Abstract:
Executive functions (EF) are future oriented, self-directed behaviors associated with working memory (visuo-spatial and phonological), time management, and emotional regulation (Barkley, 2001). The proposed study seeks to examine the extent to which EF deficits predict depression severity. Twenty-five adults completed measures of EF and depression severity following a brief clinical evaluation. Linear regression revealed a strong, positive relationship between executive dysfunctions and depression severity ($p < .001$), with executive dysfunctions accounting for over half of the variance in depression symptoms ($R^2 = 0.52$). Clinical/research implications derived from EF subscale analyses will be discussed.