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Developing a rating form for negative thoughts.

Andreas Larsson, PhD, Lic. Psychologist¹

Louise McHugh, PhD²

¹ Center for psychotherapy education and research (CPF)

Karolinska Institutet/Stockholm County Council

² University College Dublin

Negative thoughts

- 80-99% of normal population (Clark & Rhyno, 2005)
- Suppression is not working (Wenzlaff & Wegner, 2000; Hooper, Saunders, & McHugh, 2010)
 - Derived generalization of thought suppression (Hooper et al., 2010)
- Defusion works better
 - e.g. Masuda et al., 2004, 2007, 2009

Clark, D. A. & Rhyno, S. (2005). Unwanted intrusive thoughts in nonclinical individuals. In Clark, D. A. (Ed.). *Intrusive thoughts in clinical disorders: Theory, research, and treatment*. (pp. 1–29). Guilford Press New York.

Hooper, N., Saunders, J., & McHugh, L. A. (2010). The derived generalization of thought suppression. *Learning & Behavior*, 38(2), 160–168. <http://doi.org/10.3758/LB.38.2.160>

How do we measure negative thoughts?

- Self-report (i.e. items about thoughts in general)
 - e.g. WBSI (Wegner, 1989), CFQ-13 (Gillanders et al., 2013), BAFT (Herzberd et al., 2012).
 - Pro: Easier to validate
 - Con: Always group-level

Gillanders, D. T., Bolderston, H., Bond, F. W., Dempster, M., Flaxman, P. E., Campbell, L., et al. (2013). The Development and Initial Validation of the Cognitive Fusion Questionnaire. *Behavior Therapy*. <http://doi.org/10.1016/j.beth.2013.09.001>

Herzberg, K. N., Sheppard, S. C., Forsyth, J. P., Credé, M., Earleywine, M., & Eifert, G. H. (2012). The Believability of Anxious Feelings and Thoughts Questionnaire (BAFT): a psychometric evaluation of cognitive fusion in a nonclinical and highly anxious community sample. *Psychological Assessment*, 24(4), 877–891. <http://doi.org/10.1037/a0027782>

Wegner, D. M. (1989). *White bears and other unwanted thoughts: Suppression, obsession, and the psychology of mental control*. New York, USA: Penguin Press.

How do we measure negative thoughts?

- Specific thoughts ratings
 - e.g. Believability, discomfort or willingness of specific thought
 - e.g. Masuda et al., 2004 & 2009
 - Pro: Clinically relevant for individual
 - Con: Difficult to validate

Masuda, A., Hayes, S. C., Sackett, C., & Twohig, M. P. (2004). Cognitive defusion and self-relevant negative thoughts: Examining the impact of a ninety year old technique. *Behaviour Research and Therapy*, 42, 477–485.

Masuda, A., Hayes, S. C., Twohig, M. P., Drossel, C., Lillis, J., & Washio, Y. (2009). A parametric study of cognitive defusion and the believability and discomfort of negative self-relevant thoughts. *Behavior Modification*, 33(2), 250–262. <http://doi.org/10.1177/0145445508326259>

The BeNDWill (not final name)

- A negative thought is rated four 5 or 9 point dichotomous Likert scales
 - Believable-Unbelievable (Healy et al., 2008)
 - Negative-Positive
 - Comfortable-Uncomfortable (Healy et al., 2008)
 - Willingness to experience (Healy et al., 2008)

“The BeNDWill” Instruction

“Now pick a negative thought about yourself that you would rate as *at least* BELIEVABLE, NEGATIVE, UNCOMFORTABLE and that you are UNWILLING to be thinking about. Make sure that it [...] is something that has been showing up for you for a while - not just today.”

Evaluation 1: Duff, Larsson, & McHugh

- Correlational analysis of the four scales with each other and
- AAQ-2
- CFQ-13
- MAAS
- GHQ-12

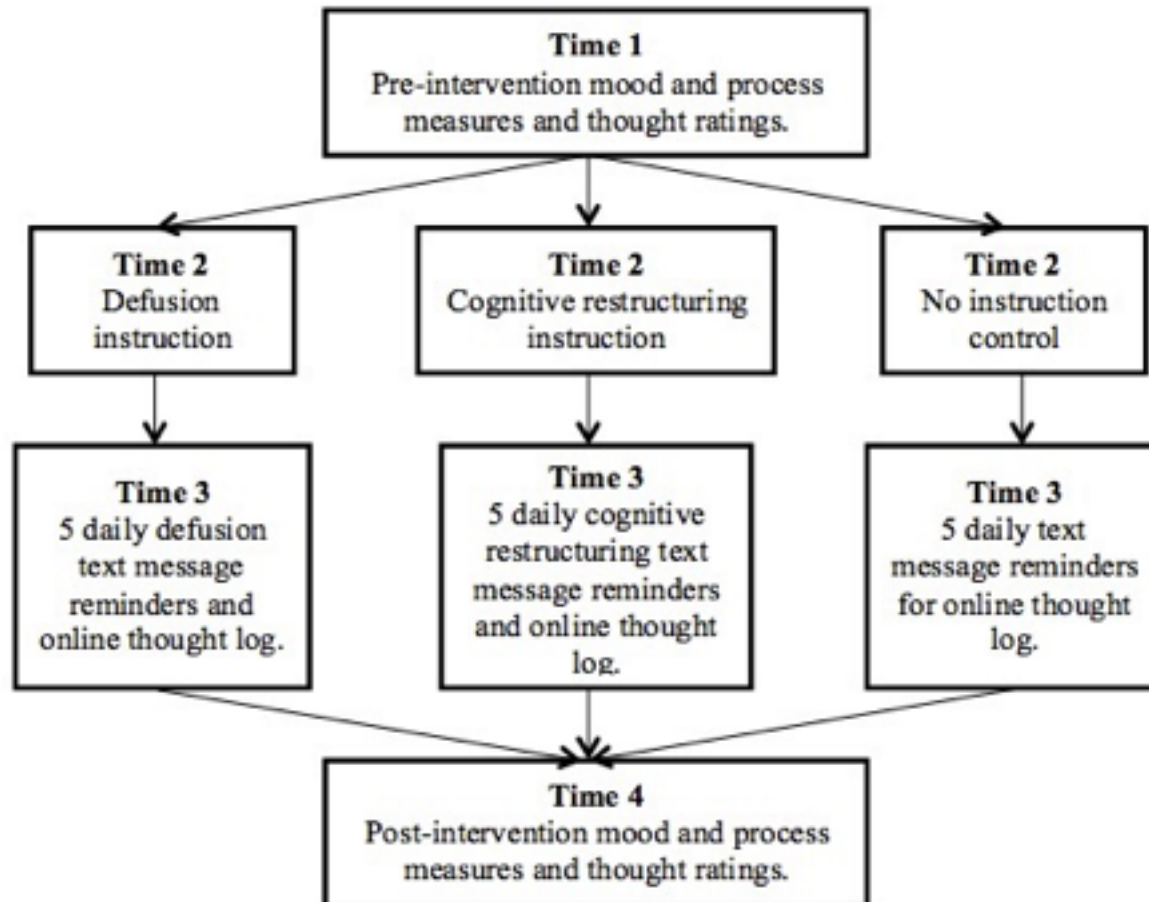
Evaluation 1: Duff, Larsson, & McHugh

- Negativity and Discomfort $r = .64^{**}$
 - Discomfort and Willingness $r = -.48^{**}$
 - Negativity and Willingness $r = -.49^{**}$
 - Believability and Negativity $r = -.27^*$ (moderate)
-
- AAQ-2 and Discomfort $r = .35^*$
 - CFQ-13 and Discomfort $r = .34^{**}$
 - CFQ-13 and Believability $r = .29^{**}$

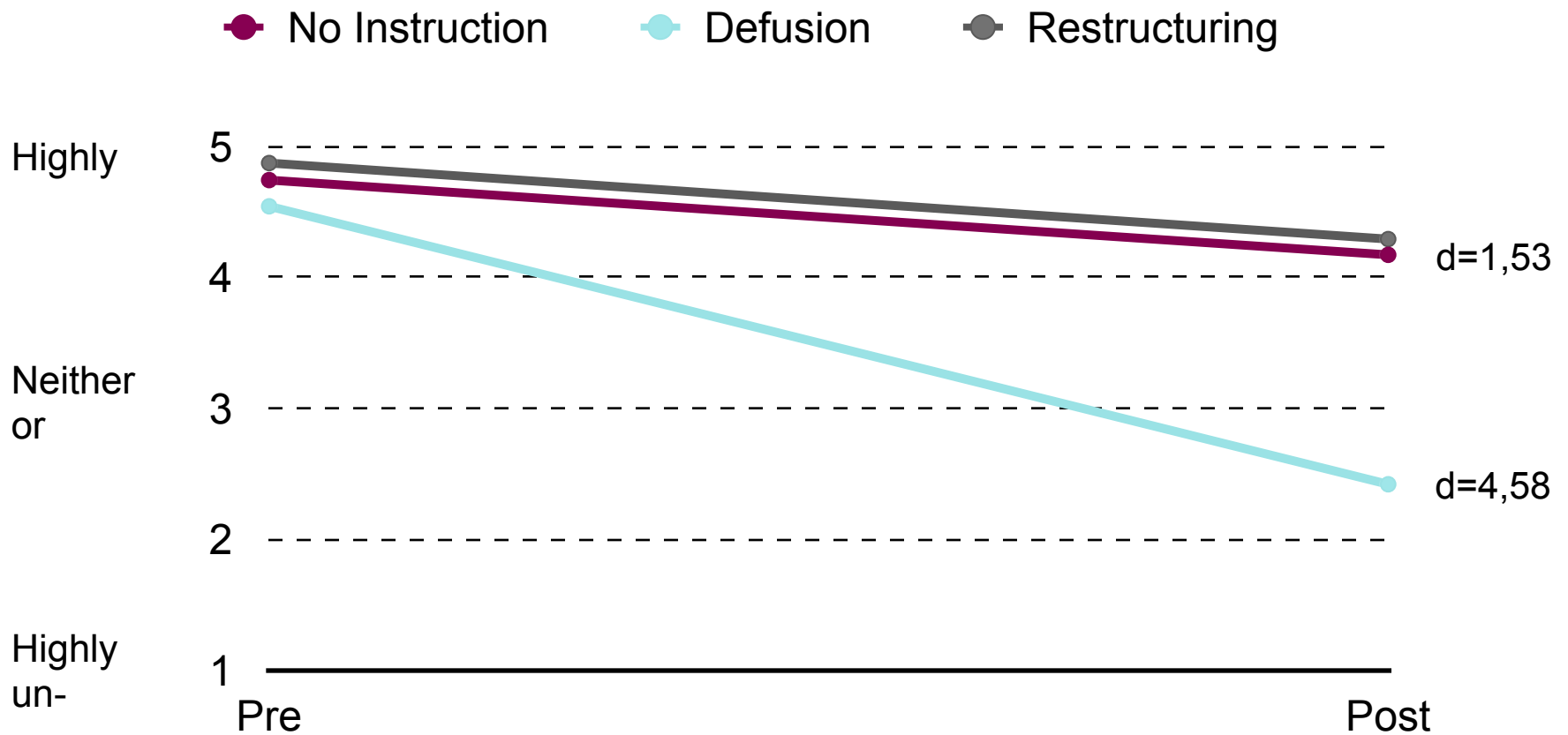
Evaluation 1: Duff, Larsson, & McHugh

- The ratings do correlate strongly within themselves but not so much as to be the same things.
- AAQ-2 and willingness does not seem to be correlated for these thoughts.
- No GHQ-12 correlations indicate non-clinical measure (or just participants)
- Still CFQ-13 and AAQ-2 did seem to map on to comfort.

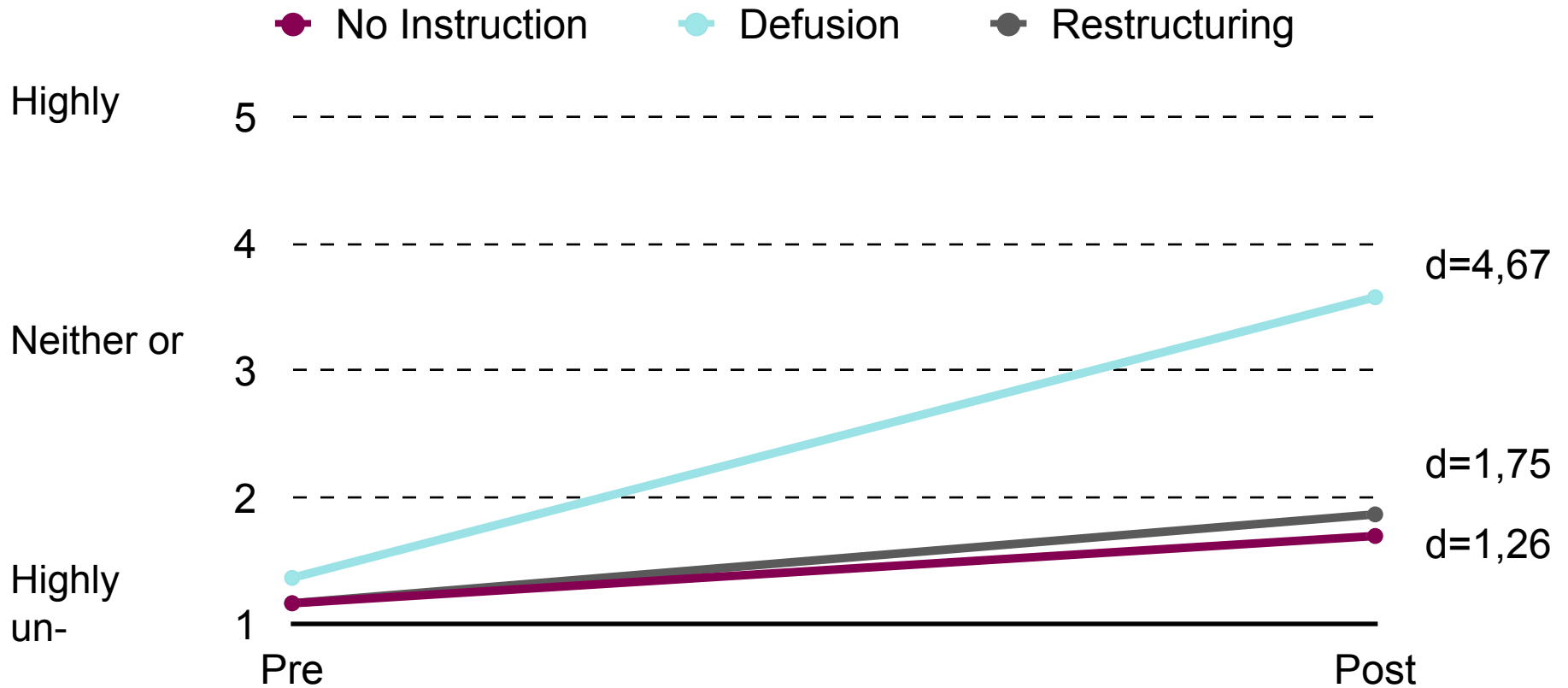
Evaluation 2: Larsson, Hooper, McHugh, & Bennett



Believability

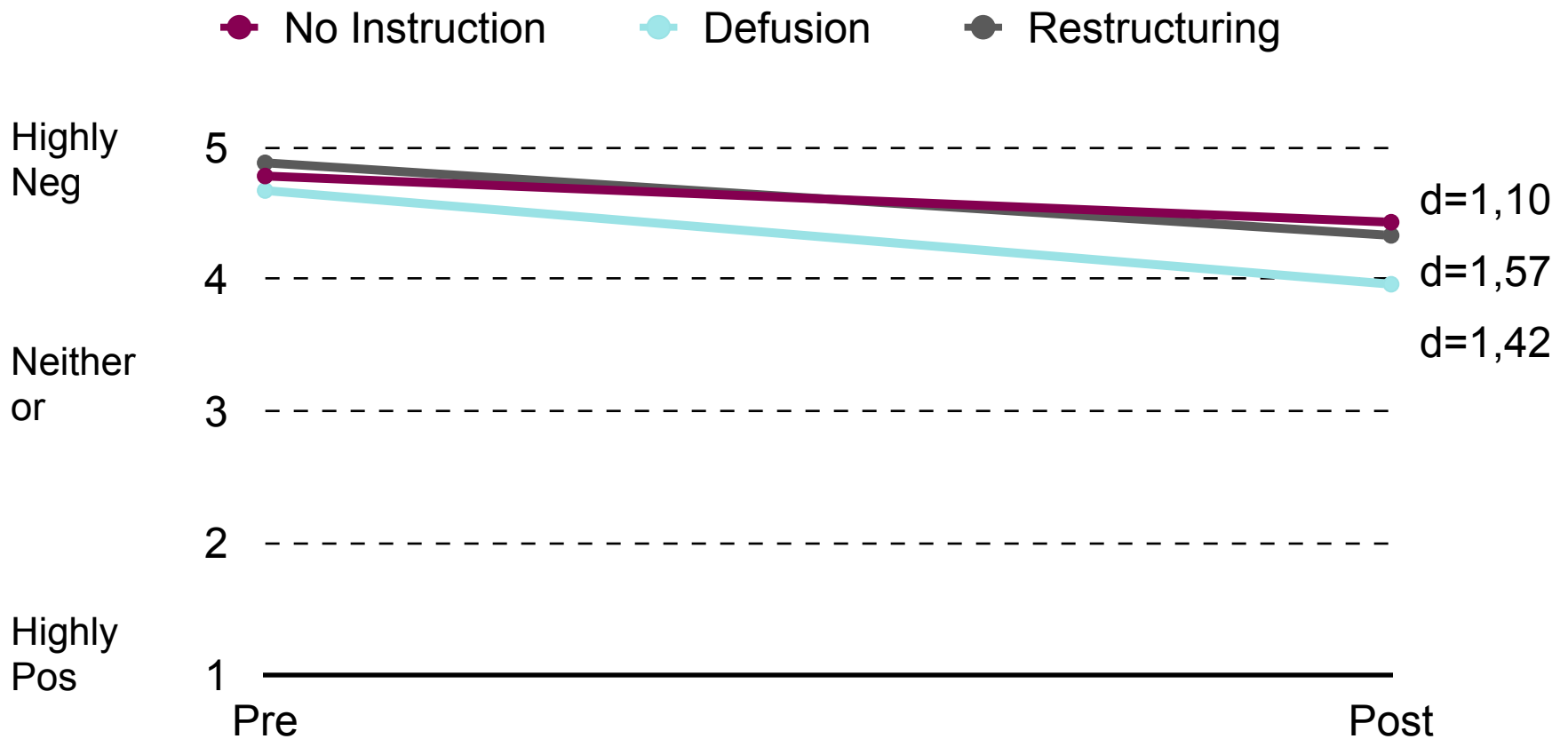


Discomfort*



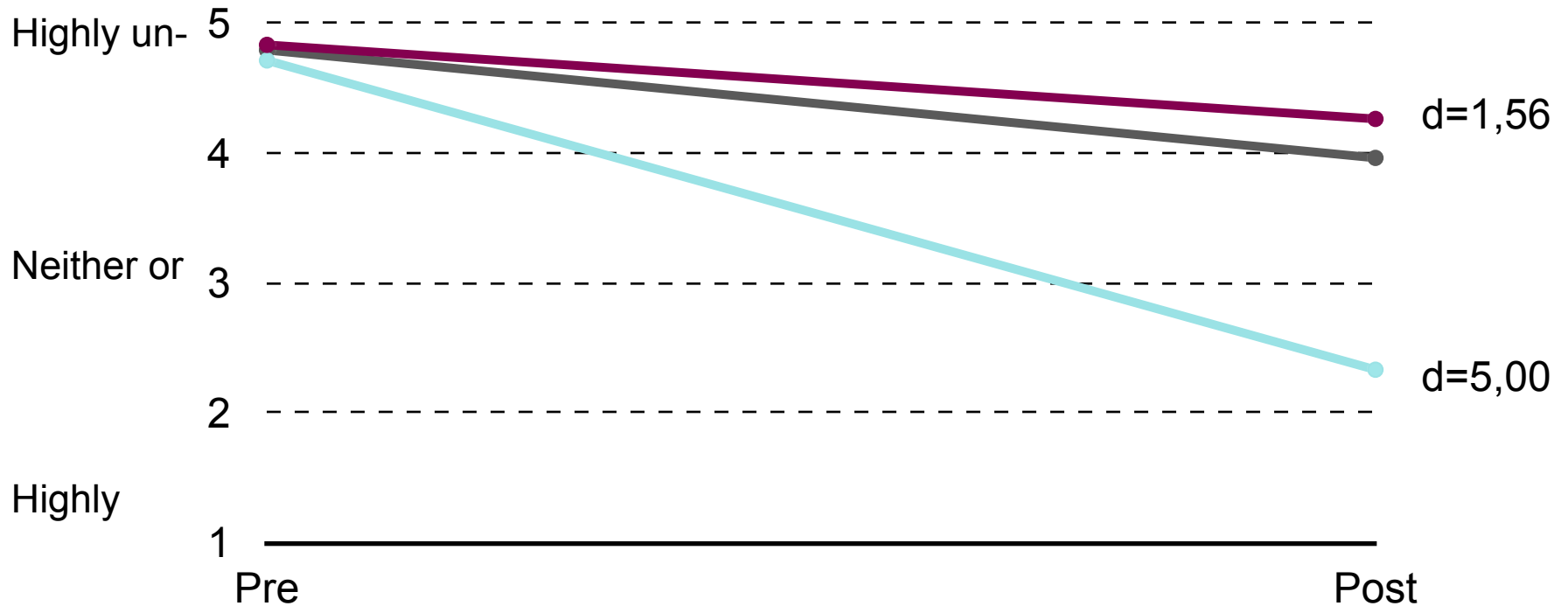
* actual item asks for level of comfort

Negativity



Willingness

● No Instruction
 ● Defusion
 ● Restructuring



Evaluation 2: Larsson, Hooper, McHugh, & Bennett

- Although baseline/naturalistic correlations were strong between the negativity, discomfort and willingness scores at post they had moved in different directions.
- Dividing neg/disc/will allowed for a negative evaluation to remain high for negative thoughts (e.g. “I will always be a failure”).
- Sensitive to defusion intervention (high ES)

Future

- Define strenghts and weaknesses.
- 5 or 9 item version
- Coupled with behavioural measures
- Employ in clinical population



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Thank you

Andreas Larsson

andreas.larsson.1@ki.se