



*Views of self and mental distress:
Negative or conflictual?*

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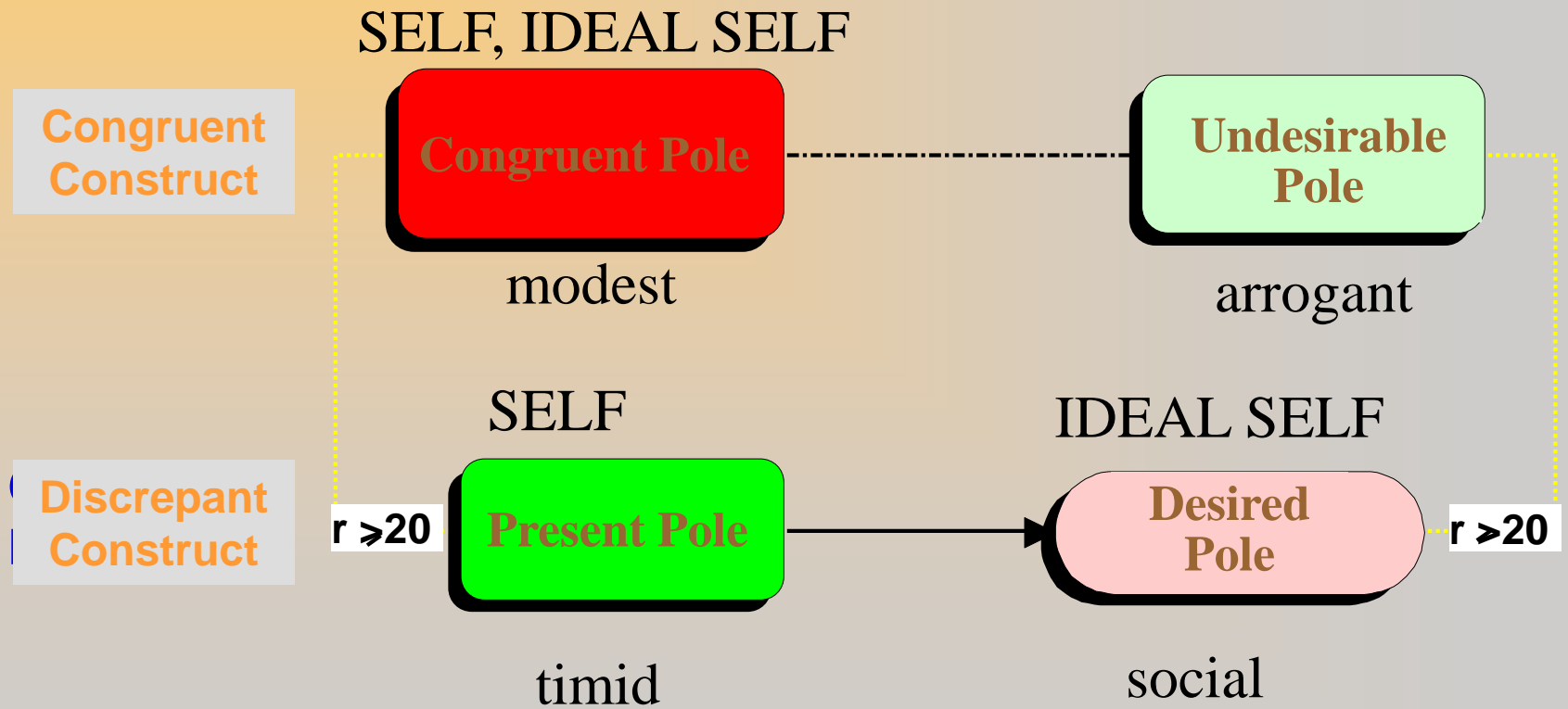


General Idea

- ★ Negative views of self → vulnerability for depression and other disorders.
- ★ Little is known about perceived positive self-attributes and their role in these disorders.
- ★ Our research suggests that conflicting positive and negative self-perceptions are highly prevalent in depression and other disorders.



Implicative dilemma



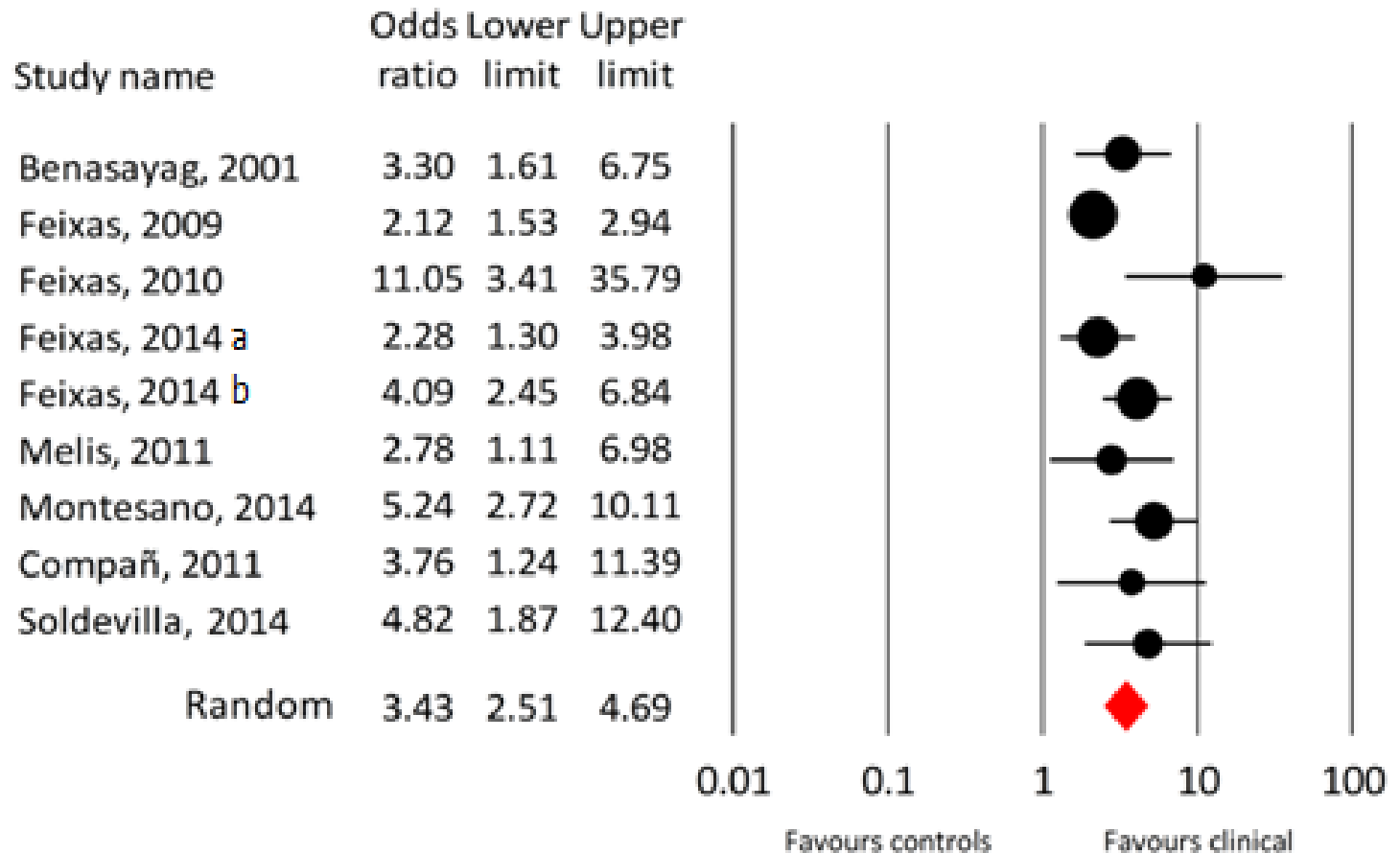


Clinical samples vs. controls

- ★ To which extent there are more clinical participants presenting with at least one Implicative Dilemma?
- ★ Do clinical participants present with higher numbers of Implicative Dilemmas?



Presence of Implicative Dilemmas



Depression (Feixas et al, 2014a & b); Dysthymia (Montesano et al, 2014); Bulimia (Feixas et al, 2010); Anxiety (Melis et al, 2011); Fibromyalgia (Compañ et al, 2011); Women victims of intimate partner violence (Soldevilla et al, 2014), IBS (Benasayag, et al, 2001).

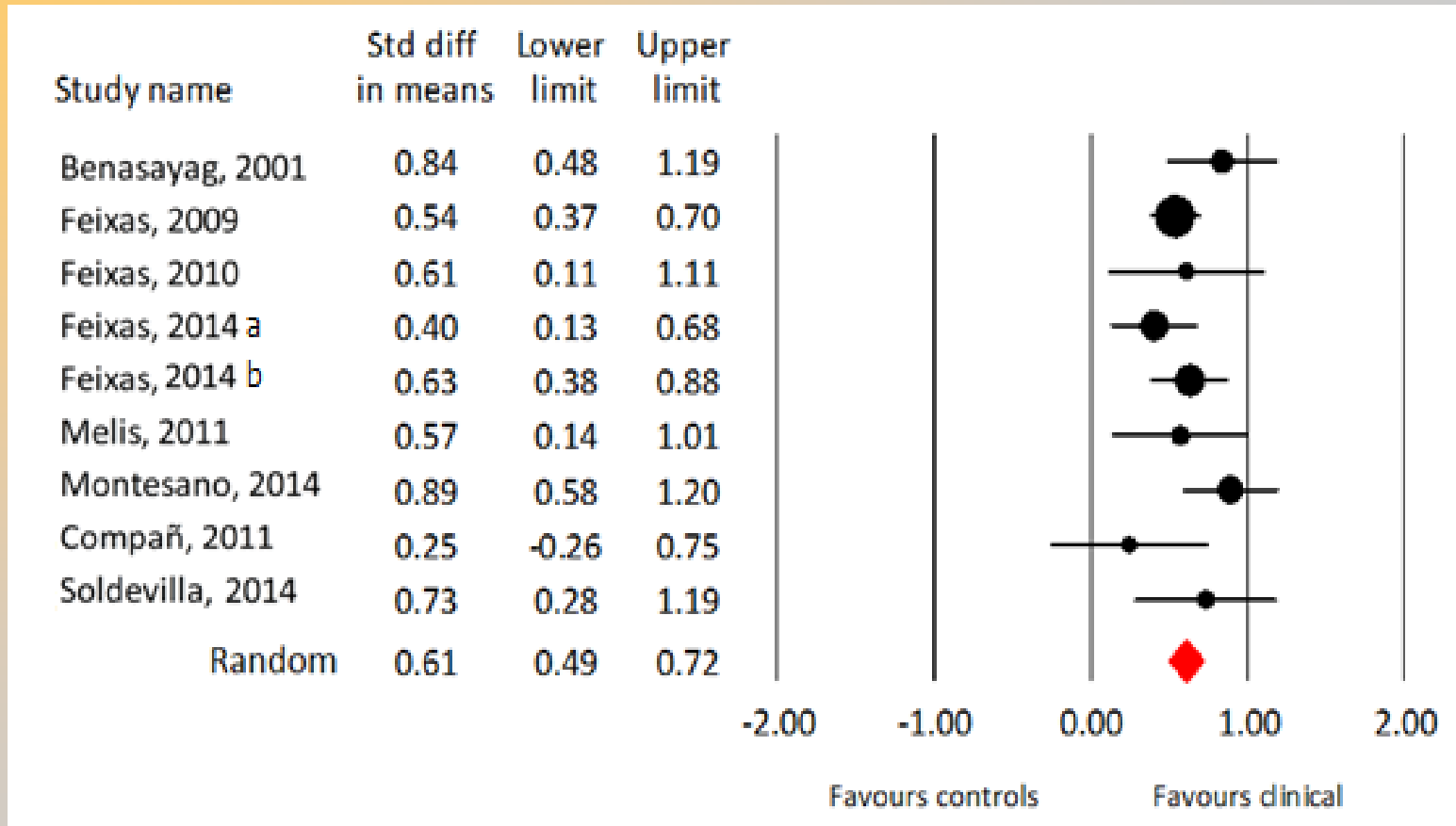


Clinical samples vs. controls

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Number of Implicative Dilemmas



Medium mean effect size ($d = 0.61$; 95% CI: 0.49, 0.72).

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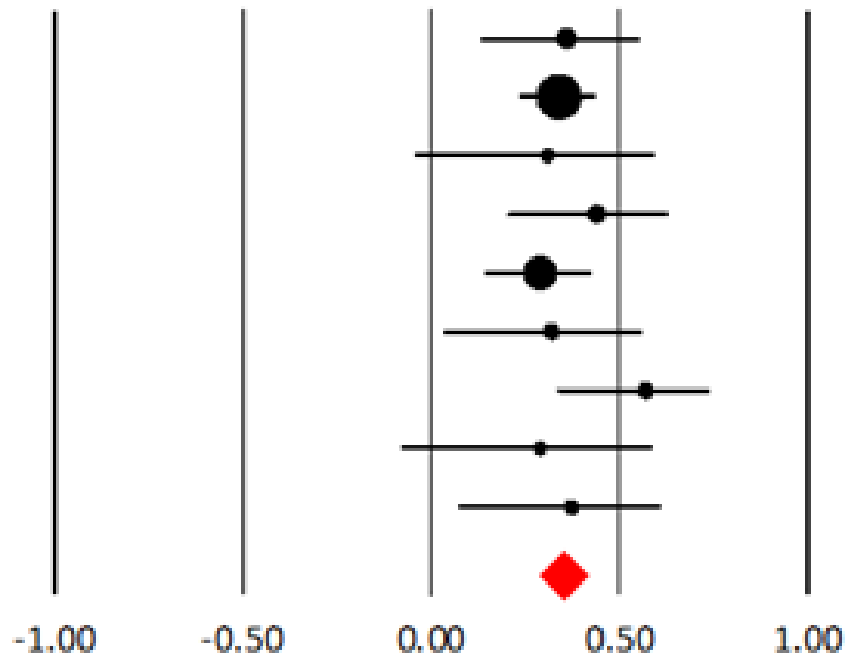
Clinical samples

- ★ Is number of Implicative Dilemmas related to symptom level?



Correlation of number of Implicative Dilemmas with symptom inventories

Study name	Correlation	Lower limit	Upper limit
Benasayag, 2001	0.36	0.13	0.55
Feixas, 2009	0.34	0.23	0.44
Feixas, 2010	0.31	-0.04	0.59
Feixas, 2014 a	0.44	0.20	0.63
Feixas, 2014 b	0.29	0.14	0.43
Melis, 2011	0.32	0.03	0.56
Montesano, 2014	0.57	0.34	0.74
Compañ, 2011	0.29	-0.08	0.59
Soldevilla, 2014	0.37	0.07	0.61
Random	0.35	0.29	0.41



Depression (Feixas et al, 2014a & b); Dysthymia (Montesano et al, 2014); Bulimia (Feixas et al, 2010); Anxiety (Melis et al, 2011); Fibromyalgia (Compañ et al, 2011); Women victims of intimate partner violence (Soldevilla et al, 2014), IBS (Benasayag, et al, 2004).



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Depression Study

British Journal of Clinical Psychology (2014), 53, 369–385
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John Wiley & Sons Ltd on behalf of the British Psychological Society



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Cognitive conflicts in major depression: Between desired change and personal coherence

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Demographic and baseline characteristics of participants

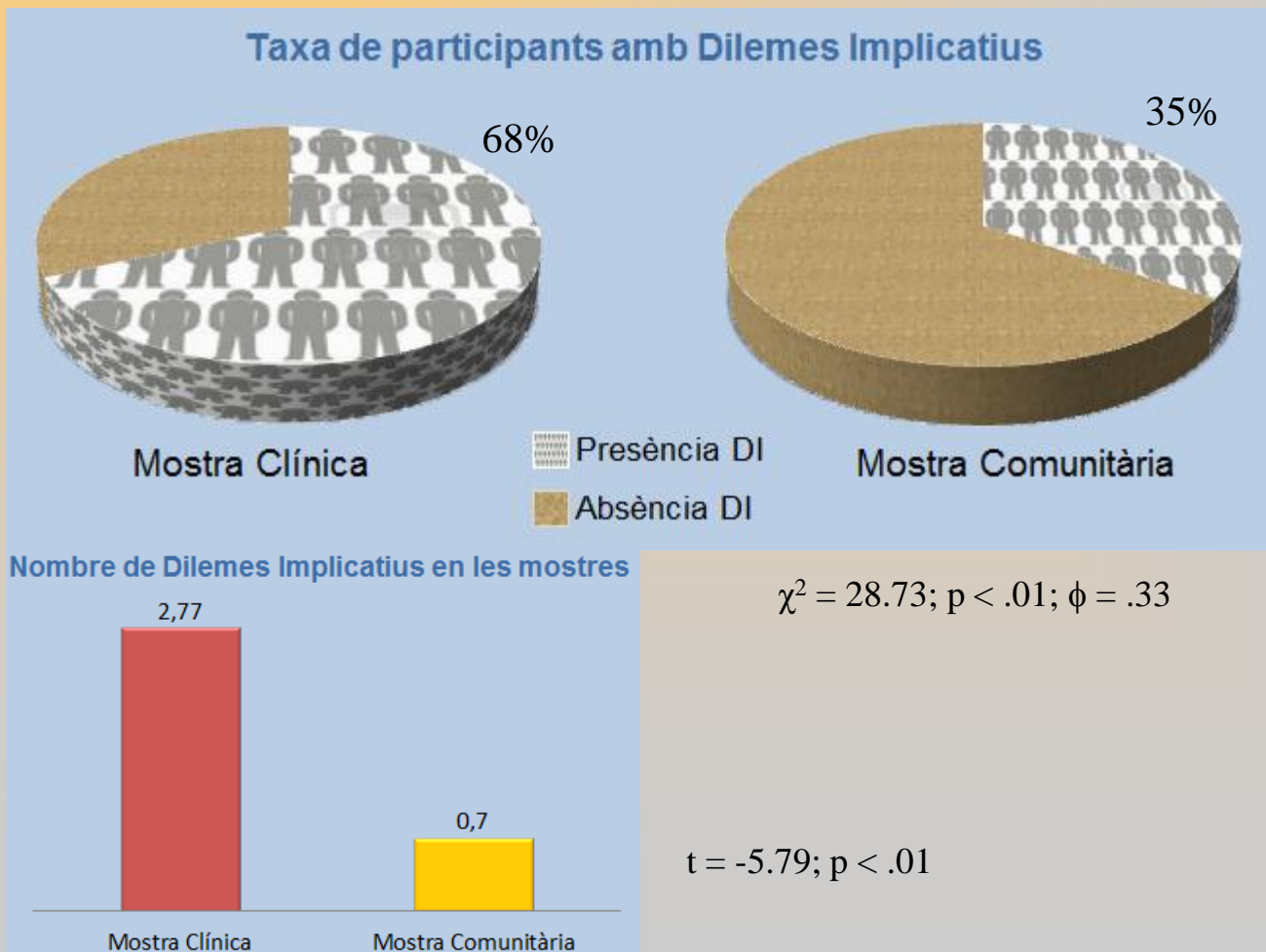
	Depression (n = 161)	Control (n = 110)	Group difference
Sex (female: male)	126:35	79:31	$\chi^2(1) = 1.14; p = .28$
Age (M; SD)	47.13; 11.31	44.51; 4.39	$t(269) = -1.675, p = .11$
Marital Status			
Married/ living together (Fr; %)	93; 57.8	71; 64.5	$\chi^2(1) = .99; p = .32$
Single/ Divorced (Fr; %)	68; 42.2	39; 35.5	
Years of education (M; SD)	12.31; 3.09	11.80; 2.71	$t(269) = -1.40, p = .16$
BDI-II (M; SD)	36.06; 9.81	5.28; 4.36	$t(2636.8) = -35.06, p < .001$



Implicative Dilemmas in Depression

161 patients with MDD (SCID-I)

compared with 110 community controls





Predicting Distress

Standard Multiple Regression

- **BDI-II:** $F(2,268) = 74.87$; 36% (R^2); $p < .001$
 1. Self-ideal Discrepancy ($\beta = -.54$; $p = .001$)
 2. Number of Implicative Dilemmas ($\beta = .15$; $p = .003$)
- **Global Assessment of Functioning (*GAF*):**
 $F(2,158) = 10.54$, $p < .001$
 1. Number of Implicative Dilemmas ($\beta = .26$; $p = .001$)
 2. Self-ideal Discrepancy ($\beta = .21$; $p = .004$)



Some Conclusions

- The presence of implicative dilemmas as captured by repertory grids is quite common (around 35%) in non-clinical samples.
- Depressive (and many other) patients have more of these internal conflicts than controls.
- A fully consistent pattern of self-negativity is very rare (1%) even in depression. **INSTEAD**, we found mixed and conflicting views of self.
- Internal conflict deserves as much attention as it has been paid to self-negativity.



Some Conclusions

- ★ Implicative dilemmas can be a new individualized target for intervention in depression and some other disorders (transdiagnostic)
- ★ Therapy should be aimed at conflict resolution so that desired changes in behavior and mood were compatible with the need of preserving coherence of identity



Thanks for your attention!

- ★ My e-mail address: gfeixas@ub.edu
- ★ MULTI-CENTER DILEMMA PROJECT:
www.usal.es/tcp
- ★ The GRIDCOR program for analyzing repertory grids (including a Manual):
www.terapiacognitiva.net/record