



Negative self-referential thoughts of university students in an Irish context: A thematic analysis

Background

- The Contextual Behavioral Science (CBS) literature has given particular focus to negative self-referential thoughts (NSRTs) and to processes and brief-interventions that target such thoughts.
- Participants are typically asked to select and state a NSRT that they experience with focus given to evaluations of the relationship with the stated NSRT (e.g. rating believability, discomfort, willingness etc.).
- Lesser attention is given to the rich qualitative data generated by these types of studies.

The present study intends to gain insight into the content of participants' NSRTs by subjecting this data to thematic analysis.

Method

Participants were 87 students (63 identified as female; 22 identified as male; two identified as non-binary or gender fluid) in an Irish university context with a mean age of 21.93 years (SD=4.75).

- Participants were asked to report a NSRT that they rated as extremely believable and extremely negative and which they were extremely uncomfortable with and unwilling to have.

Discussion

These findings may inform future interventions ranging from brief interventions that target negative self-referential thoughts to self-directed interventions such as bibliotherapy or e-mental health. For instance, skills and examples may be presented which address or refer to the types of content of NSRTs identified here.



PRESENTER

Joseph Lavelle



@JMML93

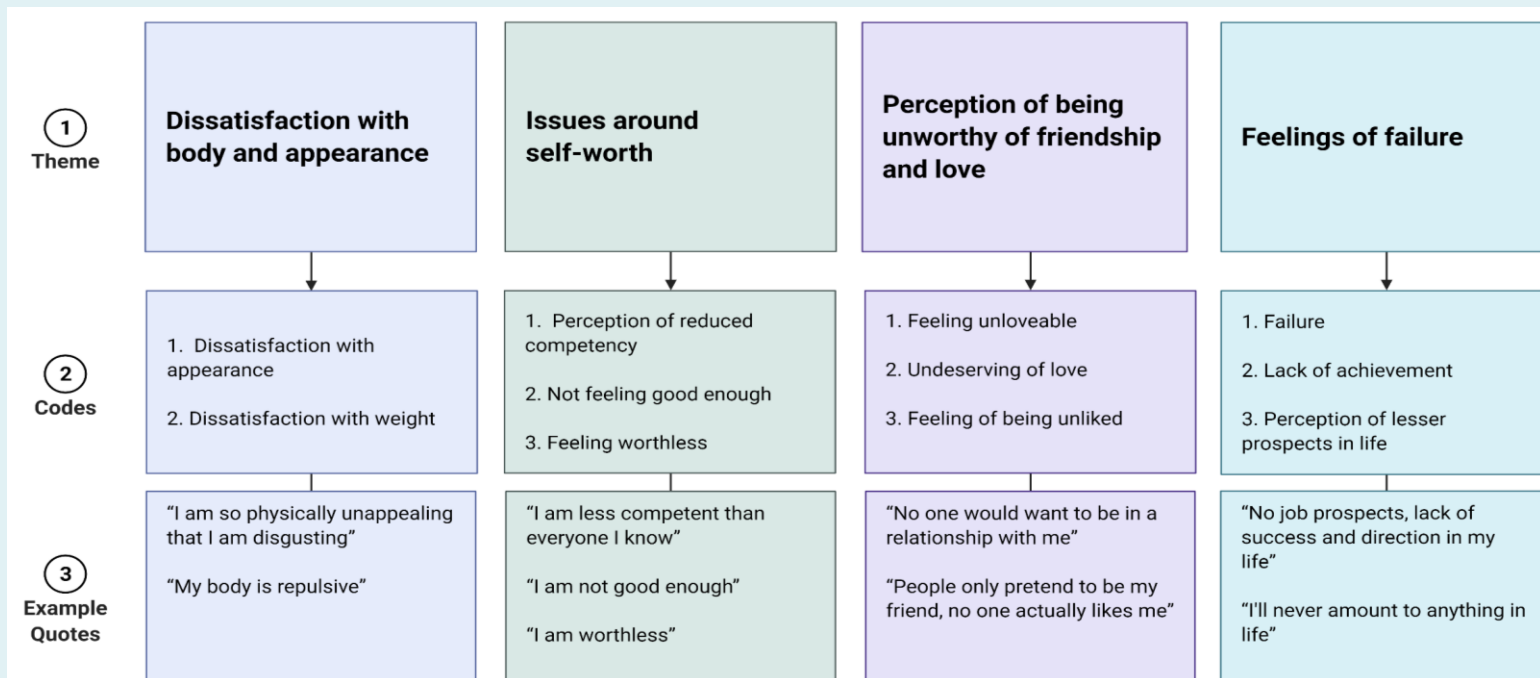


JOSEPH.LAVELLE
@UCDCONNECT.IE

Participants' thoughts displayed suffering related to disrupted body image, impacted self-worth, a sense of being unworthy of the love of others, and a belief that one is destined for failure.



Results



Follow me

A copy of this poster, resources, an audio summary & more!

JOSEPH LAVELLE, NEIL DUNNE, & LOUISE MCHUGH;
School of psychology, University College Dublin