

Explanations and Transactions: Do They Cause Depression in Adults

Uma Mittal* and Lucky Ahuja**

Abstract

The present study attempted to highlight the role of explanatory style and transactional style as vulnerability factors for depression. Explanatory style refers to the characteristic way that a person explains personally relevant events. It could be described as the habitual style of explaining the causes of bad events, either with external, unstable and specific causes (optimism) or with internal, stable and global causes (pessimism). Transactional style refers to the specific characteristic way of an individual to communicate or to make 'transactions' with others. The samples consisted of 40 males and 40 females (married couples) with an average age range of 25 to 45 years and were residents of Jaipur city. Tools used, included Centre for Epidemiological Studies- Depression Scale Test your own optimism scale and Transactional style questionnaire. Results indicated that maladaptive (pessimistic) explanatory style and negative functioning ego states resulting in low PEQ (Personality Effectiveness Quotient) contribute significantly to the development of depression. The findings highlight the need to incorporate psychological interventions especially cognitive and interpersonal therapy, in the treatment of depression.

* Dr. Uma Mittal, Assistant professor, Dept. of Psychology, University of Rajasthan, Jaipur, Telephone: 01412379813, 9928860846 (mittaluma14@gmail.com)

** Ms. Lucky Ahuja, Research scholar, Dept .of Psychology, University of Rajasthan, Jaipur, (ahujalucky1987@gmail.com)