

Kinga Farkas (Hungary).

¹Semmelweis University, Department of Psychiatry and Psychotherapy, Budapest, Hungary, ²Eötvös Loránd University, Department of Cognitive Psychology, Budapest, Hungary

Individuals with autism spectrum disorder (ASD) are more likely to experience depression in their lifetime than neurotypical individuals. However, the nature of this relationship remains unclear. We hypothesized that attachment style, mentalization, social support, and psychological flexibility might affect depressive symptoms, but due to difficulties in theory of mind and social communication in ASD, the extent of their effects differs between individuals with and without an autism spectrum disorder diagnosis. Data of 1783 participants (ASD N=133, non-ASD N=1650) were analysed from an online questionnaire, comprising Autism Spectrum Quotient (AQ), Beck Depression Inventory (BDI), Mentalization Questionnaire (MZQ), Adult Attachment Scale (AAS, anxious and avoidant), Multidimensional Scale of Perceived Social Support (MSPSS) and Acceptance and Action Questionnaire-II (AAQ-II). We performed a moderated mediation analysis. The significant association between AQ and BDI was mediated by MZQ, AAS, MSPSS, and AAQ, but ASD diagnosis moderates this effect. In the non-ASD group MZQ and AAQ-II, while in the ASD group, Avoidant Attachment and AAQ-II have significant indirect effects. In summary, in ASD avoidant attachment style, while in non-ASD mentalization has a larger indirect effect on depressive symptoms. This difference is of great importance for the design of therapeutic interventions.

PS01 Posters Presentations