

CLINICAL PSYCHOLOGY

MALADAPTIVE COGNITIONS AND EMOTIONAL REGULATION IN PTSD

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Abstract

Background: PTSD causes alterations in cognitive functioning like in emotional regulation and the production of cognitive distortions.

Objective: To determine how PTSD impacts emotional regulation and the production of cognitive distortions.

Method: An intergroup comparison was performed on the 180 participants divided into 3 groups. First group (n=60) was recruited from a psychotrauma center, second group (n=60) was recruited from victim support associations, and third group (n=60) was recruited from the general population. All participants completed a questionnaire validated by the ethics committee, including the PCL-5, LEC 5, CERQ, DES, and EDC-A.

Results: Outcomes indicate that individuals with PTSD produce more negative cognitive distortions and use more maladaptive emotion regulation strategies. Furthermore, the production of negative cognitive distortions and maladaptive emotion regulation strategies are positively correlated. This relationship maintains the severity of PTSD symptoms.

Conclusion: The results confirm that the PTSD group has the most unfavorable clinical picture, which gives indications on the management to be put in place. Moreover, the presence of the intermediate group remains relevant since it allows us to identify changes in the observed alterations. It would be relevant to extend the experimental design used here to the study of traumatic events that may cause a specific type of disorder.

Keywords: *Post-Traumatic stress disorder, emotion regulation, cognitive distortions.*

MICROAGGRESSIONS TOWARD MINORITY UNIVERSITY STUDENTS AND THEIR MENTAL HEALTH SYMPTOMS ONE YEAR LATER

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Abstract

Minority university students in the US often regularly face the toxic effects of racial-ethnic microaggressions that may negatively impact their mental health. Although the impact of racial-ethnic microaggressions has been frequently studied in cross-sectional studies, little is known about their potential long-term consequences to mental health among minority students in universities. To investigate these hypothesized relationships, 45 minority university students were recruited to participate in a study examining microaggressions longitudinally. It was hypothesized that racial-ethnic microaggressions would be significantly associated with anxiety and depression symptoms as reported by the students longitudinally. Participants completed the College Student Microaggressions Measure (CSMM) at baseline, and then completed the Beck Anxiety Inventory (BAI) and Beck Depression Inventory (BDI) at the one-year follow-up assessment. Thirty-five (77.8%) participants completed the follow-up. Multiple linear regression found support for study hypotheses. Total CSMM scores were significantly and positively associated with total BAI scores (Full Model $R^2 = .247$, $p < .01$) and with total BDI scores (Full Model $R^2 = .244$, $p < .01$), when controlling for gender effects. Racial-ethnic microaggressions appear to be a potential threat to the long-term health of minority students in universities. Next steps are suggested for research and campus interventions.

Keywords: *Anxiety, depression, microaggressions, minorities, students.*
