

## **PEOPLE 1 -- PEOPLE CONTACTS AND YOUR MOOD**

### **SESSION OUTLINE**

- I. Welcome
- II. Agenda and Announcements
- III. Group Rules
- IV. Introductions
- V. What is Depression?
- VI. Review of Treatment Model
- VII. New Material: Interpersonal Relationships and Depression
- VIII. Take Home Message
- IX. Personal Project

The purpose of today's meeting:

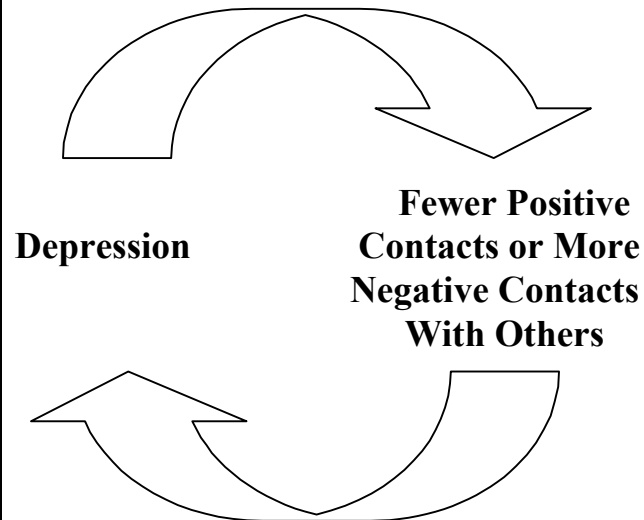
- To explain the purpose of group meetings and talk about the treatment model.
- To introduce ourselves to each other.
- To learn what depression is.
- To learn a helpful way to think about depression.
- To learn how depression may cause problems in interpersonal relationships and how interpersonal problems may contribute to depression.
- To develop specific goals to improve and resolve interpersonal problems in an effort to improve my mood.
- To identify supportive people in my life and understand why positive contacts with others can help me manage my mood.

## DEPRESSION AND YOUR CONTACTS WITH OTHERS

- What kind of people contacts do you have when you are depressed?
- How does your depression affect your contacts with people?
- When you isolate yourself from others, how does that affect your mood?
- How does having more conflict or tension with others affect your mood?

*When we are depressed we might*

- Have less contact with others, avoid others
- Have lower tolerance, feel more irritable
- Feel more uncomfortable around people
- Act quieter and be less talkative
- Be more sensitive to being ignored, criticized or rejected
- Trust others less



*When we have fewer positive contacts or more negative contacts with others we might*

- Feel alone
- Feel sad
- Feel angry
- Feel like no one cares
- Be more depressed

***Does depression cause people to be less sociable or does being less sociable cause depression?***

The answer is probably both. When we feel down, we are less likely to socialize. When we feel more depressed, we do even fewer things with people. This continues until we are so depressed that we spend much of our time feeling alone.

**COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION**

Participant Notes: People Module: Session 1

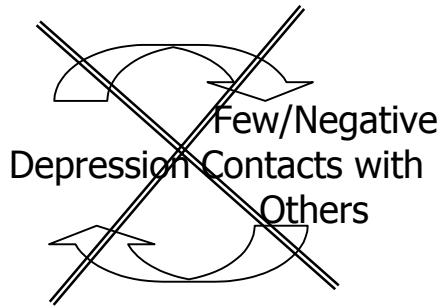
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**DEPRESSION CHAIN**

**Exercise:**

<b>Life or Relationship Problem→</b>	<b>Depression→</b>	<b>Thoughts→</b>	<b>Actions→</b>	<b>People contacts</b>
<b>Examples:</b> #1 illness  #2 -loss of an important person in your life.	sadness, depression	"I am alone."	stay in bed	avoid social contacts or easily upset with others
<b>Your example:</b>				

**HOW CAN WE BREAK THE CYCLE?**



- Improve mood
  - By doing more pleasant activities
  - By changing ways that we think
- Reduce negative contacts with others
- Have more positive contacts with others

## WHY ARE RELATIONSHIPS IMPORTANT?

*When we have positive contacts with others we have a good source of support to handle tough life problems and manage our mood. We also have people with whom we can share pleasant moments in life.*

### Exercise:

**Step 1: With your eyes open or closed, visualize/imagine a person that you had a good time with in the last week or month.**

Notice your mood.

What thought is going through your mind?

How is your body reacting?

**Step 2: Visualize a person who bugged or annoyed you in the last week or month.**

Notice your mood or how you feel

What are you thinking?

How is your body reacting?

**Step 3: Visualize the person with whom you shared a positive activity.**

Does your mood change?

- People contacts can have either positive or negative effects on mood, thoughts, behaviors, and physiological reactions.
- We can make choices about who we spend time with and for how long.

# CHAINING ACTIVITY

Understanding how our contacts with others affect how we feel.

9	
8	
7	
6	
5	(statement of fact)
4	
3	
2	
1	

## Instructions

1. Begin with a statement of fact. Something that is a fact, with no judgement involved. For example, it is raining. I have no energy. I have diabetes. I do not have contact with my family. Write that fact on a mood level of 5
2. Think about a contact with someone that would bring your mood down. You can also think about how avoiding contact might bring your mood down. Go down one mood level at a time. For example, contacts or lack of contacts that would bring your mood down to a level 4, then a level 3, then a level 2, then a level 1. Write them down on the appropriate level.
3. Then think of contacts you might have with people that would make you feel better. Think of spending time with people doing things that would bring you to increasingly high mood levels. First, think of something that would make you feel a little better (level 6), then think of contacts that might bring you to a 7, then an 8, and then a 9. Write them down on the appropriate level.

- I can choose who I will spend time with and how much time I will spend with them.
- Negative contacts or having fewer contacts can make my mood worse.
- I can spend time with people who are positive, helpful, and healthy.
- When I have positive contacts with others, I am more likely to have positive thoughts about myself and about my life.
- Positive contacts with people can improve my mood.

## SOCIAL SUPPORT

*Human beings are social by nature and we need a social support system.*

By social support system we mean the people who are near you and with whom you share moments of your life, both positive, negative. This can include your family, friends, neighbors, co-workers, health-care providers. In general, the stronger your support system, the better you will be able to face tough situations and address other relationship problems.

**a. Who are the people who are supportive to you and help you manage daily life stress and relationship problems?**

Notes:

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**b. The Group as support:**

- How has it been helpful to be in the group and interact with others today?
- What fears or concerns do you have about the group?

Notes:

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**COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION**

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**PEOPLE IN MY LIFE AND THE WAYS THEY SUPPORT ME**

(Adapted from Brugha's Preparing for Parenthood manual, 1998)

<p><b><u>PRACTICAL SUPPORT</u></b> Whom will you ask to: -drive you to the hospital -call to lend you something you need...</p>	<p><b><u>ADVICE OR INFORMATION</u></b> Whom will you ask for advice: -when you don't feel well -when you don't understand how to do something.</p>
<p><b><u>COMPANIONSHIP</u></b> Who will: -walk around the park with you? -spend the afternoon with you? -share your joys with you?</p>	<p><b><u>EMOTIONAL SUPPORT</u></b> Whom will you look to for: -encouragement? -understanding? -sharing your feelings? -helping you feel less depressed?</p>

**INSTRUCTIONS:**

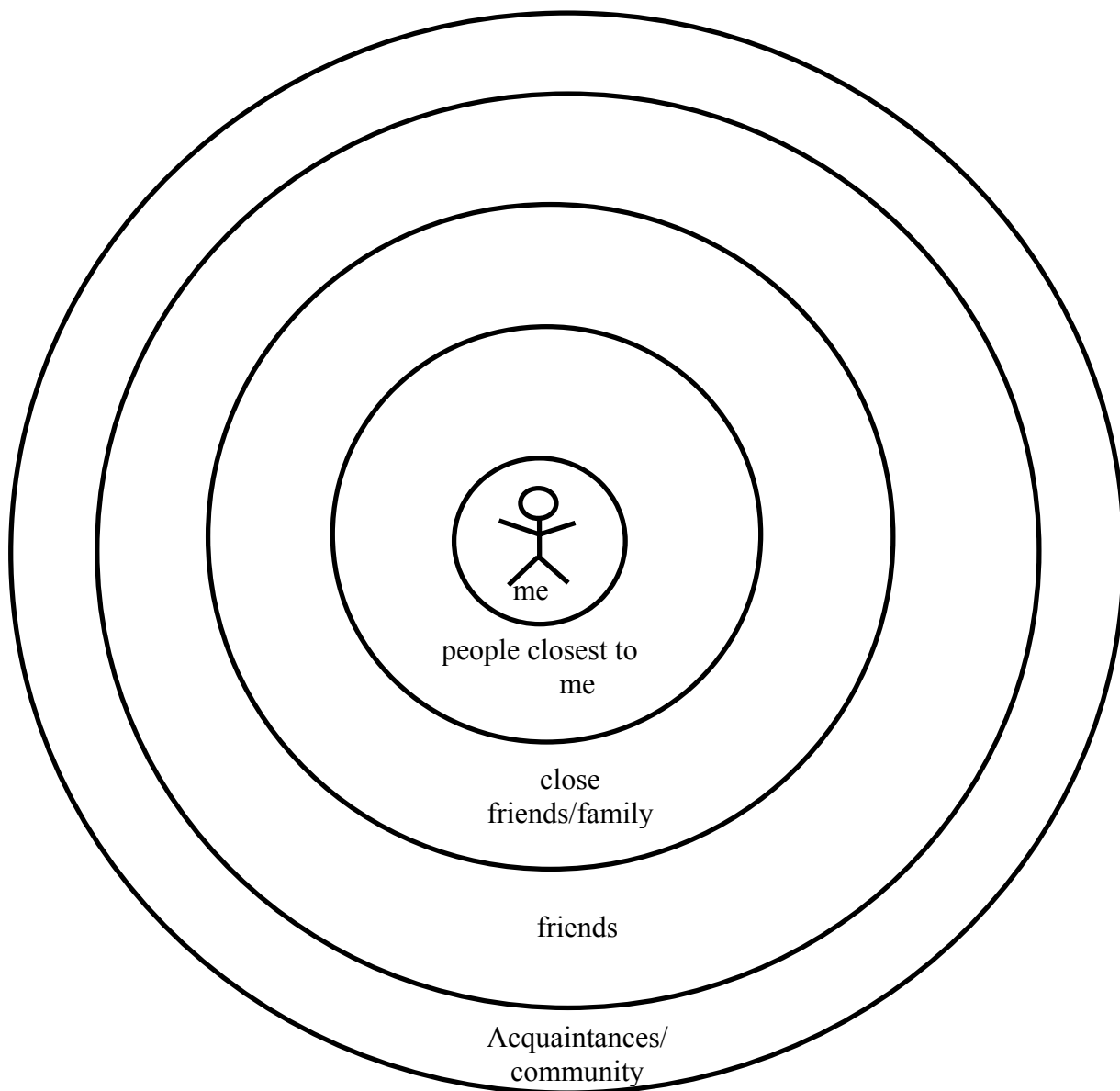
- 1) Each square is for a different type of support that people can give you.
- 2) Read the questions in each square, and think about the people who fit the square.
- 3) Write their names down in the squares. For example, if your doctor, gives you advice, you would write down his/her name or just doctor in the Advice square.
- 4) The same person can be written in more than one square.
- 5) If at the end there are squares that have no names, put a question mark.

## COGNITIVE-BEHAVIORAL TREATMENT FOR DEPRESSION

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### MY SOCIAL SUPPORT NETWORK



**INSTRUCTIONS:** Write the names of people you know in the circle that best describes your relationship with them.

- People closest to me are those whom you can share your thoughts and feelings.
- Close friends are people whom you really feel you can talk to, but maybe not about everything.
- Friends are those who you enjoy doing things with (like going to the movies) even though you don't share personal details about your life with them.
- Acquaintances are people you see, whom you nod to, say hi to.

## **MEETING PEOPLE AND MAKING YOUR SUPPORT SYSTEM LARGER AND STRONGER**

- a) The easiest way to meet people is to do something that you like doing and doing it in the company of other people.
- b) Even if you don't find anyone in particular with whom you would like to get to know better, you will still have been doing something pleasant, and you will be less likely to feel that you wasted your time.
- c) Since the main focus is the activity you are doing, and not just meeting others, there will be less pressure on you than in a setting where the whole purpose is to meet people.

**EXERCISE:** What activities do you do where other people are present?

For example, attend church, fish, dance.

*Notes:*

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## **YOUR INTERPERSONAL RELATIONSHIPS**

**INTERPERSONAL THERAPY (IPT) IDENTIFIES FOUR SPECIFIC PROBLEMS AREAS THAT COULD BE CONTRIBUTING OR CAUSING YOUR DEPRESSION.**

- 1) Grief or Loss: Have you experienced a significant loss of someone important to you?
- 2) Role Change or Transition: Have you had to make major life changes due to a medical illness or unemployment, or moving (for example immigrating to the U.S.?)
- 3) Role Disagreements or Disputes: Have you had disagreements with others about how to act or feel in the relationship?
- 4) Need to Work on People Skills: Are there skills that you want to learn or ways that you would like to change in order to improve your relationships? For example, decrease your irritability or be able to say no sometimes so that others do not take advantage of you.

(Kelerman, Gerald et al., 1984)

## IDENTIFYING INTERPERSONAL RELATIONSHIP PROBLEM AREAS THAT APPLY TO ME

**Exercise:**

- Think about the problem areas.
- For each problem area, place a check in the box, if you feel that the area applies to you.
- For each area that applies to you, rate the degree to which you feel it has interfered with your life and your mood.

INTERPERSONAL RELATIONSHIP PROBLEM	YES  check if it applies to you	Degree the problem has affected you <b>(0-10)</b> 0=not at all 5=moderately 10=severely
1. Grief or loss	<input type="checkbox"/>	
2. Role change or transition	<input type="checkbox"/>	
3. Role disagreements or disputes	<input type="checkbox"/>	
4. Improve my people skills	<input type="checkbox"/>	

**Which problem area would you like to focus on while you are in this group?**

*While I am in group, I will work on the following problem in my relationships:*

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## **PERSONAL PROJECT**

### **WEEKLY PROJECT**

- 1) Continue tracking mood using the quick mood scale (see next page).
- 2) Count the number of positive contacts you have each day (see next page).
- 3) Count the number of negative contacts you have each day (see next page).

### **OPTIONAL PROJECT** (do the following activity if you want)

- 1) Do something to make your support system stronger.

### **Take Home Message:**

Relationships with people can make our mood better or worse.

The Goal of therapy is to feel better, both while being alone AND while with others.

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**QUICK MOOD SCALE**

DAY

BEST MOOD

9 9 9 9 9 9 9

8 8 8 8 8 8 8

7 7 7 7 7 7 7

6 6 6 6 6 6 6

OK/AVERAGE

5 5 5 5 5 5 5

4 4 4 4 4 4 4

3 3 3 3 3 3 3

2 2 2 2 2 2 2

WORST MOOD

1 1 1 1 1 1 1

#positive/helpful people  
contacts

#negative/harmful people  
contacts

- Try to use the whole range, not just 1 , 5 , or 9.
- We find that it is easiest to keep the scale by the bed. That way, before you go to bed, you can think about your day and rate your mood for the day.
- It will feel more natural as you practice it.
- There is no right answer . Only you know how you have felt each day.
- If you want to track your mood over a period of time, mark your daily mood on the calendar.