

**A Comparative Study on
Automatic Thoughts and Hopelessness among
Depressive and Anxiety Disorder**

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Introduction

Depression and anxiety

- Depression and anxiety are important contributors of the **global burden of disease** and **important mental health condition** in Nepal.
- Very highly **prevalent, comorbid and associated** with psychosocial health.

Automatic thoughts

- The **thoughts or images** which rapidly shoot through our mind in response to **everyday events**.
- Constitute of **quick phrases or sentences** which are very well practiced
- May almost go unnoticed.

Rationale

Identification of automatic negative thoughts and level of hopelessness would be helpful for :

- Better management
- Developing treatment plan for the depressive disorder and anxiety disorder.

Objectives

General Objective

- To study the automatic thoughts and hopelessness in Depressive and Anxiety Disorder.

Specific Objectives

- To explore the automatic thoughts and hopelessness in depressive disorder
- To find out the automatic thoughts and hopelessness in anxiety disorder.
- To compare the level of automatic thoughts in depressive disorder and anxiety disorder.
- To compare the level of hopelessness in depressive disorder and anxiety disorder.

Research Design And Methodology

Study Design

Comparative and cross sectional

Participants

Diagnosed cases of depressive disorder and anxiety disorder by consultant psychiatrists according to ICD-10 diagnostic research criteria, during 6 months period.

Sampling technique: Purposive Sampling

Sample size: $n = 92$

(Depressive disorder = 42 and Anxiety disorder = 50)

Case Selection

- **Inclusion Criteria**

- All cases of depression and anxiety diagnosed by consultant psychiatrists
- Age 18 years to 60 years old.
- Those who give consent to participate in the study.
- Those who are able to read and write.

- **Exclusion Criteria**

- Patients with co-morbid psychiatric and physical illness and substantial cognitive impairment during the time of assessment.
- Dependence on psychotropic substances.

Variables

- **Independent variable:**
 - Automatic thoughts
 - hopelessness and socio-demographic variables
- **Dependent variable:**
 - Depressive disorder a
 - anxiety disorder
- **Duration of the study:** One year ((Nov 2015- Dec 2016))

Tools and Instruments

- **Semi-structured Pro-forma**
- **Beck Depression Inventory (BDI)**
- **Beck Anxiety Inventory (BAI)**
- **Automatic Thought Questionnaire- Revise(ATQ)-R**
- **Beck Hopelessness Scale (BHS)**

Methodology

Patients visiting Psychiatric OPD in TUTH

Diagnosis of depressive and anxiety disorder by consultant psychiatrist

Inclusion criteria

Yes

No

Informed consent

Data Collection

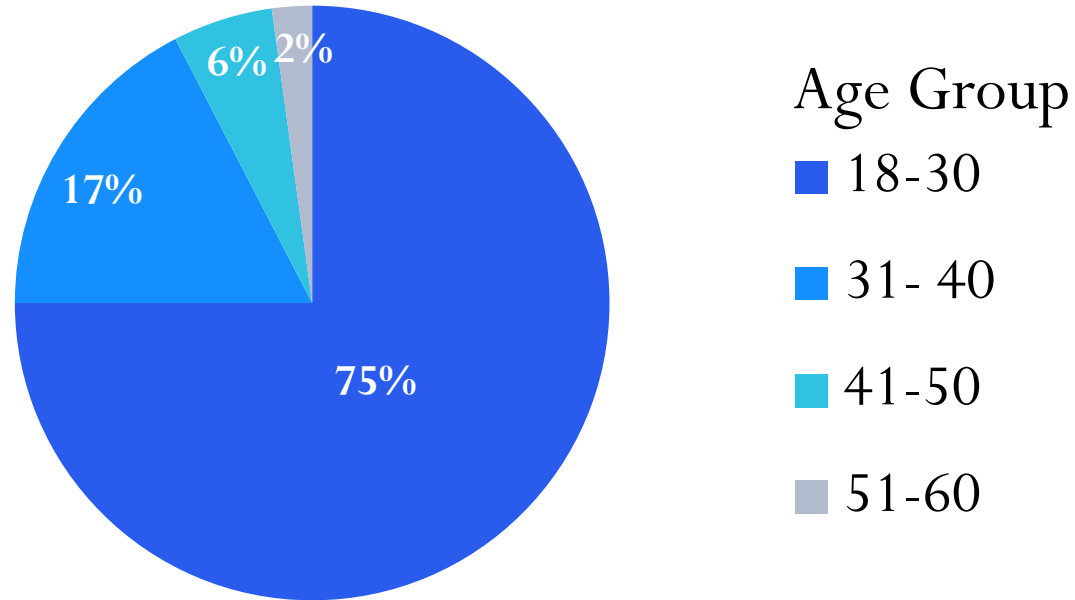
Semi-structured pro forma +
BDI+BAI+ATQ+BHL

Data analysis (SPSS)

Data tabulation/Analysis/result/Conclusion

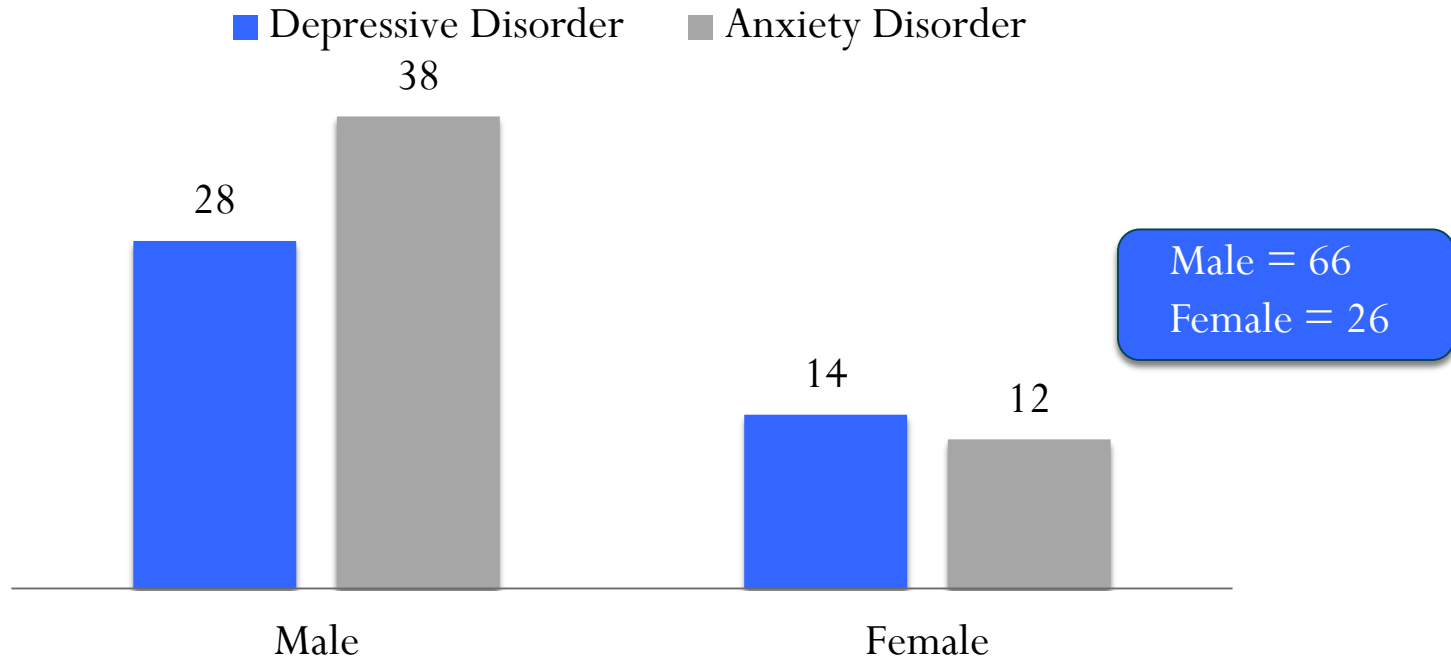
Excluded

Data Distribution According to Age



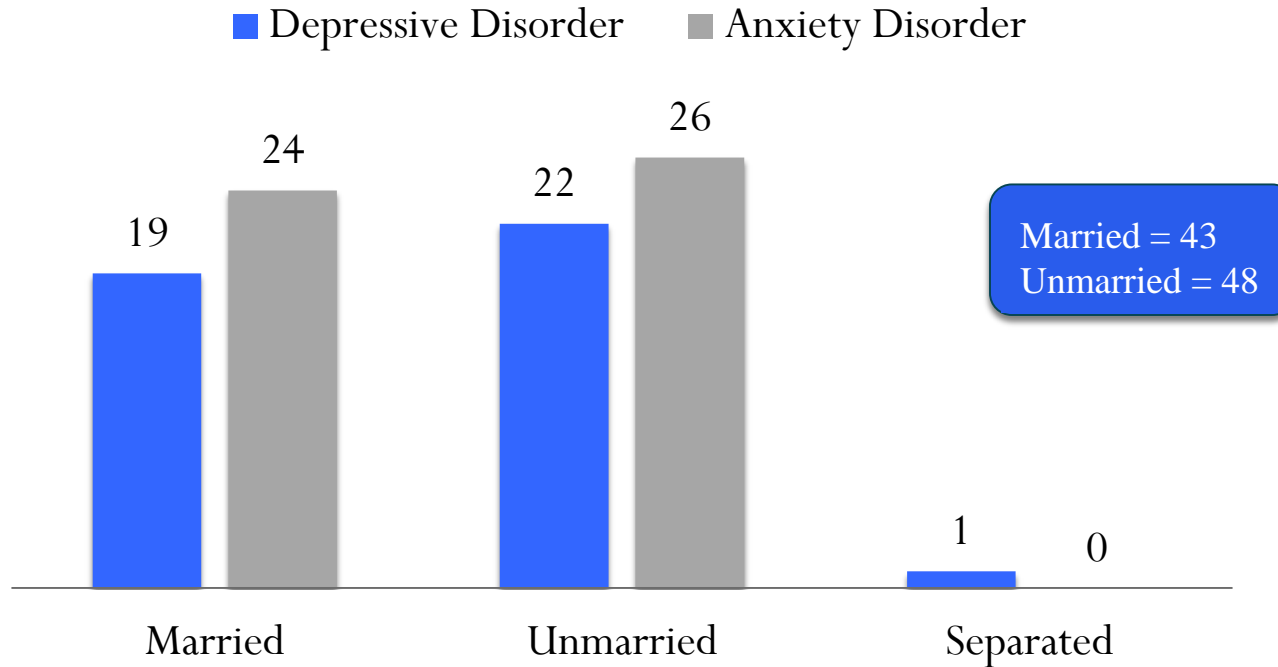
The highest number of respondents were found between 18-30 (75%) years of age group whereas the least is found between 51-60 (2%) years.

Data Distribution According to Sex



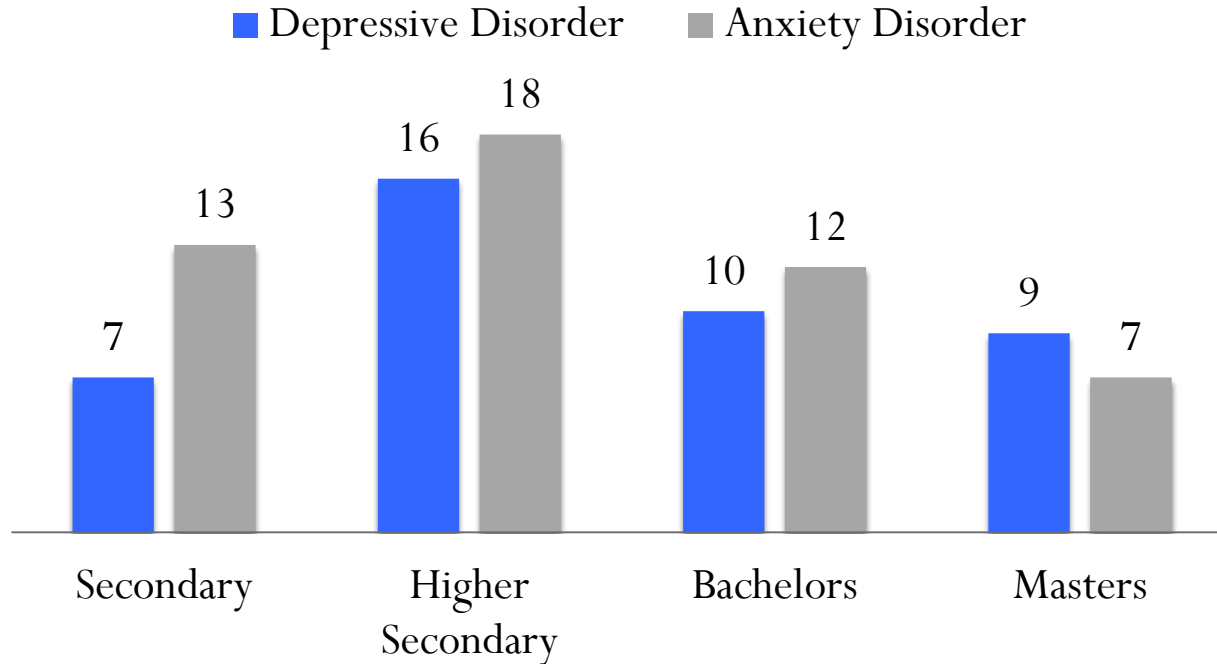
In depressive disorder male respondents were twice greater than female respondents whereas in anxiety disorder female respondents were three times higher as compared to male.

Data Distribution According to Marital Status



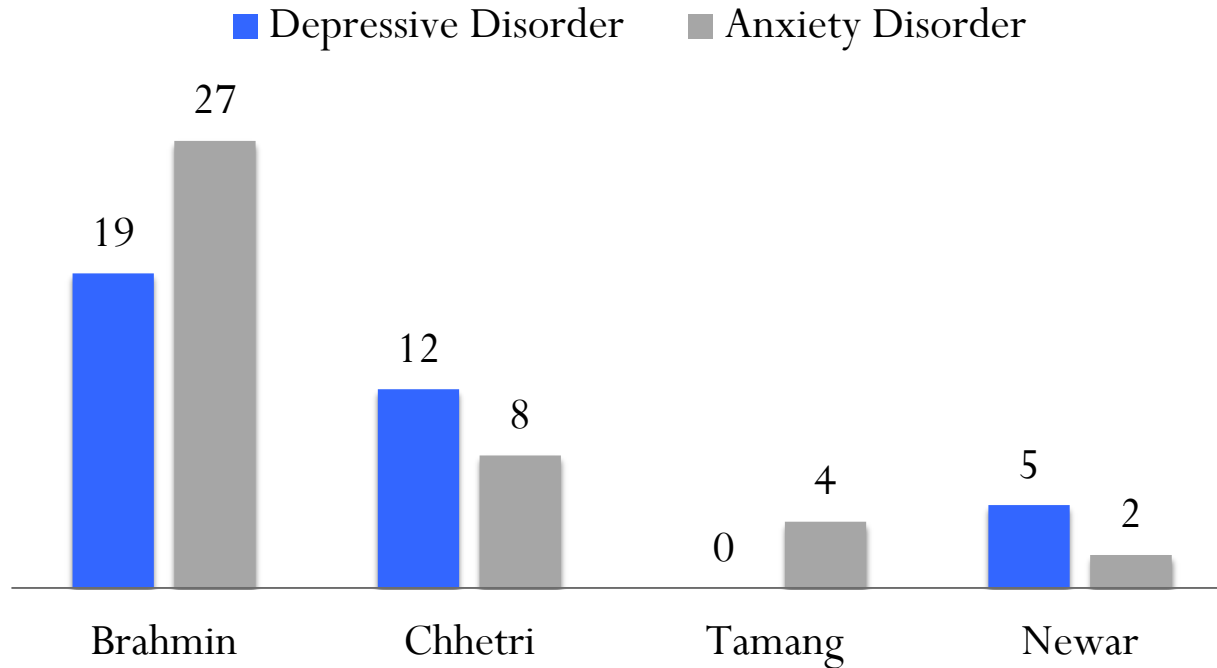
The majority of respondents in both the disorder were unmarried.

Data Distribution According to Education



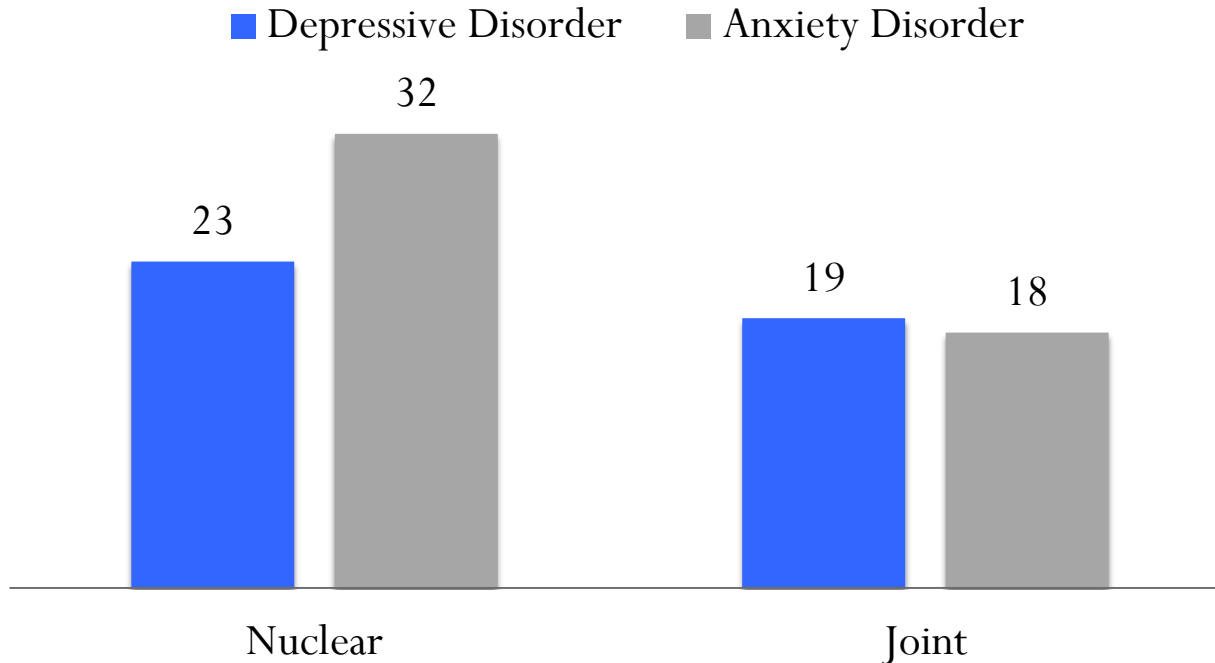
Respondents educated up to higher secondary level were the majority of respondents followed by Bachelors degree. However, in both the disorders least were educated up to masters degree.

Data Distribution According to Caste



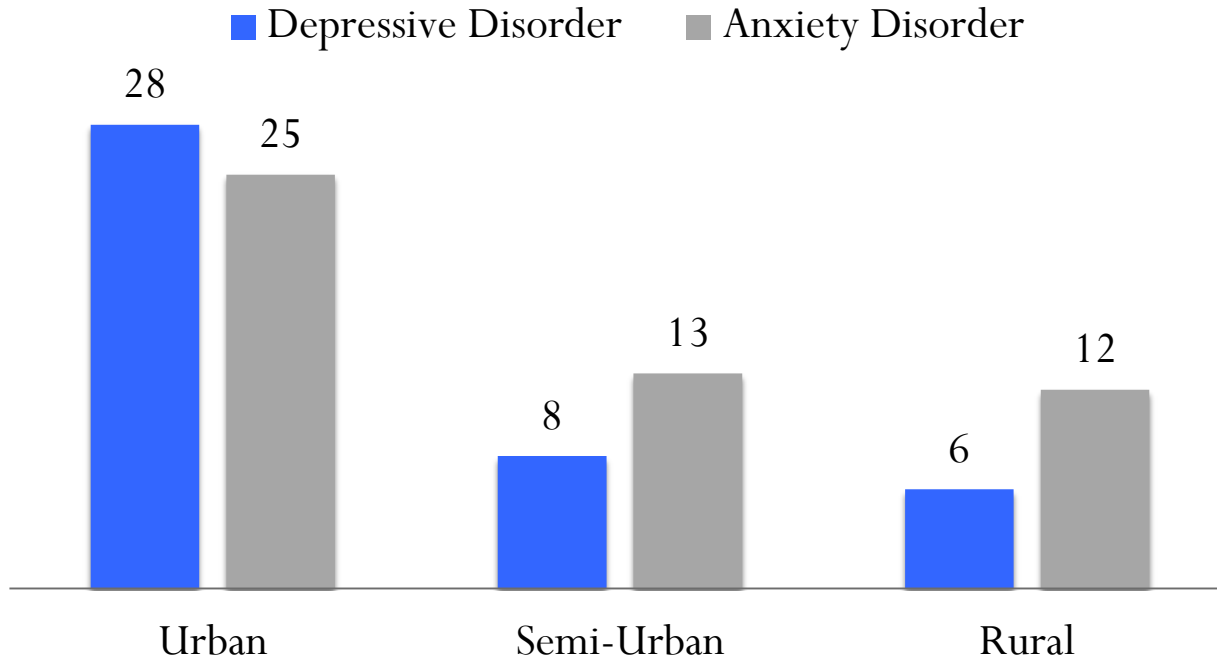
The highest number of respondents were Brahmin in both the disorders whereas the least were Newar in both the disorder.

Data Distribution According to Family Type



The highest number of respondents were from Nuclear family in both the disorder. Whereas the least were from Joint family in both the disorder.

Data Distribution According to Residence



The highest number of respondents were from Urban area in depressive disorder followed by anxiety. whereas the least were Rural area in both the disorder.

Mean Score of ATQ-R

Variable	Depressive Disorder		Anxiety Disorder	
	Mean	SD	Mean	SD
Positive thoughts	16.97	35.36	24.52	12.78
Negative self concept	31.29	15.76	27.58	13.09
Dissatisfaction	31.1	11.57	25.12	11.84
Inability to cope	22.06	8.77	18	9.0

Mean Score

Variable	n	Automatic Negative Thought		Hopelessness	
		Mean	SD	Mean	SD
Depressive Disorder	42	1.69	1.09	113.24	24.68
Anxiety Disorder	50	1.12	1.02	102.54	24.70

Data distribution according to variable

Automatic Negative Thought (1.69) and Hopelessness (113.24) was found to higher in Depressive disorder in comparison to anxiety disorder with the SD of 1.09 and 24.68 respectively.

Correlation Among the Variables

Measures	Depressive Disorder	Anxiety Disorder
ATQ	.547**	.402**
Hopelessness	.640**	.353**

Data distribution according to correlation

Both ATQ (.547** & .402**) and hopelessness (.640** & .353**) has positive correlation with Depressive disorder and Anxiety disorder at the 0.01 significant level.

Comparison of Mean Score and Standard Deviation

		n	Mean \pm SD	t score	df	p value
ATQ	Anxiety Disorder	50	102.54 \pm 3.494	-2.070	90	.04
	Depressive Disorder	42	113.24 \pm 3.807			
Hopelessness	Anxiety Disorder	50	6.24 \pm 4.851	-3.879	90	.00
	Depressive Disorder	42	10.36 \pm 5.323			

Data distribution according to correlation

Interpretation: Independent sample t-test revealed that there is significant difference in ATQ ($t(92) = -2.070, p < 0.05$) and Hopelessness ($t(92) = -3.879, p < 0.05$) among depressive and anxiety disorder.

Findings

- Both automatic negative thoughts and hopelessness are higher in depressive disorder which shows that there is link between a participants depression and automatic negative thoughts.
- Score on ATQ has a positive moderate correlation with depressive and anxiety disorder.
- Score on hopelessness has mild positive correlation with depressive and anxiety disorder.

Conclusion

- Automatic negative thoughts and hopelessness is comparatively found to be higher in depressive disorder than in anxiety disorder.
- However both disorders have significantly high level of automatic negative thoughts and hopelessness, which suggest that similar kind of interventions will be helpful for individuals with both disorders.

Ethical Consideration

- Formal permission was obtained from the Institutional Review Board (IRB) and the Department of Psychiatry and Mental Health.
- Verbal and written consent was obtained from each respondents.
- Privacy and confidentiality was maintained by using code no. and interviewing separately with each respondent.
- Harm to the patients: None
- Financial issues: No financial burden for the patient.
- For diagnosed cases of anxiety and depression, psycho-education and relevant therapies were recommended.

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Thank You !