

PREP WORK

Psychopathology - The cognitive approach to explaining and treating depression

Make notes on the material below using the Psychopathology information pack and videos on the Psychopathology page on the website.

Once you feel confident that you understand and can remember the following information, tick the relevant box.

These notes will provide you with the core knowledge you need for the lessons on this topic.

Learning outcome	Notes complete	How well do you understand this? Write RED, AMBER or GREEN
Explaining depression		
What are the main assumptions of the cognitive approach? (see prep page)		
What does the cognitive approach suggest causes depression?		
Write definitions for the following key terms: <i>mustabatory thinking, irrational thinking, maladaptive behaviour, schema, cognitive bias, overgeneralising, catastrophising</i>		
Draw a diagram of Ellis' ABC model comparing the ABC for a person who suffers with depression and a person who does not suffer with depression. Include a real life example for each of the ABC components.		
Using an example, describe Ellis' ABC model.		
Give an example of mustabatory thinking.		
What are the 3 components of Beck's cognitive triad?		
Give an example of a negative self-schema someone with depression may have.		
Give a definition of two cognitive biases and give a real life example for one of these.		
Draw Beck's negative triad and label with a real life example.		
Treating depression		
What is the aim of cognitive behavioural therapy (CBT)?		
What symptoms of depression does CBT aim to reduce?		
Write definitions for the following key terms: <i>behavioural activation, empirical dispute, logical dispute</i>		

Challenge task: Two individuals who are suffering from depression have written to a Doctors column in a newspaper seeking advice on treatment. The doctor has concluded that CBT would be an appropriate treatment for one of the individuals but not for the other. Your task is to write the two letters that have been sent to the Doctors newspaper column, each letter should be no more than 100 words.