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Dysfunctional Attitudes or Extreme Response Style as Predictors of Depressive Relapse and Recurrence after Mobile Cognitive Therapy for Recurrent Depression

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**Highlights**

- Dysfunctional attitudes predicted time to depressive relapse/recurrence within two years
- Higher ratio of habitual vs. functional extreme responses on the DAS decreased time to relapse
- We present a pragmatic approach for the ratio habitual vs. functional positive extreme responses
- Suggestions for future research on dysfunctional attitudes are presented

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