

Motivating Clients with Depression

Rob Winningham, Ph.D.

Western Oregon University

Professor of Psychology & Gerontology

Outline

- 9. Motivating clients with depression
 - 9.1 Depression and Apathy
 - 9.2 Self Efficacy
 - 9.2.1 The effects of self efficacy on motivation
 - 9.2.2 Techniques to improve self efficacy
 - 9.3 Outcome Expectations
 - 9.3.1 Get to know your clients
 - 9.3.2 Connect outcome with client goals

Question

- Have you ever had a client who you could help if they would just engage more in the physical exercise opportunities they had?
- Think of a particular person.
- Why didn't they fully participate?

Personality and Mental Health Factors

- A relatively unique way to individualize your programs is to be aware of various personality and mental health factors, and work to overcome them when they prevent participation.
- We will discuss
 - Depression and Mood
 - Self-efficacy
 - Optimism and Pessimism
 - Apathy
 - Motivation

Apathy

- As many as 80% of people with dementia shows signs of apathy and between 27 and 36% of community dwelling older adults are considered apathetic.
- Apathetic individuals, who are in the normal range for cognitive ability, perform worse than non-apathetic individuals on neuropsychological tests.
- Apathetic individuals are at risk. Why?

Motivating Your Depressed Clients

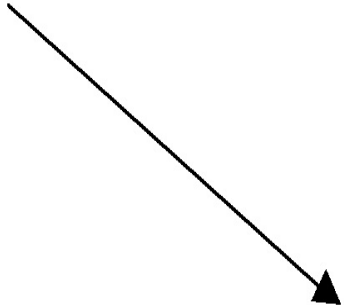
- As many as 50% of patients with a chronic illness suffer from depression.
- Depression affects a number of cognitive variables, which can affect compliance, comprehension, and ability to learn new information.
- Depressive **symptoms** are higher in some older adults, especially chronically ill and/or institutionalized patients.

Motivating Your Depressed Clients

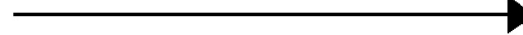
- Research shows that cognitive impairment and depression is common in hip fracture patients (as cited in Lenze, 2004).
- As many as 48% have a significant number of depressive symptoms and 28% suffer from some form of dementia.
- 30-60% of stroke patients develop depression.
- Even after controlling for the effects of strokes, age, education, and Alzheimer's Disease, researchers have found that depression affects episodic memory, semantic memory, short term memory, perceptual speed, and visual-spatial ability.

Depressive
Symptoms
(Ham-D)

$r = .46$



Rehab
Participation

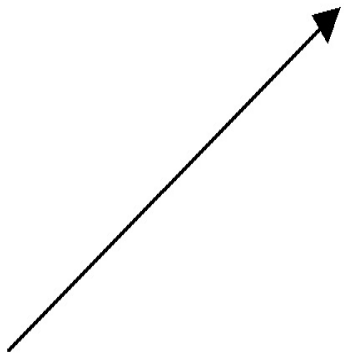


$r = .60$

Change in
FIM
Motor

Cognitive
Impairment
(MMSE)

$r = .47$



Overcoming the Effects of Depression

- 36% of change in FIM Motor can be attributed to the person's level of participation in the rehabilitation process.
- 21% of participation in the rehabilitation process is explained by the number of depressive symptoms.
- 22% of participation in the rehabilitation process is explained by level of cognitive impairment.

Let's Apply Lenze's Findings

- We need to motivate depressed and apathetic clients to fully participate
 1. Improve cognitive functioning
 2. Overcome amotivation, apathy, and lack of initiation seen in depressed clients

Improve Executive Functioning, Attention, and Inhibition

- There are many ways to improve executive functioning, attention, and inhibition.
- Use as many of these approaches to maximize improvement as possible.
 - Mindfulness Training
 - Physical Exercise
 - Cognitive Exercise

Depression and Cognition

- Depression seems to impair frontal lobe and executive functioning
- Depression in older adults is related to a lack of initiation and perseveration or an inability to inhibit
- Researchers have shown that perseveration is associated with a poorer prognosis for overcoming depression

Depression and Cognition

- Decreasing depressive symptoms through the use of SSRIs (i.e., sertraline, nortryptiline, and fluoxetine) leads to improved memory and cognitive ability in older adults.
- It is imperative that depressed older adults receive treatment for depression. Depression is **not** a normal part of aging.

Risk Factors for Depression

- Left Hemisphere Stroke
- Chronic illness
- Painful conditions
- Heart disease
- Changes in social networks
- Relocation
- Stress
- Alzheimer's Disease
- Memory problems
- Cancer
- Parkinson's Disease
- Diabetes
- Caregiver burden

Increase Motivation for the Rehabilitation Process – 2 Factors

1. Increase self efficacy
2. Increase perceived outcome expectations. Or, “What’s in it for me?”

Ways to Enhance the Efficacy of Depressed Client's Engagement

- Make the programming relevant to the depressed client:
 - Work
 - Parenting
 - School
 - Pets
 - Spouse
 - Hobbies
 - Live independently
 - Maintain some independence
 - Maintain mobility
 - Reduce pain

Self Efficacy

- Self efficacy is the belief that one has the capability to manage the demands of a challenging situation in such a way as to attain a desired outcome (Bandura, 1977).
- Clients who have a higher self efficacy will be more likely to fully participate in exercise programs.

Self Efficacy

- Individuals with strong personal efficacy beliefs are likely to endure and persevere longer in the face of tough odds, whereas those with weaker self-efficacy beliefs are likely to succumb more easily to fears and anxiety (Fry, 2003).

Self Efficacy

- You can help your clients increase their self efficacy by providing opportunities for them to succeed

Recommendations for Clients with Low Self Efficacy

- Experiences in mastering new skills and overcoming obstacles will increase self efficacy.
- Vicarious experiences provided by successful models who are similar to oneself.
- Stories of similar clients who have succeeded.
- Encouragement and persuasion can also increase self efficacy.

Optimism and Pessimism

- Optimism and pessimism are important personality characteristics that are predictive of physical and behavioral outcomes.
- Optimists are people who generally have a favorable outlook on life and expect that things will go their way.
- Pessimists generally do not have a favorable outlook on life and expect that things won't go their way.

Optimism and Pessimism

- Research on coronary artery bypass surgery patients showed that optimists reached their goals quicker. For example, optimistic patients took less time before they began walking around their room.
- Using a similar population, other researcher found that low optimism patients were more likely to be re-hospitalized.

Let's Change Pessimistic Peoples' Attributions

- Success vs. Failure
 - Internal or external cause?
 - Temporary or permanent trait?

When Pessimists Have A Setback

Temporary and
Limited in Scope

Permanent and
Affects All Aspects of Life

This Occurred
Because of Me

This Did Not
Occur
Because of Me

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Pessimists'
Explanatory
Style

This Did Not
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Final Session

This is the final session in this series.