

## Test of the Relationships among Different Cognitive Factors in Beck's Cognitive Model of Depression

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This research tested the relationships among dysfunctional attitudes, the cognitive triad and depressive symptoms derived from Beck's cognitive theory of depression. Beck proposed that when encountering stressful events, the people with dysfunctional attitudes may develop cognitive triad, and then become depressed. However, earlier empirical research on Beck's theory has been limited and generated inconsistent findings. Therefore, this study formulated an interactional model based on Beck's theory. The model was tested by structural equation modeling technique. Participants were 162 patients with major depressive disorder recruited from south and north Taiwan. Participants completed the List of Threatening Experiences, the Short-version of the Dysfunctional Attitude Scale, the Cognitive Triad Inventory and the Chinese version of the Beck Depression Inventory. Statistical analyses indicated that the effect of the interaction between negative life events and dysfunctional attitudes on depressed symptoms in the interactional model was not significant. This indicated that Beck's theory was not supported. However, the path coefficients among the other variables in the model were still significant. After model modification, this study again formulated a mediational model. Statistical analyses indicated that all path coefficients in the mediational model were significant. The model revealed that negative life events affected dysfunctional attitudes, which in turn influenced the cognitive triad, which in turn led to depressive symptoms. The practical implication for clinical treatment is discussed.

**Keywords:** *cognitive triad, dysfunctional attitudes, mediator, moderator, negative life event*