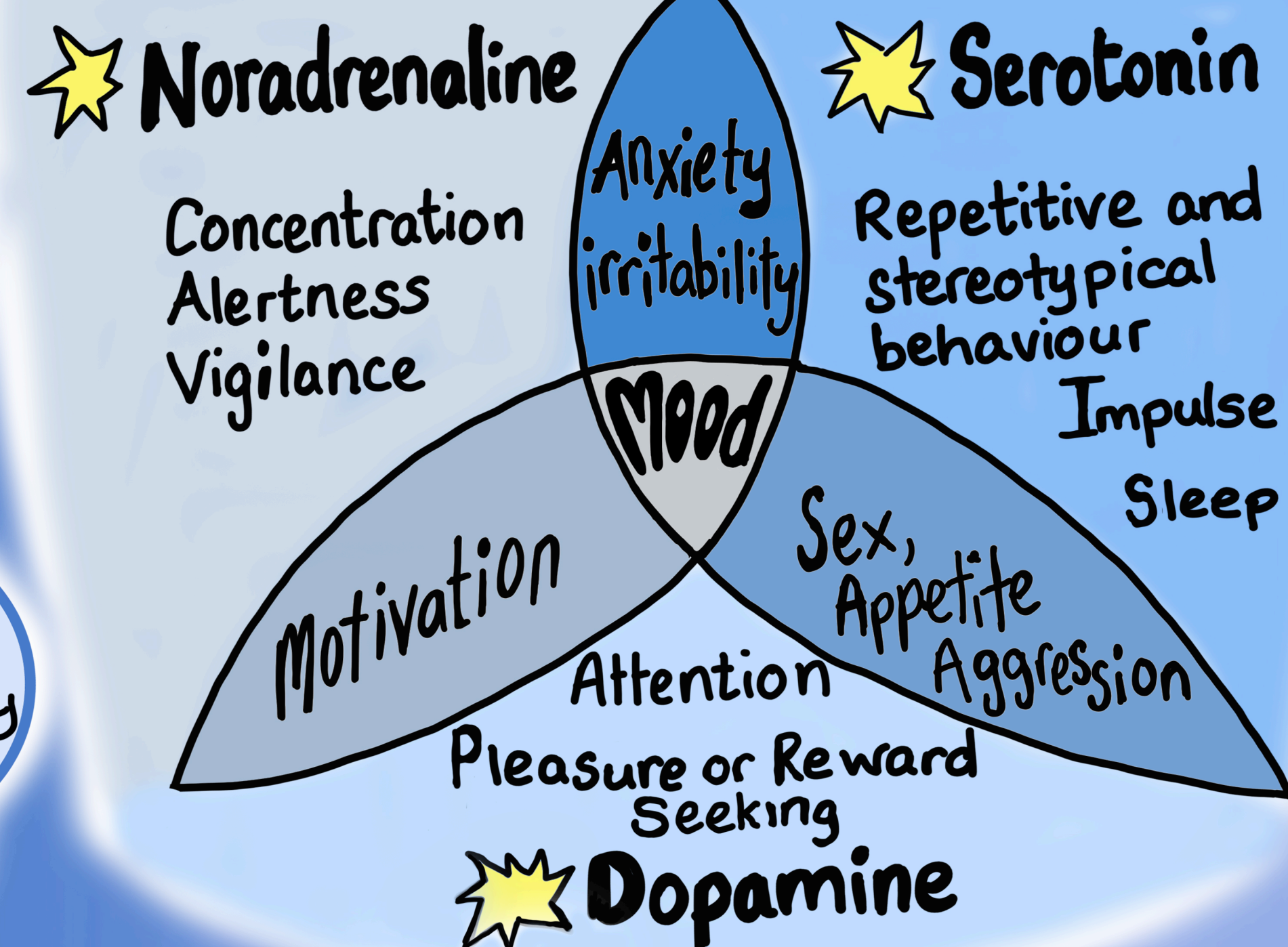


Depression

★ **Monoaminergic neurotransmitter systems and their role in mood, emotion and cognitive function.**



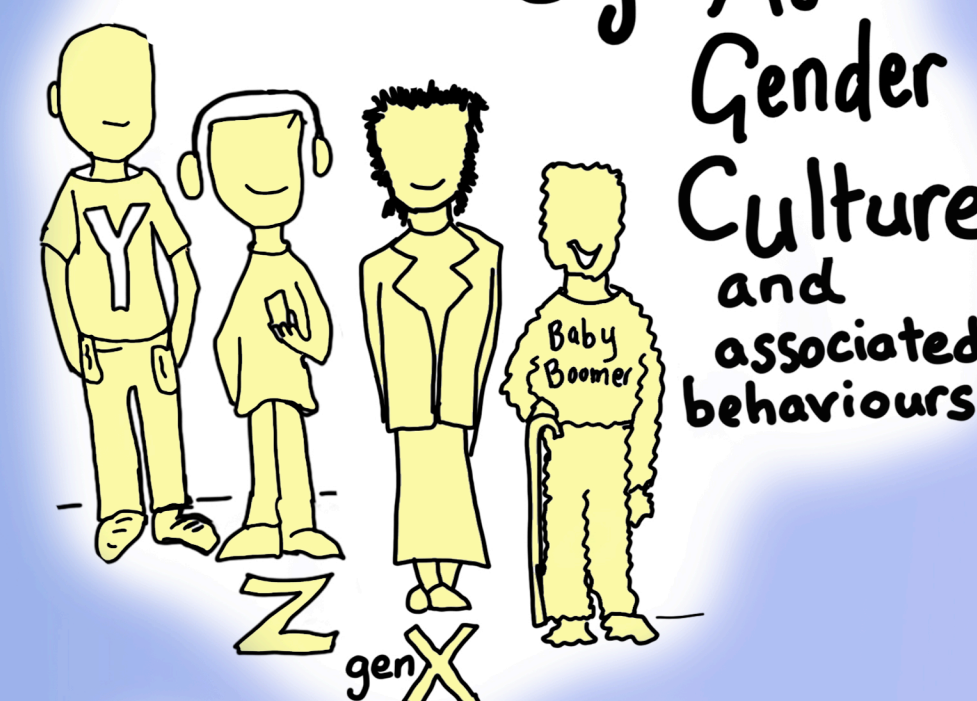
Psychological Theories

- ★ Behaviourist
 - Classical conditioning
 - Social Learning Theory
- ★ Operant conditioning
- ★ Psychodynamic theory (1960's-70's)
- ★ Beck's 1967 Cognitive model - Cognitive triad, cognitive distortions, core irrational beliefs
- ★ Seligman's (1974) Learned helplessness
- ★ 'Attribution model', Abramson, Seligman and Teasdale (1978)
- ★ Wolpe's (1986) Model of neurotic depression
- ★ Models of rumination. eg Nolen-Hoeksema's (1991)

Repetitive thinking about emotions or circumstances round in circles

Social

Depression affects people in different ways e.g. Age Gender Culture and associated behaviours



Biological

- Faulty wiring
- Brain atrophy
- HPA system imbalance → stress hormones
- Genetic predisposition
- Brain inflammation
- Immune system
- Neurogenic and neurotrophic hypothesis

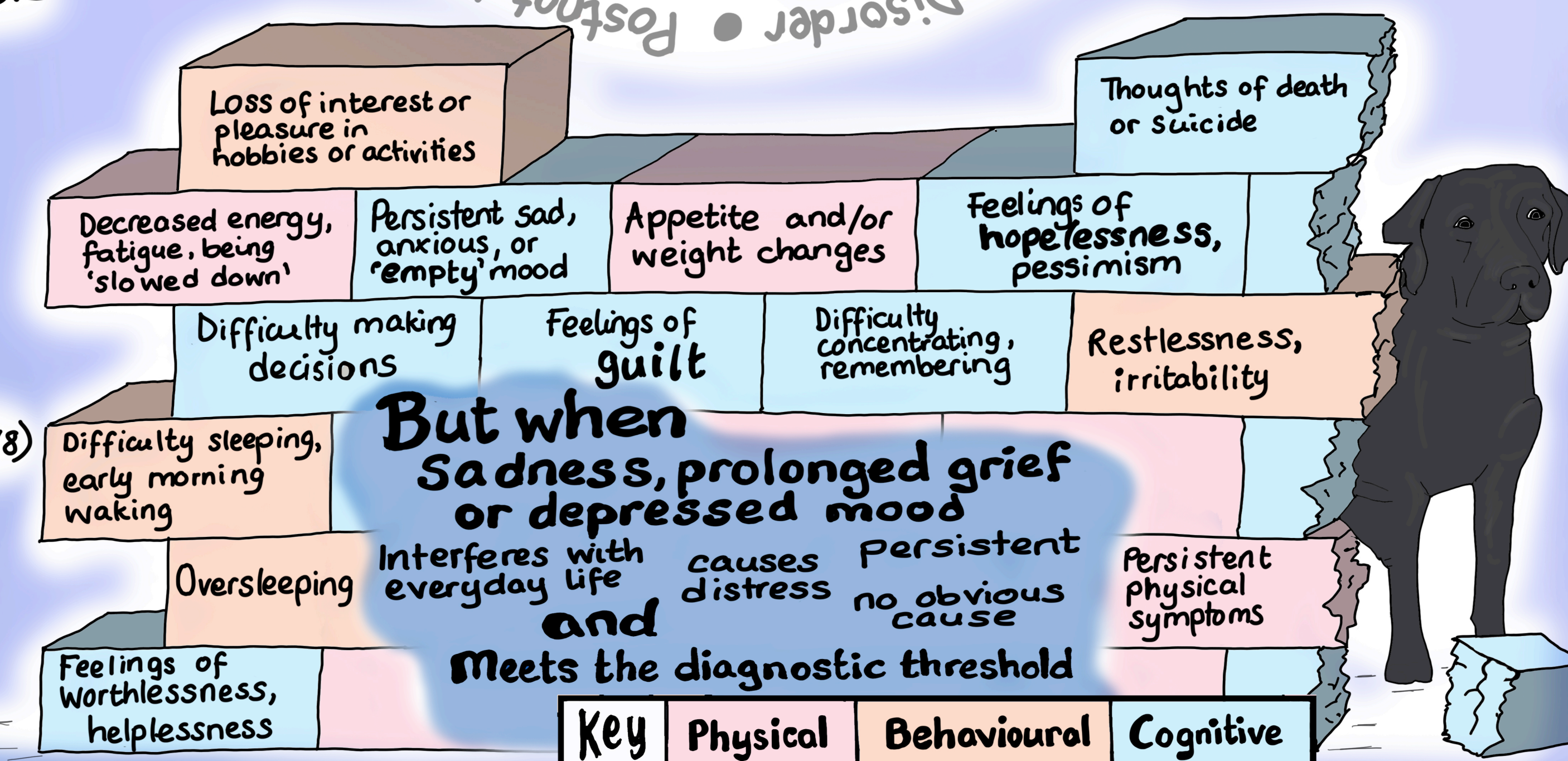
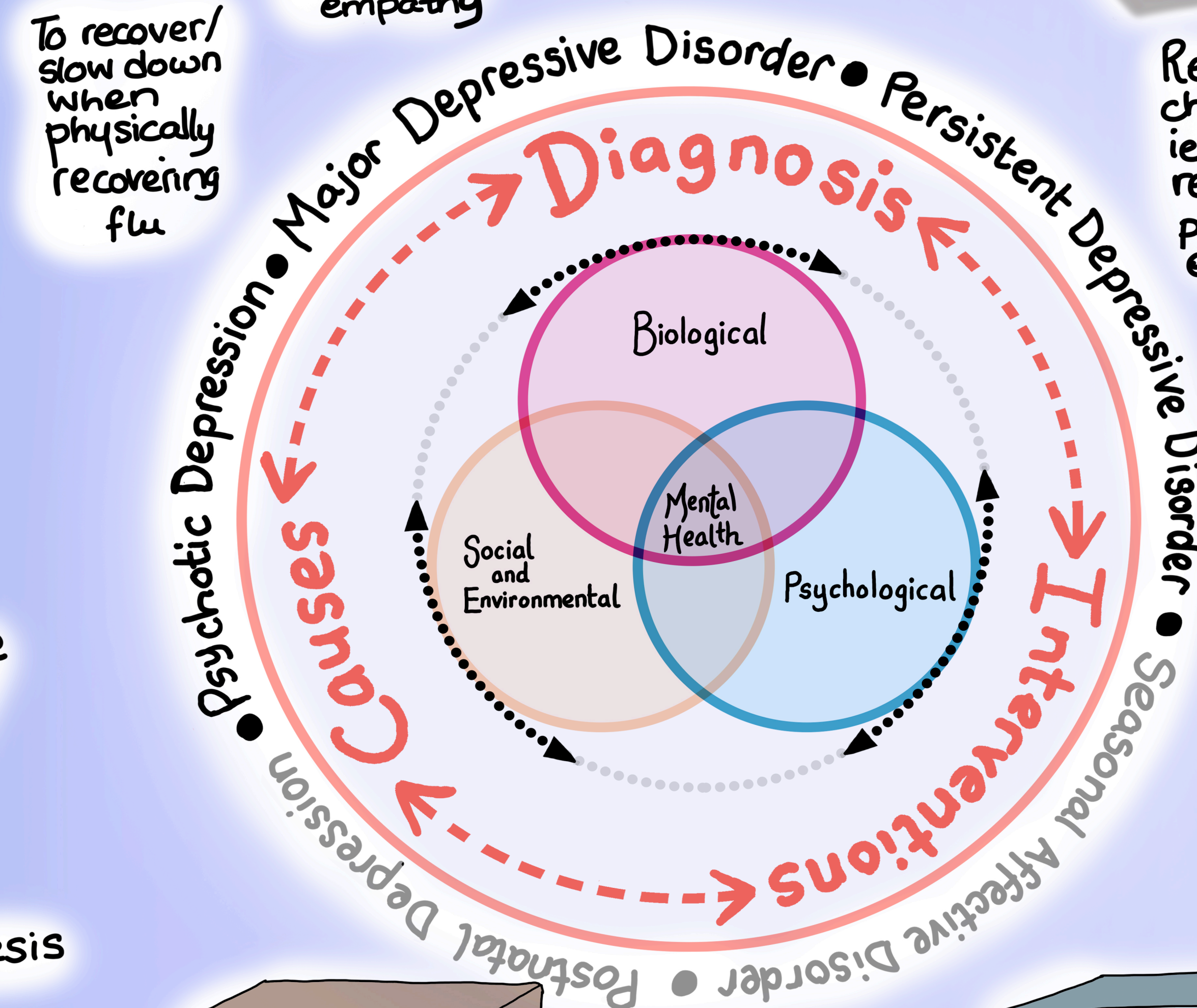
Depression 'Beyond Sadness'

Provides a richness of human experience
↳ able to appreciate the positives
↳ enable empathy

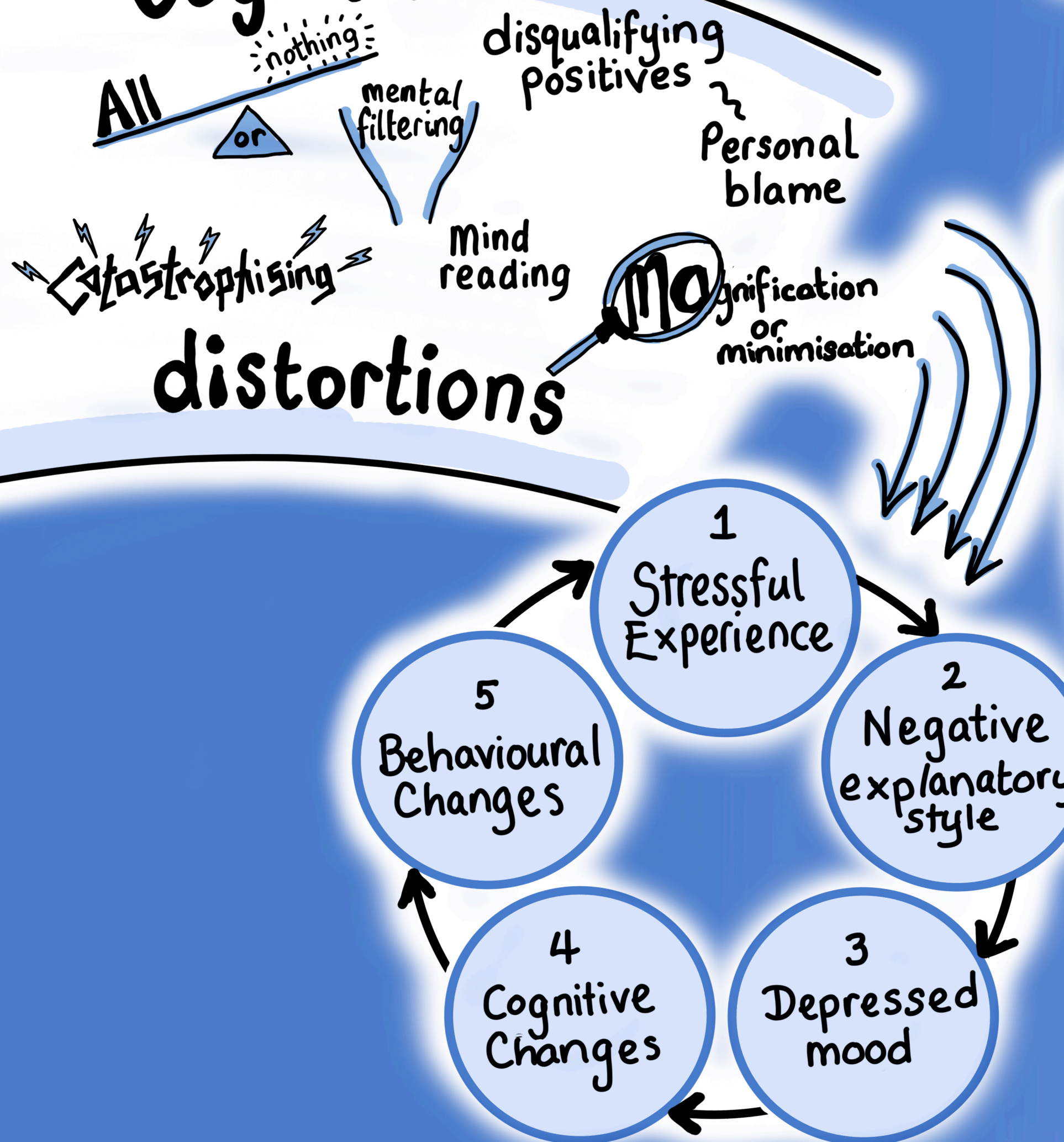
Low mood allows you to reflect on/process life events and adapt

Aspects of Depression

Really check ie reevaluate/ reset goals, plans and expectations



Cognitive



Treatment and Management

Cognitive Behavioural Therapy (CBT)
Interpersonal Therapy (IPT)
Pharmacological (antidepressants)
Treatment resistant → ECT and Brain stimulation therapies (DBS, rTMS)

depressed mood anhedonia loss of interest hypersomnia rumination about the past/guilt/dying

Signs, Symptoms and Behaviours