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:


   

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:

   
   [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:


2.) Joorman, J., Levens, S., & Gotlib, I. (2011). Sticky thoughts: depression and rumination are associated

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

Additional reading required for class discussion:


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

**Week 3 – September 29**

**Topic 3: Anxiety and Memory**

Poster presentation:


Journal of Abnormal Psychology, 98, 236-240. 


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.


Additional articles that are discussed in the lecture:


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

Week 5 – October 13

*Topic 5:* Autobiographical Memory and Anxiety
Papers for presentation:


   [http://dx.doi.org/10.1016/j.brat.2003.10.003](http://dx.doi.org/10.1016/j.brat.2003.10.003)


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:


Additional papers for class discussion:

http://dx.doi.org/10.100/7s10608-006-9113-y

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

Week 7 October 27
**Topic 7: Mechanisms underlying attentional bias**

Papers for presentation:


Workshop: **Reviewing an exercise on mindfulness**

**Week 8 November 3**

**Topic 8: Schemata and Judgements**

A lecture will be given for this topic.


   http://dx.doi.org/10.1348/014466505X35704

   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?


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. [Link](http://search.ebscohost.com/login.aspx?direct=true&db=pdh&AN=abn-118-1-76&site=ehost-live)


**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.


Workshop: Compassion training followed by strategies for revision