

Name _____

Mr. Crane's quick guide to depression

This is a list of the important research in preparing for an essay on Depression. Of course, you can learn more. The more the better. But with this handy-dandy list, you should be able to write a fine essay.

The Perspectives

Biological	<ul style="list-style-type: none">• <i>Nurnberger and Gershon</i>: Genetics. MZ 65%; DZ 14% Concordance is not 100%• <i>Janowsky</i>: physostigmine induces depression.• <i>The diathesis-stress model</i>
Psychodynamic	<ul style="list-style-type: none">• <i>Freud</i>: the mourning cycle; introjection.• <i>Brown and Harris</i>: Vulnerability model: lacking employment away from home; absence of an intimate, confiding relationship; having several young children at home; loss of her mother at an early age• <i>Bifulco</i>: study of women that had lost mother at early age.
Learning	<ul style="list-style-type: none">• <i>Skinner</i>: Behaviours which are not positively reinforced tend to disappear from the person's behaviour repertoire and said to be extinguished.• <i>Lewinsohn</i>: Withdrawal from social contact will further reduce the opportunity for receiving social reinforcement.
Cognitive	<ul style="list-style-type: none">• <i>Seligman</i> (1975) 'Learned helplessness theory'• <i>Petersen and Seligman</i> (1984) developed an 'Attributional Style Questionnaire' (ASQ)• <i>Sweeney</i>: 15,000 subjects that showed that the tendency to attribute negative events to internal, stable and global causes is reliably predictive of depression.• <i>Albert Ellis</i>: irrational cognitions.• <i>Aaron Beck</i>: Faulty thinking

Point to remember:

It is very often difficult to distinguish between the causes of the depression and the effects of the disorder.

Cultural Studies

- **WHO** (1983) identified common elements in four different countries: Iran, Japan, Canada and Switzerland. The symptoms were sad affect, loss of enjoyment, anxiety, tension, lack of energy, loss of interest, inability to concentrate, and ideas of insufficiency, inadequacy and worthlessness, *but it did not come up with a clear-cut pattern of universals.*
- **Prince** 1968. Earlier reports claimed that there was no depression in Africa and various regions of Asia, but this study found that rates of reported depression rise with Westernisation in the former colonial countries. The negative symptoms of depression (loss of appetite, insomnia, inability to experience sexual pleasure, fatigue) are present but in most non-Western cultures the experience of guilt is mostly absent
- **Kleinman** (1982) showed that in China somatization served as a typical channel of expression and as a basic component of depressive experience.

Gender Studies

Williams and Hargreaves (1995) argue that hormonal changes of the menstrual cycle may have an effect in change of mood even though it cannot be said to directly cause depression.

Cochrane (1995) identifies a number of non-biological explanations of women's greater susceptibility to depression:

- Girls have a greater risk to experience sexual abuse
- Learned helplessness as a result of general female gender role
- Female-male difference in rate of depression highest between ages of 20-50. These are the years where females have a hard life being mothers, working etc.
- The Social Creation of Mental Illness (Cochrane, 1983) proposes that depression might be a coping strategy for women