**PREP work**

**Psychopathology -** The cognitive approach to explaining and treating depression

***Make notes on the material below using the Psychopathology information pack***

***Alternatively, you can use the QR code opposite to access 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.**

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| --- | --- | --- | --- |
| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this (use this for revision)** |
| **Explaining depression** |
| What are the main assumptions of the cognitive approach? |  |  |  |
| What does the cognitive approach suggest causes depression? |  |  |  |
| Using an example, describe Ellis’ ABC model. |  |  |  |
| What is mustabatory thinking? Give an example. |  |  |  |
| What are the 3 components of Beck’s cognitive triad?  |  |  |  |
| What is a schema? 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. |  |  |  |
| Describe the negative triad. |  |  |  |

**Also include the following in your notes:**

* **Key terms:**irrational thinking,maladaptive behaviour, behavioural activation, thought catching, empirical dispute, logical dispute, cognitive bias, overgeneralising, catastrophising.
* **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.
* **Draw:**Beck’s negative triad and label with a real life example.