

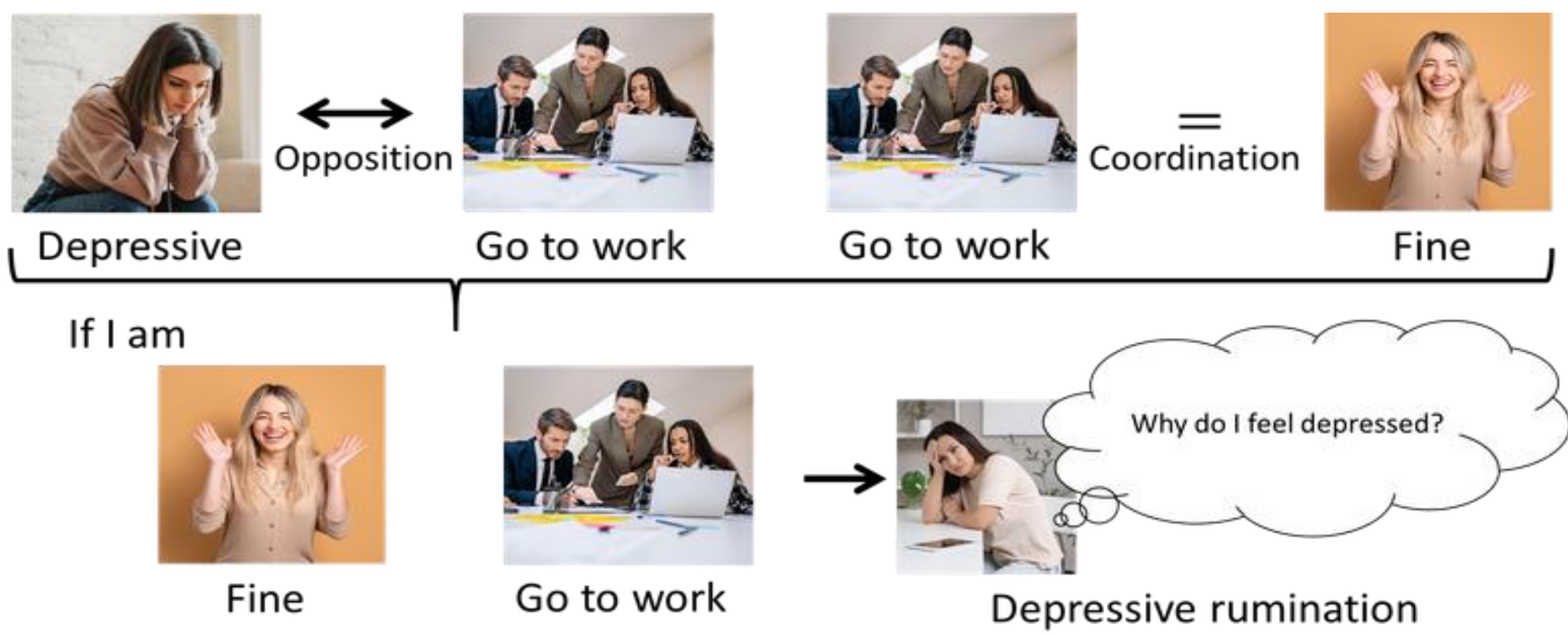
#27 Validity of the Kanji Maze Technique and Stimulus Relating in Individuals with Depressive Symptoms

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INTRODUCTION

Depressive Rumination and Relational Framing

- Depressive rumination can be interpreted from the perspective of Relational Frame Theory (RFT).



Purpose

Refining the KMT: To measure RTs for both positive and depressive words, and evaluate its validity.

Explore depressive thinking: Clarify its characteristics using KMT and IRAP data.

Measuring Relational Framing

Background: KMT was developed as a clinical alternative to the IRAP (Shigemoto & Muto, 2018).

Previous findings: KMT RTs are associated with depressive rumination (Shigemoto, 2024).

Issue: KMT and IRAP are not significantly correlated, potentially due to differences in stimulus types.

METHOD

Participants

The final sample consisted of 73 undergraduate students ($M = 19.49$, $SD = 4.42$).

Procedure

Participants completed the Kanji Maze Technique (KMT), the Implicit Relational Assessment Procedure (IRAP), and the Beck Depression Inventory-II (BDI-II), the Ruminative Responses Scale (RRS), the Cognitive Fusion Questionnaire-7 (CFQ-7)

Individuals with higher levels of depression may exhibit stronger relational responding to positive stimuli.

These findings suggest that such individuals engage in depressive rumination to escape their depressive state and pursue happiness.

More details are available here.



RESULT

Investigating Validation

- There was no significant correlation between the KMT and the IRAP.
- There were no significant correlations between questionnaire scores and the KMT.

Table1 The correlation among KMT, IRAP and questionnaire

	D _{IRAP} trial type1	D _{IRAP} trial type2	D _{IRAP} trial type3	D _{IRAP} trial type4	BDI-II	RRS brooding	RRS reflection	CFQ-7
KMT_RT	-.13	.18	.03	.02	-.05	-.08	.17	-.03

Investigating characteristics of depressive thinking

- KMT:** No significant difference in RTs between the high- and low-depression groups.
- D-IRAP:** In the high-depression group, the positive-positive score was significantly higher than other trial types.

Figure1. D_{IRAP} score for each trial type in the high -depression group

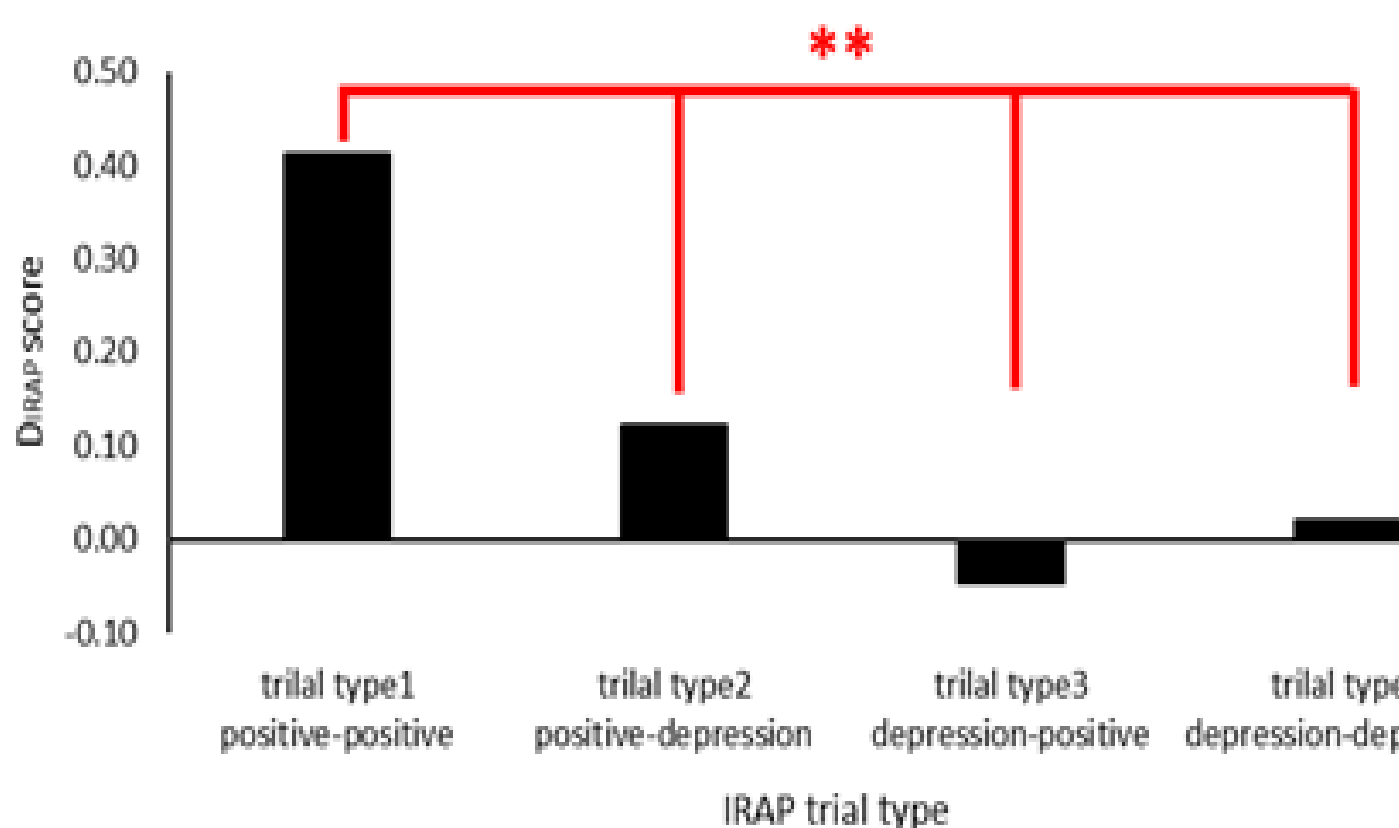
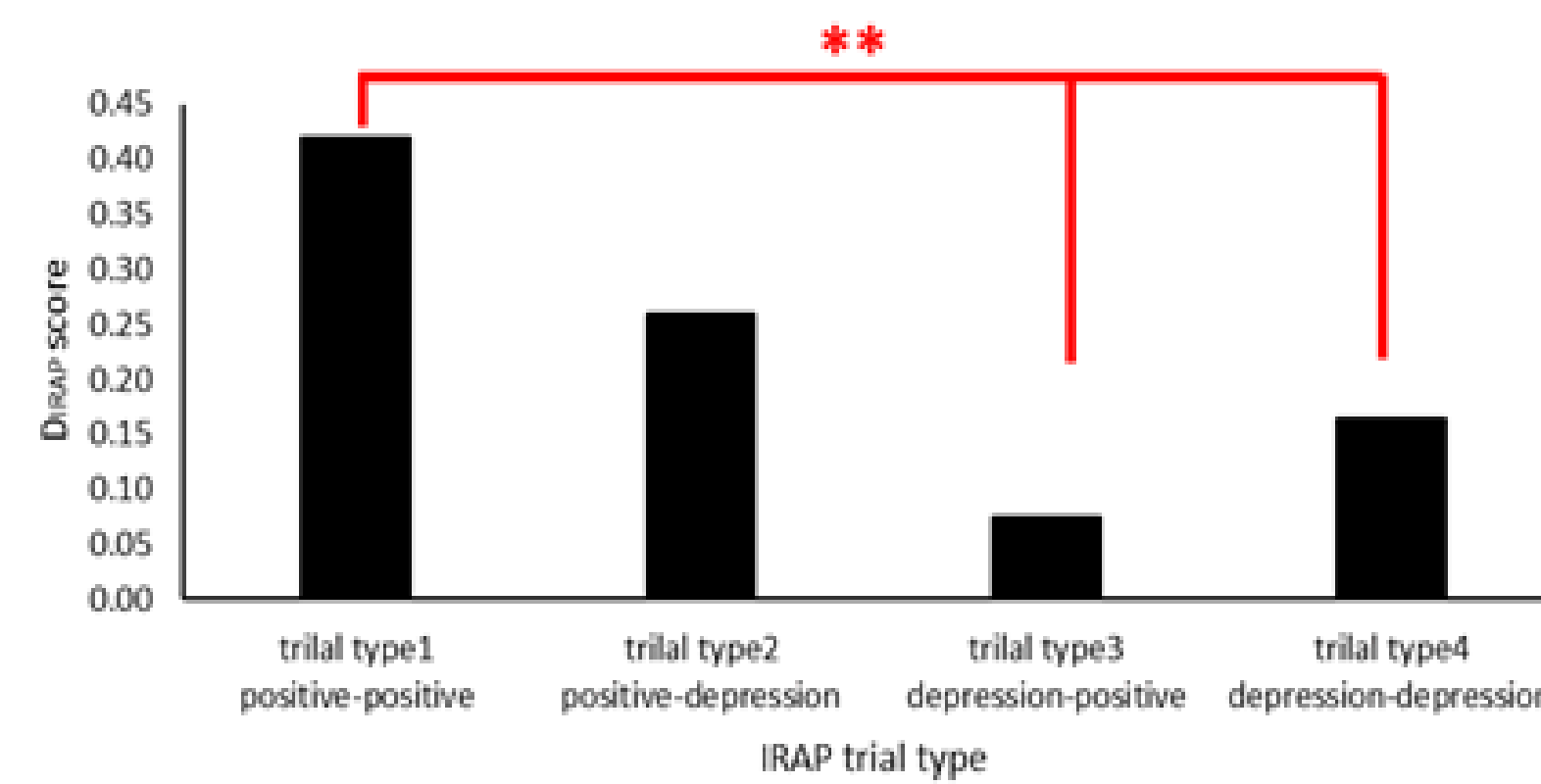


Figure2. D_{IRAP} score for each trial type in the low -depression group



DISCUSSION

- The KMT measures a different aspect of relational framing from that measured by the IRAP.
- Individuals with higher levels of depression may exhibit a distinct pattern of relational responding to positive stimuli.