ABSTRACT

Rumination and negative automatic thoughts of self and their relation to the combined condition of anxiety and depression in subjects

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This study examines the relationships of negative cognitive styles and negative cognitive contents to anxiety and depression, especially when these two conditions co-exist in subjects. Questionnaires completed by 244 university students measuring anxiety, depression, cognitive styles (rumination and reflection), and negative cognitive contents (three types of negative automatic thoughts of self; NATS). There was a significant correlation between anxiety and depression. And there was a significant partial correlation between anxiety, depression and rumination. But there was no significant partial correlation between anxiety, depression and reflection. In comparison, among four groups made by cut-off scores of anxiety and depression, the combined group showed the severest level in both rumination and three types of the NATS. These results suggest that specific ruminative cognitive style and negative cognitive contents play a key role in anxiety and depression and further research is required to investigate characteristics of the combined group for the development of effective interventions.

Key Words: anxiety, depression, rumination, negative automatic thoughts of self, combine