

## Reading list and course program for Module PS4074

### Week 1 – September 15

#### *Topic 1: Depression and Memory (Early research)*

This week a lecture will be given. The required reading for the week consists of the following two papers:

- 1.) Lloyd, G. C. & Lishman, W. A. (1975) Effect of depression on the speed of recall of pleasant and unpleasant experiences. **Psychological Medicine**, **5**, 173-180.
- 2.) Denny, E. B. & Hunt, R.R. (1992). Affective valence and memory in depression: dissociation of recall and fragment completion. **Journal of Abnormal Psychology**, **101**, 575-580.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-101-3-575&site=ehost-live>

In addition I will use the following paper to illustrate in class how you should be reading and critically evaluating papers for both class presentation and your own revision:

- 1.) Teasdale, J. D. & Fogarty, S.J. (1979) Differential effects of induced mood on retrieval of pleasant and unpleasant events from episodic memory. **Journal of Abnormal Psychology**, **88**, 248-257.  
[http://dx.doi.org/10.1016/0005-7967\(80\)90093-5](http://dx.doi.org/10.1016/0005-7967(80)90093-5)

- 2.) Finally, although not required, the following chapter pages by Williams (Williams, J.M.G., Watts, F. N., MacLeod, C., & Mathews, A. (1997). **Cognitive Psychology and the Emotional Disorders**. Wiley: West Sussex. Chapter 1, pp. 1-43 and Chapter 6, pp. 133-168) provide helpful additional information in terms of a general background. These chapters will also be important for topics 2 through 5 so keep re-reading chapter 6 in particular over the next few weeks. Subsequently chapters 5, 7, 8 and 9 may be worth scanning if you want additional background information.

St Mary's College Library [RC537.C74F97](#)

## Workshop: **Evaluating a mood induction procedure**

Week 2 – September 22

### **Topic 2: Depression and memory (Recent advances)**

Papers for presentation:

- 1.) Joorman, J., Siener, M., & Gotlieb, I. H. (2007). Mood regulation in depression: Differential effects of distraction and recall of happy memories on sad mood. **Journal of Abnormal Psychology**, **116**, 484-490.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-116-3-484&site=ehost-live>
- 2.) Joorman, J., Levens, S., & Gotlib, I. (2011). Sticky thoughts: depression and rumination are associated

with difficulties manipulating emotional material in working memory. **Psychological Science**, **22**, 979-983.

<http://dx.doi.org/10.1177/0956797611415539>

Additional reading required for class discussion:

Gaddy, M. A. & Ingram, R.E. (2014) A meta-analytic review of mood-congruent implicit memory in depressed mood. **Clinical Psychology Review**, **34**, 402-416.

Workshop: **Self-report Methods of assessing mood states: What do they really mean?**

**Week 3 – September 29**

**Topic 3: Anxiety and Memory**

Poster presentation:

- 1.) Zlomuzica A, Dere D, Machulska A, Adolph D, Dere E and Margraf J (2014) Episodic memories in anxiety disorders: clinical implications. **Frontiers in Behavioral Neuroscienc.**, **8**:131. doi: 10.3389/fnbeh.2014.00131
- 2.) Mathews, A., Mogg, K., May, J., & Eysenck, M. (1989) Implicit and explicit memory bias in anxiety.

**Journal of Abnormal Psychology, 98**, 236-240.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-98-3-236&site=ehost-live>

- 3.) Amir, N. & Boneyea, J. (2011) Working memory capacity in generalized social phobia. **Journal of Abnormal Psychology, 120(2)**, 504-509.
- 4.) Exner, C., Martin, V., & Rief, W. (2009) Self-focused ruminations and memory deficits in obsessive-compulsive disorder. **Cognitive Therapy and Research, 33(2)**, 163-174.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pbh&AN=43168764&site=ehost-live>

**Prepare 100 word abstract of continuous assessment**

**Week 4 – October 6**

***Topic 4: Autobiographical Memory and depression***

A lecture will be given this week. The papers that are relevant for the lecture are listed below.

- 1.) Williams, J.M.G., & Broadbent, K. (1986). Autobiographical memory in suicide attempters. **Journal of Abnormal Psychology, 95(2)**, 144-149.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-95-2-144&site=ehost-live>

- 2.) Raes, F., Schoofs, H., Griffith, J., & Hermans, D. (2012). Rumination relates to reduced autobiographical memory specificity in formerly depressed patients following a self-discrepancy challenge: The case of autobiographical memory specificity reactivity. **Journal of Behavior Therapy and Experimental Psychiatry**, **43**, 1002-1007.

Additional articles that are discussed in the lecture:

- 1.) Goddard, L., Dritschel, B., & Burton, A. (1996). Role of autobiographical memory in social problem-solving and depression. **Journal of Abnormal Psychology**, **105(4)**, 609-616.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-105-4-609&site=ehost-live>
- 2.) Williams, J. M. G., Teasdale, J. D., Segal, Z. V., & Soulsby, J. (2000). Mindfulness-based cognitive therapy reduces overgeneral autobiographical memory in formerly depressed patients. **Journal of Abnormal Psychology**, **109**, 150-155.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-109-1-150&site=ehost-live>

Workshop: **Working through an autobiographical memory cueing task**

Week 5 – October 13

**Topic 5: Autobiographical Memory and Anxiety**

Papers for presentation:

- 1.) Stokes, D., Dritschel, B., & Bekerian, D. (2004). The effect of burn injury on adolescent's autobiographical memory. **Behaviour Research and Therapy**, **42(11)**, 1357-1365.

<http://dx.doi.org/10.1016/j.brat.2003.10.003>

- 2.) Brown, A., Root, J., Romano, T., Chang, L., Byrant, R. & Hirst, W. (2013). Overgeneralized autobiographical memory and future thinking in combat victims with post-traumatic stress disorder, **Journal of Behavior Therapy and Experimental Psychiatry**, **44(1)**, 129-134.
- 3.) Berntsen, D., & Rubin, D. (2014). Involuntary memories and dissociative amnesia. **Clinical Psychological Science**, **2(2)**, 174-186.

Workshop: **Conducting research in the area of cognition and emotion.- the use of the Structured Clinical Interview for Depression.**

**Week 6 –October 20**

**Topic: Attentional Bias in the Emotional Disorders**

Papers for presentation:

- 1.) Derryberry, D. & Reed, M. (2002). Anxiety-related attentional biases and their regulation by attentional control. **Journal of Abnormal Psychology, 111**, 225-236.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-111-2-225&site=ehost-live>
- 2.) Whitmer, A. & Gotlib, I. (2012) Switching and backward inhibition in major depressive disorder: The role of rumination. **Journal of Abnormal Psychology, 12(3)**, 570-578.
- 3.) Sanchez, A., Vazquez, C., Marker, C., Le Moul, J. & Joorman, J. (2013). Attentional disengagement predicts stress recovery in depression: An eye-tracking study. **Journal of Abnormal Psychology, 122(2)**, 303-313.

Additional papers for class discussion:

- 1.) Ilardi, S. Atchley, R.A., Enloe, A., Kwasny, K., & Garrat, G. (2007). Disentangling attentional biases and attentional deficits in depression: An event – related potential P300 analysis. **Cognitive Therapy and Research, 31**, 175-187.  
<http://dx.doi.org/10.1007/s10608-006-9113-y>

Workshop: **Participating in the emotional stroop task**

Week 7 October 27

## ***Topic 7: Mechanisms underlying attentional bias***

Papers for presentation:

- 1.) Mogg, K., and Bradley, B. (2005). Attentional Bias in Generalized Anxiety Disorder versus Depressive Disorder. **Cognitive Therapy and Research**, **29(1)**, 29-45. <http://dx.doi.org/10.1007/s10608-005-1646-y>
- 2.) Cisler, J. & Koster, E. (2010) Mechanisms of attentional bias toward threat in the anxiety disorders: An integrative review. **Clinical Psychology Review**, **30(2)**, 203-216. <http://dx.doi.org/10.1016/j.cpr.2009.11.003>

Workshop: **Reviewing an exercise on mindfulness**

**Week 8 November 3**

## ***Topic 8: Schemata and Judgements***

A lecture will be given for this topic.

- 1.) Beevers, C. G., Keitner, G., Ryan, C. & Miller, I. (2003). Cognitive Predictors of Symptom Return Following Depression Treatment. **Journal of Abnormal Psychology**, **112(3)**, 488-496. <http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-112-3-488&site=ehost-live>

- 2.) Hirsch, C., Hayes, S., Mathews, A., Perman, G., & Borkevec, T. (2012). The extent and nature of imagery during worry and positive thinking in generalized anxiety disorder. **Journal of Abnormal Psychology**, **121(1)**, 238-242.
- 3.) Meiser-Stedman, R., Dalgleish, T., Glucksman, E., Yule, W. & Smith, P. (2009). Maladaptive cognitive appraisals mediate the evolution of post-traumatic stress reactions: A six month follow-up of child and adolescent assault and motor vehicle accident survivors. **Journal of Abnormal Psychology**, **118(4)**, 778-787.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-118-4-778&site=ehost-live>
- 4.) MacLeod, A.K., Tata, P., Tyrer, P., Schmidt, U., Davidson, K., & Thompson, S. (2005) Hopelessness and positive and negative future thinking in parasuicide. **British Journal of Clinical Psychology**, **44(4)**, pp. 495-504.  
<http://dx.doi.org/10.1348/014466505X35704>
- 5.) Rawal, A., Park, R., & Williams, J. M. G. (2010). Rumination, experiential avoidance and dysfunctional thinking in eating disorders. **Behaviour Research and Therapy**, **48.9**, pp. 851-859.  
<http://dx.doi.org/10.1016/j.brat.2010.05.009>

Workshop: Raising awareness of cognitive processes underlying suicidality

## **Week 9 – November 10**

### ***Topic 9: Cognitive bias modification***

#### **Class debate: Which Intervention should be funded by the MRC?**

- 1.) Watkins, E., Baeyens, C., & Read, R. (2009). Concreteness training reduces dysphoria: Proof of principle for repeated cognitive bias modification in depression. **Journal of Abnormal Psychology**, **118(1)**, 55-64.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-118-1-55&site=ehost-live>
- 2.) Holmes, E., Lang, T., & Shak, D. (2009). Developing interpretative bias modification as a “cognitive vaccine” for depressed mood: Imagining positive events makes you feel better than thinking about them verbally. **Journal of Abnormal Psychology**, **118(1)**, 76-88.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-118-1-76&site=ehost-live>
- 3.) MacLeod, C & Mathews, A. (2012). Cognitive bias modification approaches to anxiety. **Annual Review of Clinical Psychology**, **8**, 189-217.

- 4.) Schweizer, S., Grahn, J., Hanisphere, A., Dalgelish, T. (2013). Training the emotional brain: Improving control through emotional working memory training. **Journal of Neuroscience**, **33**, 5301-5311.

**Workshop: Modes of thinking: rumination (brooding and reflection) and distraction**

**Week 10 –November 17**

**Topic 10: Frameworks for Explaining the Relationship between Cognition and the Emotional Disorders**

A lecture will be given for this topic.

- 1.) Booij, L. & Willem Van Der Does, A.J. (2007). Cognitive and Serotonergic vulnerability to Depression: Convergent findings. **Journal of Abnormal Psychology**, **116**, 86-94.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-116-1-86&site=ehost-live>
- 2.) Gotleib, I. & Joorman, J. (2010) Cognition and Depression: Current status and future directions. **Annual Review of Clinical Psychology**, **6**, 285-312.  
<http://dx.doi.org/10.1146/annurev.clinpsy.121208.131305>

- 3.) Williams, J.M.G., Barnhofer, T., Crane, C., Hermans, D., Raes, F., Watkins, E., & Dalgleish, T. (2007) Autobiographical Memory Specificity and Emotional Disorder. **Psychological Bulletin**, 133, 122-148.  
<http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=bul-133-1-122&site=ehost-live>
- 4.) Mac Beth, A. & Gumley, A. (2012). Exploring compassion : A meta-analysis of the association between self-compassion and psychotherapy. **Clinical Psychology Review**, 32(6), 545-552.

Workshop : Compassion training followed by strategies for revision

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