

Departmental Seminar

Metacognitive Beliefs and Adolescents' Mental Health

11:30 a.m. – 12:30 p.m. | October 11, 2016 (Tuesday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

Adolescents are at a greater risk of developing depression than most other age group, and negative consequences are associated with the early onset of this mental health problem. It is therefore extremely important to have a comprehensive understanding of the aetiology of adolescents' depression to be able to develop effective intervention initiatives. Traditional approaches to conceptualizing psychopathology have mainly relied on the cognitive approach, while a more recent trend has been developed to understand psychopathology from a metacognitive perspective. The metacognitive model of depression proposes that metacognitive beliefs about rumination increase an individual's vulnerability to depression. Specifically, positive metacognitive beliefs about rumination increase an individual's rumination tendency, which subsequently intensifies negative metacognitive beliefs about rumination. These negative metacognitive beliefs worsen an individual's mood, and eventually leading to depression. The metacognitive theory has been extensively examined on the adult population. However, little is known about the influence of metacognitive beliefs about rumination on the mental health of adolescents. Therefore, in this research, three studies were conducted to examine the influence of metacognitive beliefs on adolescents' mental health, the factors associated with the development of metacognitive beliefs, and the possibility of modifying the metacognitive beliefs of adolescents.

~All are Welcome~