
Assessment of cognitive mediation in people with learning disabilities.

Scenario 1: 'You are in bed one night and you hear a loud noise downstairs'

'This is your face (Happy/Sad)'

'What might you be thinking or saying to yourself?'

Scenario 2: 'You walk into a room where there are a group of your friends, as you walk in they start to laugh'.

'This is your face (Happy/Sad)'

'What might you be thinking or saying to yourself?'

Scenario 3: 'You want to go on a special trip but there is only one place and your friend is chosen to go instead'

'This is your face (Happy/Sad)'

'What might you be thinking or saying to yourself?'

Scenario 4: 'You see a group of your friends but they do not say hello'

'This is your face (Happy/Sad)'

'What might you be thinking or saying to yourself?'

Scenario 5: 'You have been asked to go and see the centre manager'

'This is your face (Happy/Sad)'

'What might you be thinking or saying to yourself?'

Scenario 6: 'It is your first day at a new job that you have not done before'

'This is your face (Happy/Sad)'

'What might you be thinking or saying to yourself?'

Dagnan, D. & Chadwick, P. (1997). Assessment and intervention in cognitive therapy for people with learning disabilities. In Kroese, B., Dagnan, D., & Loumides, K. (Eds) *Cognitive-Behaviour Therapy with People with Learning Disabilities*. London: Routledge.

Assessing recognition and understanding of happy and sad emotional states

1. Birthday

- You get out of bed
 - You go downstairs
 - It is your birthday
- Which face is your face?

2. Dog

- You take your dog for a walk
 - The dog breaks the lead
 - You have lost your dog
- Which face is your face?

3. Friends

- You and your friend have fight
 - Your friend walks away
- Which face is your face?

4. Good work

- You go to the centre
 - Your work very hard
 - Your tutor says, that's good work <name>
- Which face is your face?

5. End of the day

- You come home from the centre
 - You're very tired
 - Your mother <key worker> makes you a cup of tea
- Which face is your face?

6. Hot weather

- It's a very hot day
 - You want an ice cream
 - The ice cream shop is closed
- Which face is your face?