A Trans-Diagnostic Approach to Treating Self Control Failure

**Abstract**: Certain processes may underlie multiple disorders. Delay discounting describes the decline in the value of a reinforcer as a function of the delay until its receipt. Most people discount delayed reinforcers. However, individuals with disorders including as drug addiction, pathological gambling, overeating, and those who fail to engage in a variety of health behaviors, discount delayed reinforcers substantially more rapidly than do healthy controls. This suggests that high rates of delay discounting may be a trans-diagnostic process (i.e., a process that occurs across a range of disorders, making findings from one disorder relevant to other disorders). In this presentation, I show evidence of that delay discounting functions as a trans-diagnostic process, undergirded by an imbalance between two competing neurobehavioral decision systems. Novel interventions, based on narrative theory, that alter the value of delayed rewards are then presented.