P-271 - DEPRESSION IN ADOLESCENTS: RECIPROCAL INFLUENCES BETWEEN DEPRESSION, STRESS AND COGNITIVE VULNERABILITIES

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Introduction: The traditional diathesis-stress model states that cognitive vulnerabilities in interaction with stressors predict the increase of depression. However, the relationships between these variables can be much more complex, with each variable influencing each other.

Objectives: The present study is based on the transactional cognitive vulnerability to stress model (Hankin & Abramson, 2001) and assesses the bidirectional relationships between cognitions, depression and stressors over time.

Aims: To understand the dynamics between stress, depression, and cognitions.

Method: 1350 adolescents (47% girls & 53% boys; Age Mean = 15.86) were assessed at the beginning of the school year and at follow-up 6 months later. They completed measures of three cognitive vulnerabilities (maladaptive schemas, negative inferential style, and rumination), negative life events and depressive symptoms. A fully cross-lagged design panel was carried out.

Results: Stressors and all cognitive vulnerabilities but rumination predicted the increase in depression at T2. Both initial levels of depression and cognitive vulnerabilities predicted the increase in dependent stressors. Initial levels of stressors predicted an increase in rumination, hopelessness inferences, and maladaptive schemas over time. Finally, initial level of depression predicted the increase in hopelessness inferences and maladaptive schemas. The bidirectional relationships between variables were very similar for boys and girls.

Conclusions: The study supports not only the role of some cognitive styles as vulnerabilities for depression, but also the stress generation and the scar hypothesis. The findings support a transactional model with reciprocal relationships between stress, depression and cognitive vulnerabilities.