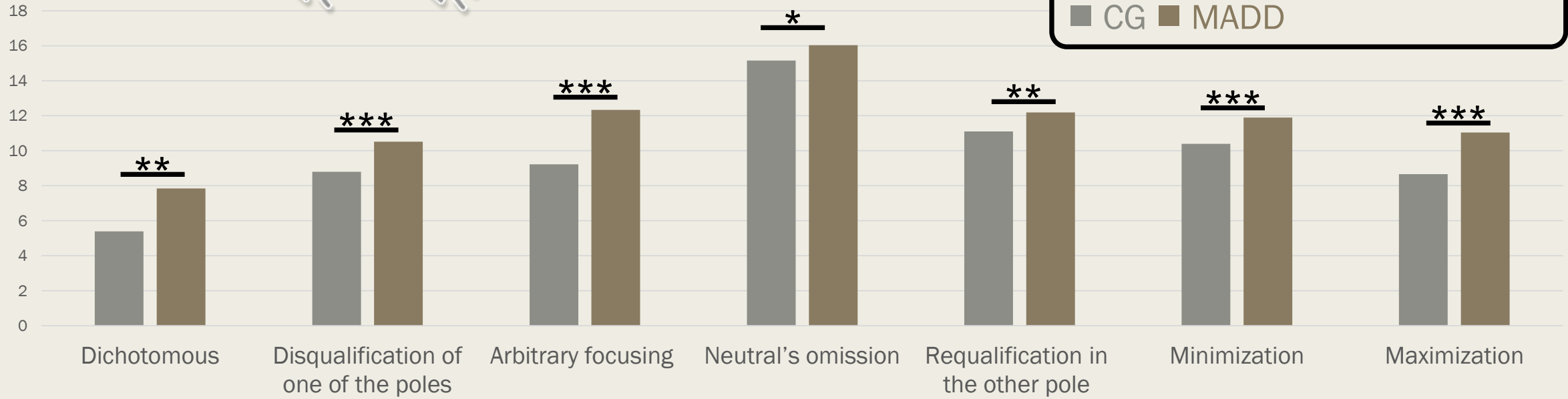
■ CG ■ MADD



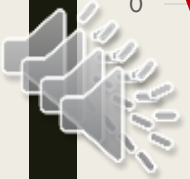
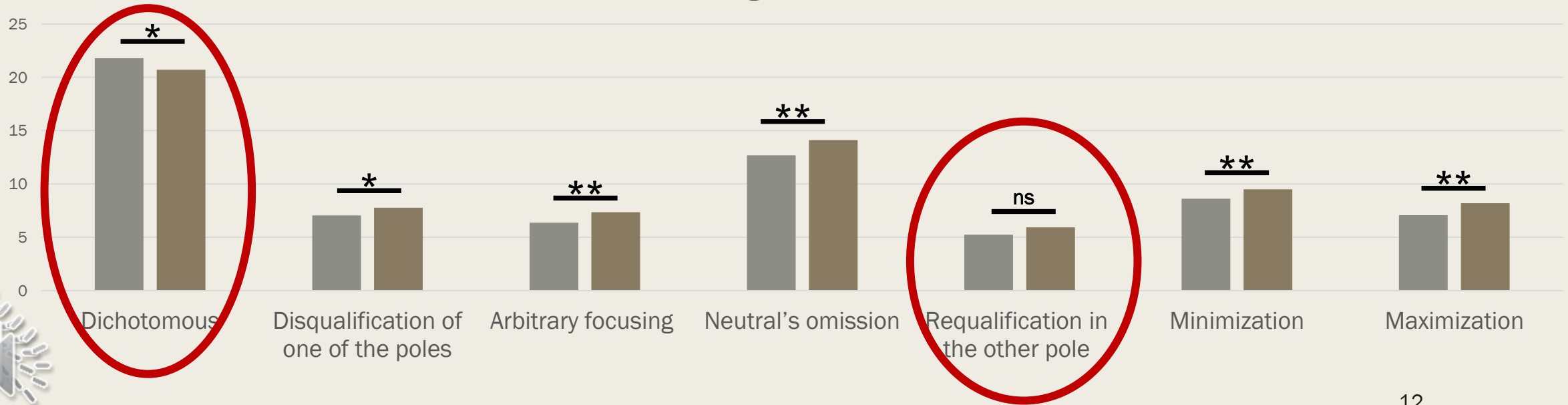


Negative cognitive distortion

ns not significant * p<,05 ** p<,01
■ CG ■ MADD



Positive cognitive distortion



Discussion

- Cognitive distortions characteristic feature of mixed anxiety-depressive disorder
- Seven distortions are in trouble
 - *Same five distortions specific to anxiety and all to depression*
 - *MADD = anxiety disorder complicated by depressive emergence (Mirabel-Sarron, 2009)*



		Anxiety	Depression	MADD
Dichotomous reasoning	Negative	✓	✓	✓
	Positive	✓	✓	✓
Disqualification of one of the poles	Negative	✓	✓	✓
	Positive	x	✓	✓
		Anxiety	Depression	MADD
Requalification in the other pole	Positive	x	✓	x
Minimization	Positive	x	x	✓
Maximization	Positive	x	x	✓
	Positive	x	✓	x
Minimization	Negative	✓	✓	✓
	Positive	x	x	✓
Maximization	Negative	✓	✓	✓
	Positive	x	x	✓

Limits and perspectives

- Non-clinical population
- Development of Cognitive Distortion Scale for Adults (Robert et al., pre-print)
 - *Distinguish comorbid disorders*
 - *Cognitive Behavioral Therapy (CBT)*



THANK YOU FOR YOUR
CONSIDERATION

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