

Abstract

The present research aimed at developing an Indigenous Cognitive Distortion Scale (CDS) for adults diagnosed with Major Depressive Disorder. It comprised of three phases. The first phase was to explore the expression of Cognitive Distortions in our culture, on the basis of Beck's model of Cognitive triad. An initial pool of 122 items was generated from indigenous case reports, interview from patients and clinical psychologists. The 78 most appropriate items were selected for final scale. In second phases, Dysfunctional Attitude Scale (DAS) was translated into Urdu to establish concurrent validity of developed scale. In third phase, the psychometric properties of the developed scale were established. Both the scales were tested on a total sample of 120 adults with 60 of Major Depressive Disorder (MDD) and 60 of Anxiety Disorders. The scale showed overall internal consistency of 0.90, concurrent validity of $r=0.50$, test retest reliability of 0.82. The scale showed significant correlation between sub scales; View about self, view about world and View about future, ranging from 0.56 to 0.95. The t-test showed significant difference between Cognitive Distortion scores on both diagnostic groups. The percentiles and cut off scores for Major Depressive Disorder (MDD) have been determined. Results are discussed in the light of cultural factors and aspects of method used for study.