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"Modifying CBT for Cognitively Impaired Older Adults with Depression"

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Older Adults with Depression

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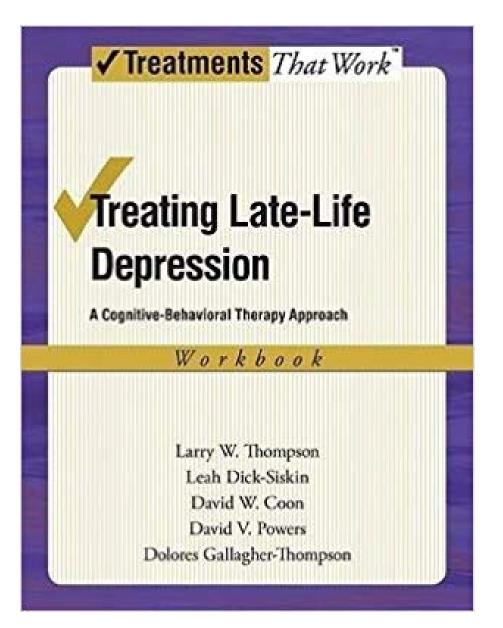
Department of Psychological Sciences

INTRODUCTION

Older adults with cognitive impairment are at risk for depression. ¹ Previous research has supported Cognitive-**Behavioral Therapy (CBT) for the** treatment of depression. Jargon and abstract ideas are difficult for this population. Therapy modifications help improve treatment outcomes.²

TREATMENTS THAT WORK

- A modified CBT for older adults has shown better outcomes compared to other nonpharmacological treatments.¹
- The first edition client workbook is 10 years old and is ready for the revised edition currently in development by our lab. 3,4



COGNITIVE RESTRUCTURING

- Therapy clients learn to recognize and change unhelpful thoughts.²
- Practicing this over time leads to improved mood.
- Clients also learn to problem solve and work on parts of their life that are changeable.

Identifying Unhelpful Thought Patterns As stated earlier, this program focuses on helping you make the connection between your unhelpful thoughts and the emotional and behavioral consequences of these thoughts. As you begin to identify and examine your unhelpful thoughts, you will begin to notice specific patterns in both the types of thoughts that you have and the situations that are difficult for you. We may even go as far as to say that you have a particular manner or style to the way you interpret stressful Consider, for example, what happens when you are listening to a radio station with a headset. The station, or signal, will come in clearly if the headset is correctly connected to the radio receiver and positioned securely on your head. If the headset is not used properly, then you may mishear or misinterpret the signal or information from the radio. The same is true for the way we interpret situations around us and conversations that we have with others. Our interpretation of these events also happens through a kind of personal headset, or a set of thoughts that we use to make sense of our world. When we are depressed, our headset is tuned in to a negative signal that interprets situations (whether stressful or not) in a A negative headset can be exhibited through different patterns, or styles of thinking, and a person can be employing several different styles at any one time. Following is a list of negative thought patterns that are common among depressed, older adults. You may want to mark these pages for easy reference as you begin to identify the kinds of thought patterns you use. People often find that some of these thought patterns fit them better than Signals From Your Negative Headset Name Calling When you attach a negative label to yourself or to others, you are engaging in a style of name calling. Often, these statements have a blaming tone. For example, "I'm a loser," "I was a bad parent," or "My spouse is a real

Negative Thought Patterns- 1st Edition These patterns continued on for three pages.

so that you can come up with a more balanced view. Be honest with yourself.
3. Ask yourself: Are there alternative explanations or possibilities to consider?
Case Example Continued
For example, next time Bob is kept waiting in the doctor's office and feels his anger rising, he can ask himself: Is it reasonable for me to be so angry? Why do I get so upset? Do I think they are ignoring me (that's not really true)? Do I think the doctor is just an inconsiderate person who doesn't care what impact he has on his patients (that's not really true based on my experience with him when I was so sick)? Do I think the staff are just "out to get me" (that doesn't seem to be true either—I guess they are just the "messenger" for the doctor: what's that saying—"don't shoot the messenger?" maybe I need to remember that)?
Once you have asked and answered these kinds of questions in your mind or our loud in session, the final two parts of this process involve
learning to replace the negative thoughts with more adaptive ones, and
thinking about a better course of <i>action</i> instead of continuing to do the more "automatic" response
Now, when it comes to doing a new behavior, Bob can tell himself, "I will try to be polite. It's not going to get me anywhere to just sound off, and maybe it'll take that much longer to see the doctor, since they'll be upset with me and they might retaliate. So I will be polite, even though I don't really feel like it. I will try this out and see what happens." Bob is pleasantly surprised when, after 10 additional minutes, he is called to see the doctor.
Other Challenging Techniques
When angry, the following two techniques are helpful in challenging thoughts.
Keeping Things in Perspective: Try and "keep things in perspective"—nothing is all good or all bad. Remember that often when in a tough situation, we think that it won't improve but the fact is that things change. "What happens today will not happen forever. I can make it through today" can be a helpful reframe.
Positive Self-Statements: "Mental filtering" is tuning out the positive and focusing on the negative. To reframe, try coming up with and using positive self-statement.

Other Techniques to Challenge Thoughts -1st Edition

Negative Thought Patterns

Following is a list of negative thought patterns that are common among depressed, older adults. Mark this page for easy reference.

in other areas of your life

This lens refers to viewing a situation in terms of extreme outcomes ("either-or" outcomes). "I'm a total failure," or "I never get things right, I am

Jumping to Conclusions You draw conclusions with only a few facts and blow things out of proportion. For example, you forget to write an important item on your grocery list and you begin to imagine that you're probably making mistakes

You assume that others have negative intentions toward or views of you. For example, if your TV repair person calls to say that he will be a little late, you immediately assume that he is unhappy doing work for you.

Doomsday Thinking and Name Calling When you convince yourself that the future looks hopeless and bad

outcomes are inevitable, so you should not even try. People who use this way of thinking are often called "eternal pessimists" and attach negative labels to yourself and others. "I am a disappointment, the situation must be

Obligations a.k.a. "Tyranny of the Shoulds" This type of thinking refers to the rules you have about the way things should be. "I have to have a clean house before I can have anyone

You spend time thinking of past events, regretfully wishing that you had acted or said something differently. People who engage in this style are often "stuck in the past" and find it difficult to shift to present issues or

Negative Thought Patterns High-Functioning Handout—2nd Edition DRAFT

Other Technic	ques to Cha	allenge Thou	ıghts
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Keep things in perspective. When you find yourself becoming upset with a situation, try reassuring yourself with some true statements. "What happens today will not happen forever." "I can make it through today." "I've had days like this before and I was able to react well then. I can react well now." What are some statements you think would be helpful?

Sometimes we tend to filter out the positive and only focus on the negative parts of a situation. In order to encourage positive thinking, write down positive self-statements and leave them around your house or in your car. What are some statements you think you could include in this exercise?

Negative Thought Patterns

This is a list of negative thought patterns that are common among depressed, older adults. Mark this page for easy reference.

This pattern describes viewing a situation in terms of "either-or" outcomes "I'm a total failure," or "I never get things right, I am always messing up."

You believe things with only a few facts and blow things out of proportion. For example, you forget to write an important item on your grocery list and you begin to imagine that you're probably doing things wrong in other areas

When you convince yourself that the future looks hopeless and bad things are adding negative labels to yourself and others. "The situation must be

Negative Thought Patterns Low-Functioning Handout- 2nd Edition DRAFT

Other Techniques to Challenge Thoughts

Look at situations with a new attitude. If you become upset, try to tell yourself some positive true statements like "Tomorrow is a new day" What are some other statements you think would be helpful?

Sometimes we tend to focus on only the bad parts of a situation. Leaving happy notes around your house and reading them can make it easier to think happy thoughts too. What are some happy notes you could write to yourself?

ideas

CHALLENEGES

Conveying the same

being overly busy

Lower-functioning

information with less text

Improving the layout without

Reducing jargon and abstract

Developing 2 versions of each

handout: High-functioning and

Therapy materials revised into handout form helps MA-level clinicians.

RECOMMENDATIONS

- Handouts provide opportunities for discussion and allow therapists to take individual life experiences, strengths and sociocultural contexts into consideration.
- Before publishing, it is important to pilot these materials with already trained **CBT** clinicians who are working full time in community practice settings.

References

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Functioning Handout- 2nd Edition DRAFT

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Other Techniques to Challenge Thoughts High-