

# The role of rumination & executive function in autobiographical memory phenomenology in depression

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## INTRODUCTION & AIM

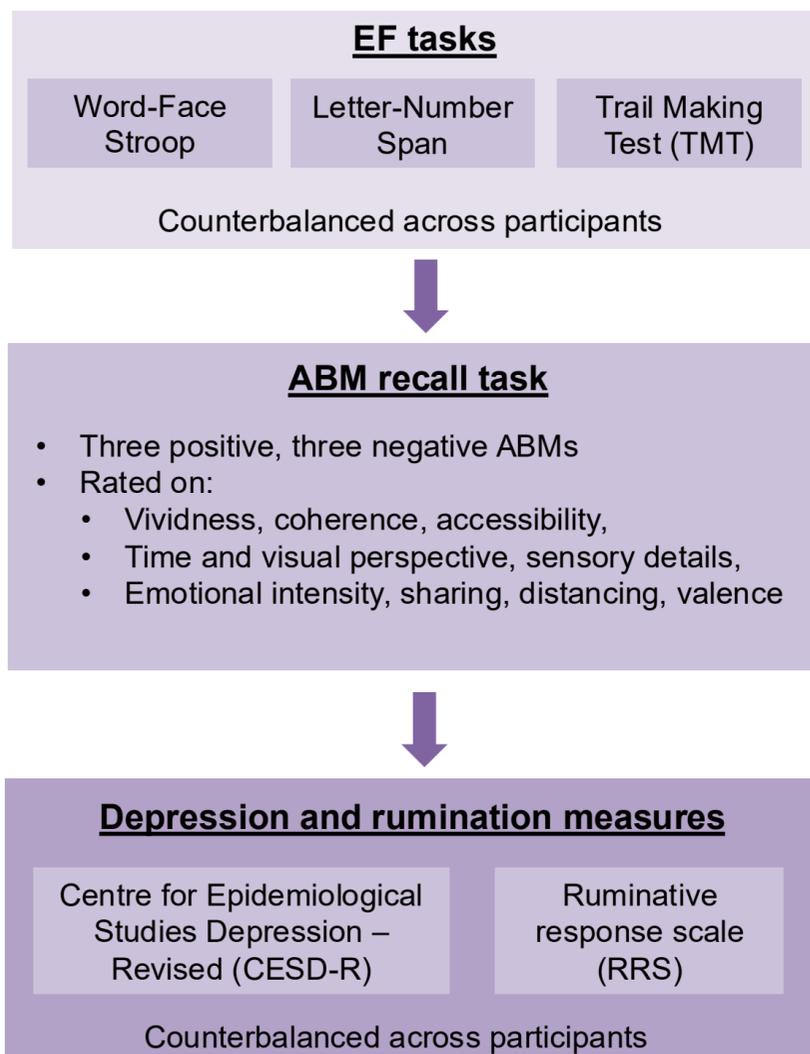
- Depression is associated with alterations in autobiographical memory (ABM) phenomenology
- The mechanisms underlying these differences remain unclear
- Rumination and executive function (EF) are linked to other memory biases in depression (e.g., overgeneral memory)
- Their role in memory phenomenology is less well understood
- Rumination may bias retrieval toward negative material and may be linked to increased reliving during recall
- Reduced EF may limit the phenomenological richness of recalled ABMs

**Aim:** Investigate how depressive symptoms, rumination, and EF relate to ABM phenomenology

**Hypothesis:** Higher levels of depressive symptoms and rumination, and reduced EF, will be associated with impoverished phenomenology

## METHOD

- 219 University of Hull students (179 after exclusions)



## RESULTS

- Higher depression and rumination were associated with distant positive and emotionally intense negative memories

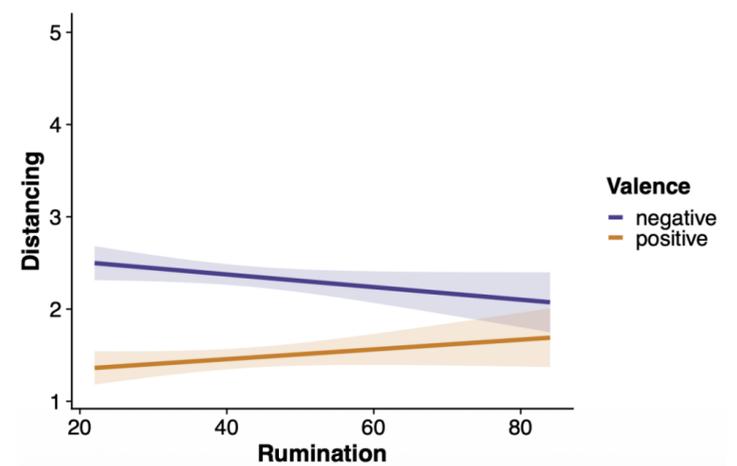


Figure 1. Interaction between rumination and memory valence on distancing

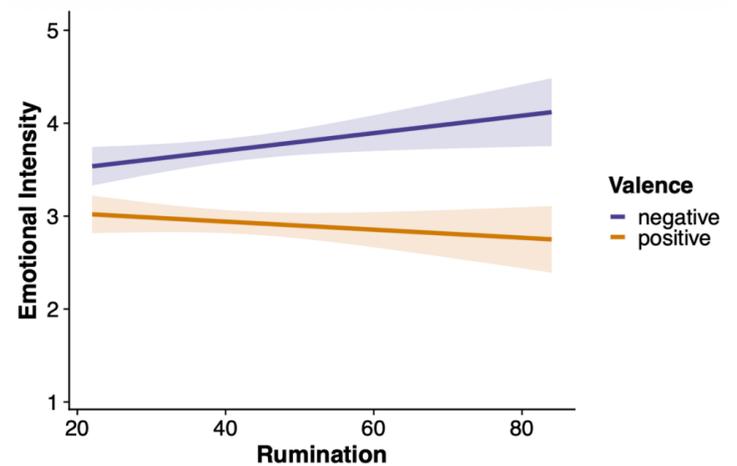


Figure 2. Interaction between rumination and memory valence on emotional intensity

- Executive function showed minimal associations with ABM phenomenal characteristics

## DISCUSSION & CONCLUSION

- Extends previous findings – depression and rumination affect ABM phenomenological experience
- Limited EF associations suggest mood related effects
- Sample may mask EF deficits (high-functioning undergraduates)

## REFERENCES

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