Cognitive explanation and treatment of depression ESQs

**Q1.** Complete the diagram below, by filling in **A** and **B**, to show Beck’s negative triad as it is used to explain depression.

**Beck’s negative triad**

 

**(Total 2 marks)**

**Q2.** Briefly outline **one** strength of the cognitive explanation of depression.

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 **Q3.** Outline cognitive behaviour therapy as a treatment for depression.

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**Q4.** Briefly describe **one** study in which treatment for unipolar depression **or** bipolar depression was investigated.

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**Q5.** Outline **at least two** ways in which a cognitive psychologist might explain depression in a person who has recently become unemployed.

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