

Poster presentation

Situational influences on the relationship between cognitive emotion regulation and depression

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A number of studies have reported that cognitive emotion regulation have considerable impact on mental health. In addition, it has been pointed out that the decision to use a particular emotion regulation, and whether the adopted strategy is effective is determined by various factors defining the situation. In the present study, we examined how the relationship between the tendency to use specific cognitive emotion regulation and mental health differed depending on the situation. In addition, we measured negative emotion intensity and controllability of each situation and examined the influence of these factors. Three scenes were extracted from Kamijo & Yukawa (2014): "Job rejection (Scene A)," "Harassment in university extracurricular activity group (Scene B)," and "Mother's diagnosis of terminal cancer (Scene C). The subjects of the study were 133 university students (50 males and 83 females, mean age 20.09 years, SD=1.28). The results showed that there were differences in the intensity of negative emotion, controllability, and the tendency to use each strategy in the three situations. In addition, the relationship between the adaptive and maladaptive strategies of the CERQ and depression in each of the three scenes was examined. As a result, the correlation between the use of adaptive strategies and depression differed depending on the degree of controllability of the situation. Furthermore, flexible use of "positive refocusing" was correlated with lower depression scores, and flexible use of "putting into perspective" was correlated with higher depression scores. Implications for clinical intervention and future directions will be discussed.

Keywords: cognitive emotion regulation, situation, intensity of negative emotion, controllability, depression

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Introduction

- Cognitive emotion regulation strategies seek to change the contextual interpretation of a given situation in order to alter negative emotions and is linked with improved mental health.
- It has been suggested that the selection of each strategy and its effectiveness is influenced by situational factors (e.g., Gross & Thompson, 2007; Aldao & Nolen-Hoeksema, 2012); however, the notion has yet to be empirically proven.
- Sakakibara (2015) proposed that intensity of negative emotion affects the use of cognitive emotion regulation strategies and its relationship with mental health.
- Lazarus & Folkman (1984) established controllability as a central aspect in the determination of stress response.
- The present study aims to take the literature a step further by examining the impact of intensity of negative emotion and controllability on the use of cognitive emotion regulation strategies and depressive symptoms.

Objectives

- To examine how the relationship between the tendency to use cognitive emotion regulation strategies and mental health differ depending on the situation
- To examine the impact of intensity of negative emotion and controllability within each situation

Method

Participants : 133 university undergraduate students (50 male, 83 female; mean age: 20.09, $SD=1.28$)
 Measures: ① The Japanese version of Cognitive Emotional Regulation Questionnaire (CERQ; Sakakibara, 2015)
 ② Intensity of negative emotion (VAS)
 ③ Controllability: Subscale from the Cognitive Appraisal Rating Scale (Suzuki et al., 1998)
 ④ Depression: The Center for Epidemiologic Studies Depression Scale (CES-D; Shima et al., 1958)
 Procedure: Scene-presentation method adopted in Kamijo & Yukawa (2014): (1) Failure in job hunting (Scene A), (2) Bullying in a club (Scene B), (3) Mother's diagnosis of terminal cancer (Scene C)

Correlation between CERQ Subscales and Depression Scores (in Each Scene)

	Scene A		Scene B		Scene C	
	zero-order	partial ^{a)}	zero-order	partial ^{a)}	zero-order	partial ^{a)}
positive reappraisal	-.32 ***	-.20 *	-.08	-.01	-.21 *	-.28 **
put into perspective	.15 †	.22 *	.05	.07	.00	-.03
rumination or focus on thought	.38 ***	.29 **	.15 †	.11	.21 *	.22 *
acceptance	.06	.17 †	.02	.03	.01	-.01
self-blame	.28 **	.26 **	.08	.06	.18 *	.19 *
positive refocusing	-.28 **	-.24 **	-.28 **	-.26 **	-.16 †	-.17 †
blaming others	.16 †	.11	.15 †	.14	.17 †	.16 †
catastrophizing	.37 ***	.27 **	.20 *	.17 †	.10	.13
refocus on planning	-.16 †	-.05	-.11	-.08	-.16 †	-.16 †
adaptive strategies	-.22 *	-.11	-.16 †	-.12	-.19 *	-.24 **
maladaptive strategies	.46 ***	.38 ***	.24 **	.21 *	.24 **	.26 **

† $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

^{a)} control variable : CARS controllability subscale.

Results and Conclusions

- **Reliability of scene-presentation method** : Alpha coefficients of the CERQ = .63~.92
- **Scene A** : Lowest intensity of negative emotion, highest controllability, frequent use of "positive reappraisal", "put into perspective", "acceptance", "self-blame", "positive refocusing", "adaptive strategies"
- **Scene B** : Intermediate intensity of negative emotion and controllability, frequent use of "positiverefocusing", "blaming others", "maladaptive strategies"
- **Scene C** : Highest intensity of negative emotion, lowest controllability, frequent use of "acceptance", "refocus on planning", "catastrophizing"
- **Correlation between the use of adaptive/maladaptive strategies and depression within the three scenes** : Correlation between "adaptive strategies" and depression differed depending on controllability
- **Correlation between flexible use of cognitive emotion regulation strategies and depression** : Variability in "positive refocusing" was negatively correlated with depression, and variability in "put into perspective" was positively correlated with depression.

➡ The impact of cognitive emotion regulation strategies differ depending on controllability of the situation. In situations where controllability is estimated to be high, there is a good chance that positive strategies like positive reappraisal result in lower depression, but situations with lower controllability fare less well. In addition, flexible use of positive strategies such as positive refocusing is associated with less depression.

References

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オンライン学会参加体験記

7月5日から7日にかけて行われたアジア認知行動療法学会に参加しました。学部時代は動物心理学を専攻しており、日本動物心理学会で研究を発表する予定でしたが、あいにく当日の台風で大会が中止になってしまい、みなし発表になってしまいました。そのため、今回のアジア認知行動療法学会での発表が初めての学会参加、発表となり、期待と不安を胸に抱いておりました。

学会参加は初めてでしたが、今回はオンライン開催ということもあり、普段であれば敷居が高く感じられる国際学会にも比較的参加しやすく、程良い緊張感をもって参加することができました。今回はCOVID-19のパンデミック状況下ということもあり、それに関連した研究が多かったことが印象深かったです。特に、Dr. Kee-Hong ChoiのCOVID-19パンデミック状況下における、性格特性の精神的健康と予防行動への影響についての研究は非常に興味深いものでした。未だ世界各国でCOVID-19が猛威を振るっており、パンデミックが収まる気配はありません。そのため、このような研究によってあらかじめリスクの高い人を把握できたり、どのような人にサービスを提供することが良いかが明らかになることで、パンデミックの被害を最小限にできる可能性を感じ、臨床研究の意義を強く実感しました。

また、今回アジア認知行動療法学会に参加した大きな理由である、感情制御研究やコーピング研究について学びを深めることもできました。私は現在大学院にて「認知的感情制御」について研究を行っていますが、日本国内における認知的感情制御研究は海外と比較すると少なく、さらなる知見の蓄積が求められている分野です。そのため、国際学会であるアジア認知行動療法学会にて、認知的感情制御研究やその近接領域である感情制御研究、コーピング研究について学びを深めたいと考えおりました。今回の学会では、認知的感情制御研究は見当たりませんでした。感情制御やコーピングについての研究をいくつか拝見することができました。特に、Moriya, N., Yoshida, S.のHSP(Highly Sensitive Person)のコーピング方略と心理適応への影響についての研究は大変興味深いものでした。認知的感情制御研究においても、対象者の特性に焦点を当てた研究がなされていますが、HSPとの関連を検討したものはありません。HSPは近年注目を集めている概念であるため、コーピングの認知面に焦点を当てた認知的感情制御との関連について検討を重ねることで、よりHSPの特性を理解することができると可能性があるので、ぜひかという思いを抱くなど、研究への熱意がさらに高まりました。

国際学会のため、英語での発表ややりとりの理解に時間がかかり、大変なところも多々ありましたが、様々なセッション、研究に触れさせていただくことができ、非常に貴重な体験となりました。最後にはなりますが、大会の準備、運営に尽力されたすべての先生方、スタッフの皆様に対し、心から感謝いたします。

(日本語 1200字以内)

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