
DYSFUNCTIONAL ATTITUDES IN PATIENTS WITH DEPRESSIVE EPISODE

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In this paper it was investigated existence and prominence of dysfunctional attitudes at patients with depressive episode. Dysfunctional attitudes are, according to the cognitive theory, considered as an important promoter and conserver of the depressive disorder. Investigation encompassed 36 patients, 21 women and 15 men, with average age of 38.47, with a diagnose of the first episode of the depressive disorder, of mild or moderate degree by ICD 10 classification. The control group consisted of 30 subjects, 16 women and 14 men, with average age of 34.52, without psychiatric disorder history. Depression was determined by Beck's inventory for depression. Dysfunctional attitudes were measured with Dysfunctional Attitudes Scale (DAS) which is 40-item, seven point scale designed to identify and measure cognitive distortion. Items present seven major value systems: approval, love, achievement, perfectionism, entitlement, omnipotence and autonomy. Results indicate to the significantly higher values of dysfunctional attitudes at depressive patients (average score of 159.1) regarding the healthy persons (74.5). Dysfunctional attitudes are especially distinct in the areas: approval, achievement, and perfectionism. Besides the quantitative analysis of the dysfunctional attitudes, this scale showed as a good instrument for an individual analysis of the dysfunctional attitudes, that could be used in creation of a therapy plan.