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#### Abstract Title (max 200 char):

Explaining the link between depression and specificity of autobiographical memories: The role of attachment relationships.

#### Abstract text (max 2500 char):

Introduction: Research has convincingly demonstrated that depression is associated with difficulties to retrieve specific autobiographical memories. However, less is known about the factors that contribute to this association. Although potential mechanisms underlying a reduced specificity of autobiographical memories have been investigated, surprisingly little attention has been paid to the association with another important risk factor of depression: the quality of the relationship with the attachment figures. Therefore, the current study aimed at investigating whether depression is related to a reduced specificity of attachment memories and whether this association can be explained by attachment processes. This was investigated in a middle childhood sample as literature suggests that in this age group the developmental foundations predicting later depression can be found. Method: For this reason, 80 general population children (ages ranging from 10-13) completed an adapted version of the Autobiographical Memory Task, the People In My Life Questionnaire (Trust and Communication Subscales), and the Child Depression Inventory. Results: Results indicated that the initial effect of depression on specificity of the autobiographical memories disappeared when taking into account the children's communication with mother about their emotions and feelings. Furthermore, although no direct link was found, trust in the availability of mother was indirectly linked with specificity of the autobiographical memories via communication. Discussion: Although our findings are limited due to the cross-sectional design, this suggests a pathway through which attachment influences vulnerability to depression. This way, the present study can add to our understanding of the role of attachment experiences in the development of depression, which might impact existing prevention and treatment strategies.

#### References

#### Topics

33 Depression

#### Presentation:

Poster

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