

Author's Accepted Manuscript

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PII: S0165-0327(17)32056-6
DOI: <https://doi.org/10.1016/j.jad.2017.12.082>
Reference: JAD9490

To appear in: *Journal of Affective Disorders*

Received date: 3 October 2017
Revised date: 17 November 2017
Accepted date: 31 December 2017

Cite this article as: Tobias Kube, Verena Helena Anna Siebers, Philipp Herzog, Julia Anna Glombiewski, Bettina Katharina Doering and Winfried Rief, Integrating situation-specific dysfunctional expectations and dispositional optimism into the cognitive model of depression - A path-analytic approach, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2017.12.082>

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Integrating situation-specific dysfunctional expectations and dispositional optimism into the
cognitive model of depression - A path-analytic approach

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Abstract

Background:

Dysfunctional expectations are considered to be core features of mental disorders and, in particular, major depression. The aim of the present study was to integrate two important types of expectations into the cognitive model of depression: situation-specific dysfunctional expectations (SDE) and dispositional optimism (DO). It was hypothesized that the influence of both DO and intermediate beliefs (IB) on depressive symptoms would be mediated via SDE.

Methods:

We examined 95 individuals (age $M=40.7$, 68.1% female) with a diagnosed major depressive disorder from two inpatient clinics and one outpatient clinic. Measurements used in the study included the Depressive Expectations Scale, Dysfunctional Attitudes Scale, Life Orientation Test Revised, and Beck's Depression Inventory-II. Relationships between the

¹ Both authors contributed equally to the manuscript.

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