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A comparative study on automatic thoughts and hopelessness among depressive and anxiety disorder

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Depression and anxiety are important contributors of the global burden of disease and important mental health condition in Nepal being very highly prevalent, co-morbid and associated with psychosocial health. The objective of the study was to compare the automatic negative thoughts and hopelessness among the diagnosed cases of depressive and anxiety disorder. The comparative and cross sectional research design was used with quantitative methods. A purposive sample of 42 participants with depressive disorder and 50 with anxiety disorder were recruited with the mean age of 20.92 ± 8.26 years from inpatient and outpatient services of the Department of Psychiatry and Mental Health. Measures used were Automatic Thoughts Questionnaire-Revised (ATQ-R), Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI) and Beck Hopelessness Scale (BHS). The result shows that automatic negative thoughts (113.24 ± 24.68 , 102.54 ± 24.70) and hopelessness (10.36 ± 1.09 , 6.24 ± 1.02) are significantly higher in depressive disorder in comparison to anxiety disorder. There is significant correlation of automatic negative thoughts with depressive ($r = +0.547$) and anxiety ($r = +0.402$) symptoms among participants of the both disorders. Similarly, hopelessness also has significant correlation with depressive ($r = +0.640$) and anxiety ($r = +0.353$) symptoms. Patients with depressive and anxiety disorder have significantly high level of automatic negative thoughts and hopelessness which suggest that similar kind of psychotherapeutic intervention will be beneficial for both disorders.

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