Main Assumptions:

**The Cognitive Approach to explaining Depression**

**Suggestions as to the cause of Depression – Negative Triad**

**Negative schema** - Depressed people have acquired a negative **schema** during \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – a tendency to adopt a negative view of the world. This may be caused by a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of factors, including parental and/or peer rejection and criticisms by teachers. These negative schemas (e.g. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) are activated when an individual encounters a \_\_\_\_\_\_\_\_ situation (e.g. an exam) that resembles the original condition of when the schemas were learned. Negative schemas lead to ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_*** in thinking.

**Examples of cognitive bias**

Minimisation –

Maximisation –

Mind reading –

Fortune telling -

**The negative triad**

**Self**

**Future**

**World**

**Suggestions as to the cause of Depression – ABC model**

**Ellis’ ABC model** - Ellis proposed that many problems are caused by **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and self-defeating** beliefs that put **unreasonable \_\_\_\_\_\_\_\_\_\_\_\_** on the individual. Ellis particularly focuses on how **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ attitudes** cause problems when something **unpleasant happens.**

**Mustabatory thinking**

**A**

**Activating Event**

**B**

**Belief**

**C**

**Consequence**

**Evaluation of the cognitive approach to explaining Depression**

**POINT: A strength of the Cognitive explanation of depression is that there is evidence to support the role of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ thinking.**

**EXAMPLE:** **Bates et al (1999)** found that depressed participants who were given negative automatic thoughts statements become more and more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**EVALUATION:** ***This is a strength because*** the research supports the view that negative thinking is associated with depression, supporting both the negative triad and the ABC model.

\*\*Potential issue with this research\*\*

**POINT: A weakness of the cognitive approach to depression is that it \_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**EVIDENCE:** For example, the cognitive approach suggests disorders are simply in the patient’s \_\_\_\_\_\_\_\_\_ (e.g. an individual is depressed because they have negative thoughts), this could lead to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ factors (e.g. family) being overlooked.

**EVALUATION:** This is a problem because it may be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to place a large burden of blame on a person prone to negative thoughts and depression, as a result, if individuals feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for their own abnormality this could lead to delays in treatment as the individual may lack \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**POINT: The cognitive explanations of depression can be criticised as \_\_\_\_\_\_\_\_\_\_\_\_\_:**

**EVIDENCE:** For example, the cognitive explanation states that if an individual thinks in a negative way/has negative automatic thoughts they \_\_\_\_\_\_\_\_ develop depression.

**EVALUATION:** This is a weakness because this theory of depression ignores the fact that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ research has indicated that depression can be down to low levels of the neurotransmitter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and therefore, the cognitive approach can be seen to be too simplistic.



**Ellis’ Rational Emotive Behavioural Therapy**

**Aim** – to challenge \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ thoughts and replace them with more rational ones

REBT incorporates Ellis’ \_\_\_\_\_\_\_\_ model of depression

**A01**

**The Cognitive Approach to *treating* depression**

**Procedure**

1. The first part of the therapy is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; the aim is for the therapist to persuade the client that their beliefs are irrational and are the cause of their emotional turmoil.
2. The client’s beliefs (their irrational thoughts) are constantly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (this is the cognitive part of the therapy).
3. Clients are given \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ assignments which make them face up to their irrational beliefs in \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ - with the effect that they will then change their behaviour (this is the behavioural part of the therapy).
4. The eventual **goal is a \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the new, rational beliefs.**

**A - Activating Event**

**(negative)**

**B (DEF) - Belief**

**(dispute system)**

**C - Consequence (healthy, positive)**

**A - Activating Event**

**(negative)**

**B - Belief**

**(irrational)**

**C - Consequence (unhealthy, negative)**

**BEFORE REBT**

**AFTER REBT**

Ellis emphasises that it is not the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_** that causes unproductive consequences, therefore focuses on **challenging or disputing** these beliefs and replacing them with effective, rational beliefs.

1. ***\_\_\_\_\_\_\_\_\_\_\_\_ disputing:*** questioning ‘does thinking in this way make sense?’
2. ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disputing:*** Asking ‘are these beliefs consistent with reality?’ ‘Where is the proof that this belief is accurate?’
3. ***\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ disputing:*** Emphasising the lack of usefulness of self-defeating beliefs, ‘how is this belief likely to help me?’

This process helps a patient to move from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to a more \_\_\_\_\_\_\_\_\_\_\_\_\_ interpretation of events.

**Evaluation of the Cognitive approach to treating Depression**

**POINT: A strength of CBT is that research has suggested that it can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ treat abnormalities such as OCD.**

**EXAMPLE:** From a meta-analysis**, Engels et al (1993)** concluded CBT is an effective treatment for a range of different disorders such as depression and social phobia.

**EVALUATION:** **This is positive** because it suggests that CBT can be useful to more people than many other treatments, without the harmful \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ of drug therapies. Furthermore, CBT can be seen to not just assist individuals with dealing with the symptoms of their depression, many patients can \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the skills they have developed through CBT to help them with other issues.

**POINT: However, CBT may not be a \_\_\_\_\_\_\_\_\_\_\_\_\_ treatment for all depression sufferers**

**EXAMPLE:** For example, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can affect whether or not CBT is effective from person to person. Some individuals feel very \_\_\_\_\_\_\_\_\_\_\_\_\_\_ about treatments such as CBT and are prepared to \_\_\_\_\_\_\_\_\_\_\_\_ with the programme whereas others \_\_\_\_\_\_\_\_\_\_\_ to engage with programme requirements such as the completion of homework tasks/find it difficult to actively apply the principals to their everyday life.

**EVALUATION:** **This is a weakness as it suggests that CBT would not be the best treatment for all depression sufferers, *this means*** that it is vitally important that the \_\_\_\_\_\_\_\_\_\_\_\_ of the individual client/patient should always be considered before a course of treatment is decided.

**POINT: CBT fails to acknowledge that some mental disorders may be due to biological factors.**

**EXAMPLE:** For example, according to the Biological approach, OCD may be linked to low levels of serotonin in the brain suggesting that the cognitive therapies ignore the role that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can play in a mental disorder.

**EVALUATION:** **This is problematic because** it means that CBT will not work for some clients as the role of biology in mental disorders is not being considered.