

Causal Explanations as a Risk Factor for Depression: Theory and Evidence

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The attributional reformulation of the learned helplessness model claims that an explanatory style in which bad events are explained by internal, stable, and global causes is associated with depressive symptoms. Furthermore, this style is claimed to be a risk factor for subsequent depression when bad events are encountered. We describe a variety of new investigations of the helplessness reformulation that employ five research strategies: (a) cross-sectional correlational studies, (b) longitudinal studies, (c) experiments of nature, (d) laboratory experiments, and (e) case studies. Taken together, these studies converge in their support for the learned helplessness reformulation.

After experiencing uncontrollable events, a variety of organisms show cognitive, motivational, and emotional deficits (Maier & Seligman, 1976; Seligman, 1975). This *learned helplessness* phenomenon has parallels with depression in people and has been proposed as a model of this psychopathology (Seligman, 1974). When helplessness theory proved unable to account for the generality and chronicity of depressive symptoms or for self-esteem loss in depression, it was revised along attributional lines (Abramson, Seligman, & Teasdale, 1978). According to this reformulation, the boundary conditions of depression following bad events are determined by causal attributions about the events (for similar formulations, see Miller & Norman, 1979, and Roth, 1980). The central prediction of the reformulation is that individuals who have an explanatory style that invokes internal, stable, and global causes for bad events tend to become depressed when bad events occur.

Our primary purpose here is to describe the empirical investigations of this theory conducted by our research group, and to evaluate the theoretical status of the attributional model. The juxtaposition of conceptual clarification with evidence from several levels of analysis may allow a valid assessment of the theory.

Theory

Helplessness Theory: Old and New

The learned helplessness phenomenon was first described systematically by animal learning researchers at the University of Pennsylvania (Overmier & Seligman, 1967; Seligman & Maier, 1967). Mongrel dogs, following exposure to inescapable electric shock, showed striking deficits 24 hours later when placed in a shuttlebox in which the simple act of crossing a barrier would terminate shock. Unlike dogs not previously exposed to uncontrollable shock, these animals seemed helpless. They initiated few attempts to escape the shock (motivational deficit). They were not likely to follow an occasionally successful response with another (learning or cognitive deficit). They did not evidence much overt emotionality while being shocked (emotional deficit).

These deficits were interpreted in cognitive terms (Maier, Seligman, & Solomon, 1969; Seligman, Maier, & Solomon, 1971). During exposure to the electric shocks, the dogs learned that shocks were independent of responses.

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Depression Theory And Research

William T. O'Donohue, Jane E. Fisher



Depression Theory And Research:

Depression: Theory and Research Joseph Becker, 1974

Contemporary Psychological Approaches to Depression

Rick E. Ingram, 2012-12-06 In 1988 the Department of Psychology at San Diego State University initiated the first in a planned conference series on Contemporary Issues in Clinical Psychology. It was decided that the focus of this first conference would be depression. Consequently a number of distinguished scholars were invited to San Diego to discuss contemporary theoretical, empirical, and treatment issues in depressive disorders. This volume contains the results of this conference. Each chapter remains true to the original presentation although each has been extensively reworked by the authors for inclusion in a book format and in some cases co-authors have aided in revisions for the volume. Given the sheer quantity and impressive quality of contemporary research, it may not be possible to overstate the impact of psychological approaches on our understanding of depressive disorders. Accordingly, the aim of this conference was within the limited amount of time available for such an endeavor to chronicle the current status of the psychology of depression. In inviting participants to this forum, no attempt was made to reflect only certain theoretical views. Contemporary psychological theory and research in depression, however, are dominated by cognitive viewpoints, and the influence of cognitive perspectives is thus unmistakable throughout the present volume.

The Theory and Treatment of Depression Jozef Corveleyn, Patrick Luyten, Sidney J. Blatt, Hilde Lens-Gielis, 2013-04-15

Recent research indicates that depression, once believed to be relatively benign, is highly recurrent and does not respond well to treatment. The goal of this book is to facilitate the development of more encompassing theories and more effective treatments for this disabling disorder by fostering dialogue and enhancing the integration of work across the boundaries of separate fields.

Scientific Foundations of Cognitive Theory and Therapy of Depression David A. Clark, Aaron T. Beck, 1999-04-30

Based on decades of theory, research, and practice, this seminal book presents a detailed and comprehensive review, evaluation, and integration of the scientific and empirical research relevant to Aaron T. Beck's cognitive theory and therapy of depression. Since its emergence in the early 1960s, Beck's cognitive perspective has become one of the most influential and well-researched psychological theories of depression. Over 900 scientific and scholarly references are contained in the present volume, providing the most current and exhaustive evaluation of the scientific status of the cognitive theory of depression. Though the application of cognitive therapy has been well documented in the publication of treatment manuals, the cognitive theory of depression has not been presented in a unified manner until the publication of this book. Co-authored by the father of cognitive therapy, *Scientific Foundations of Cognitive Theory and Therapy of Depression* offers the most complete and authoritative account of Beck's theory of depression since the publication of *Depression: Causes and Treatment* in 1967. Through its elaboration of recent theoretical developments in cognitive theory and its review of contemporary cognitive clinical research, the book represents the current state of the art in cognitive approaches to depression. As a result of its critical examination of cognitive clinical research and experimental

information processing the authors offer many insights into the future direction for research on the cognitive basis of depression. The first half of the book focuses on a presentation of the clinical phenomena of depression and the current version of cognitive theory. After outlining important questions that have been raised with the diagnosis of depression, the book then traces the historical development of Beck's cognitive theory and therapy through the 1960s and 70s. It presents the theoretical assumptions of the model and offers a detailed account of the most current version of the cognitive formulation of depression. The second half of the book provides an in-depth analysis of the empirical status of the descriptive and vulnerability hypotheses of the cognitive model. Drawing on over three decades of research, the book delves into the scientific basis of numerous hypotheses derived from cognitive theory, including negativity exclusivity, content specificity, primacy, universality, severity, persistence, selective processing, schema activation, primal processing, stability, diathesis, stress, symptom specificity, and differential treatment responsiveness. In 1967, the first detailed description of the cognitive theory of depression was published in *Depression: Causes and Treatment* by one of us, Aaron T. Beck. The basic concepts of the theory laid out in that volume still provide the foundation for the cognitive model. 30 years later, as well, the first systematic investigations of the theory described in the 1967 volume contributed to a paradigmatic shift in theory, research, and treatment of depression that resulted in a very vigorous and widespread research initiative on the cognitive basis of depression. The present book is intended to provide a comprehensive and critical update of the developments in cognitive theory and research on depression that have occurred since the initial publication in the 1960s.

David A. Clark, from the Preface

The Psychology of Depression Raymond J. Friedman, Martin M. Katz, 1974. A Halstead Press book.

Problem-Solving Therapy for Depression Arthur M. Nezu, Christine M. Nezu, Michael G. Perri, 1989-01-17. A manual for the diagnosis and treatment of depression based on a new integrated view of the nature, course, and treatment of depression. Depression is one of the most prevalent mental health problems. The authors present a theoretical problem-solving model which unifies the strengths of cognitive-behavioral therapies, all supported by an overview of relevant research. They then provide a step-by-step practical guide to conducting problem-solving therapy for depressed patients. The clinical guidelines and case study examples are stimulating and set this book apart from those simply describing research findings.

Etiopathogenic Theories and Models in Depression Juan Pablo Jiménez, Alberto Botto, Peter Fonagy, 2022-02-03. This book reviews the different theories and models that seek to explain the causes of depression from different perspectives, from the molecular to the socio-cultural level. Depression is a complex psychopathological construct of high phenotypic heterogeneity which must be understood as a phenomenon in which different explanatory levels interact with each other. However, very little is known about this interaction. The aim of this book is to provide clinical psychologists and psychiatrists with a better knowledge of the interaction of different etiopathogenic levels in order to help these professionals make better therapeutic decisions when treating depressed patients. Chapters in this volume review etiopathogenic theories and models of depression developed by different disciplines and fields of research.

such as clinical psychology psychiatry genetics neurobiology psychophysiology psychoneuroendocrinology and psychosocial studies and examine certain conditions where the integrated consideration of different explanatory levels illuminates how depression originates and is maintained In each chapter authors critically review the state of the art in their field of expertise and explain the weak points of their own theories and their possible openness or connection to alternative theories or models Etiopathogenic Theories and Models in Depression will be a valuable resource for clinical psychologists psychiatrists and other health professionals working with depressed patients as well as to researchers investigating how depression originates and is maintained presenting an integrated perspective of high translational value for clinical practice

The Psychology of Depression Raymond J. Friedman, Martin M. Katz, 1974

Risk Factors in Depression Keith S. Dobson, David J. A. Dozois, 2011-09-02 Depression is one of the most common mental health disorders affecting 14% of all people at some point in their lifetime Women are twice as likely to become depressed as men but beyond gender there are a variety of risk factors that influence the prevalence and likelihood of experiencing depression Risk Factors in Depression consolidates research findings on risk factors into one source for ease of reference for both researchers and clinicians in practice The book divides risk factors into biological cognitive and social risk factors This provides researchers with the opportunity to examine the interface among different theoretical perspectives and variables and to look for the opportunity for more complex and explanatory models of depression Allows reader to compare and contrast the relative states of development of different models and their databases Examines the predictive power of these models related to various phases of clinical depression including onset maintenance and relapse Provides an examination of the therapeutic implications of comprehensive and integrative models of depression

Nursing Theorists and Their Work - E-Book Martha Raile Alligood, Sonya R. Hardin, 2025-06-10 Understand the thinking of 39 leading nursing theorists in one comprehensive text Nursing Theorists and Their Work Eleventh Edition provides a clear in depth look at nursing theories of historical and international significance Each chapter presents a key nursing theory or philosophy showing how systematic theoretical evidence enhances decision making professionalism and quality of care Lead author Martha Raile Alligood is known nationally and internationally for her expertise in nursing theory A classic in the field of nursing theory this text uses objective critiques case studies and critical thinking activities to bridge the gap between nursing theory and application in the practice of nursing NEW Information on the state of nursing in health care after COVID 19 illustrates how nursing knowledge development continues to evolve with new theories that address current health care needs for quality nursing care Theorist chapters written by scholars specializing in that theorist's work often having worked closely with the theorists provide the most accurate and complete information possible Case studies at the end of each theorist chapter present the theory in a larger perspective demonstrating how it can be applied in practice Critical thinking activities at the end of each theorist chapter help you to process the theory presented and apply it to personal and hypothetical nursing practice situations Theory specific diagrams

help you visualize and better understand inherently abstract concepts and their relationships Major Concepts and Definitions boxes outline a theory's most significant ideas and clarify vocabulary Brief summary sections offer valuable review for tests and validate comprehension Points for Further Study sections direct you to sources of additional information A diagram in each unit illustrates the level of abstraction of the theoretical knowledge presented New information on international theorists will be included New information the topic of clinical reasoning and judgment and how it relates to the various theories presented will be included The new AACN Essentials will be addressed and included where appropriate throughout the text

Depression Lynn Rehm, 2010-01-01 A compact practical guide to diagnosis assessment and empirically supported treatments of depression by one of the world's leading experts for students and busy practitioners alike Based on years lived with disability the World Health Organization ranks depression as the fourth largest global disease burden Depression is one of the most frequent problems seen in psychotherapy This book takes the reader through the central issues of diagnosis and treatment of depression It begins with definitions and a readable explanation of the intricacies of depression diagnoses Instruments for assessing depression as a diagnosis and as a dimension are described with their primary uses Major theories are presented with their conceptions of depression and the implications of the conceptions for treatment Today's empirically supported treatments for depression tend to be complex packages with sequences of different interventions This book identifies the basic and common components of therapy for depression i.e. the basic competencies that will allow professionals to treat most cases of depression The book is aimed at students and professionals giving them a comprehensive and up to date overview of psychopathology assessment and treatment of depression Depression Mark A. Reinecke, Michael R. Davison, Michael Davison, 2007-01-29 This volume comprehensively compares and contrasts alternative models of and treatment approaches to clinical depression Each contributor a recognized expert in his or her modality analyzes the same case and provides an overview of the treatment model empirical evidence for both the model and treatment derived from it treatment strategies and interventions including termination issues relapse prevention and recommendations for follow up care Among the 12 approaches presented are Object Relations Cognitive Therapies Schema Focused Couple and Family Integrative Psychotherapy and Psychopharmacology A significant contribution to this volume is the chapter on cultural considerations for understanding assessing and treating depression **Wu Wei, Negativity, and Depression** Siroj Sorajjakool, 2014-06-11 Discover a pastoral approach to depression that combines Eastern wisdom and Western science Wu Wei Negativity and Depression reveals a way to break the cycle of depression not by denying it or fighting it but by the ancient principle of wu wei non trying The bleak cycle of depression starts when people experience negativity They turn inward to try to find self esteem but the negativity strips all the power of self affirmation from them The gap between is and ought how they see themselves and how they want to be is too great to bridge The cycle known as self regulatory perseveration means that depressed persons are caught in a desperate fruitless search for affirmation Instead of

self esteem they find self criticism and further negative thoughts Yet they keep looking and looking and looking The more they look for self worth inside the less they find and the harder they try the cycle continues When trying simply doesn't work wu wei the principle of letting go may help break that cycle When trying simply doesn't work wu wei not trying may help Wu wei is the principle of letting go By giving up on the self imposed and unattainable oughts and shoulds the depressed person stops focusing on self Wu wei breaks the cycle of negativity allowing the depressed person to begin to heal Wu Wei

Negativity and Depression offers a comprehensive discussion of depression including epidemiology of depression etiology and biological causes psychosocial theories standard treatments of the past and present pastoral care of depressed persons This important book constructs a possible approach to depressed souls weary of fighting and trying to fix themselves Wu Wei

Negativity and Depression can bring new hope to those who most need it [Translating Psychological Research Into Practice](#) Lisa R. Grossman, Steven Walfish, PhD, 2013-11-15 It is refreshing to see both a researcher's and a clinician's viewpoint The case examples in the clinician sections are great learning tools This is a wonderful reference for both new therapists and seasoned veterans Researchers also will learn how clinicians use theories in the real world Score 92 4 Stars Doody's Medical Reviews The format whereby the evidence for efficacy of psychological interventions for the problem in question is reviewed by an expert followed by a clinician presenting a case where these treatments were actually utilized and the real life problems one runs up against in the course of treatment is innovative enough But then to repeat this for 65 different problems in a manageable and succinct format represents a true integration of science and practice in a way that will move us forward David H Barlow PhD ABPP Center for Anxiety and Related Disorders Boston University It is only through the development of true partnerships between researchers and clinicians that mental health treatment can achieve an optimal level of success This highly accessible desk reference will assist clinicians in easily incorporating findings from current evidence based research into their day to day practice It bridges the gap between empirical research and the needs of practicing clinicians and clinicians in training The guide brings together respected researchers and clinicians to discuss approaches to treating over 60 problem areas for adults adolescents and children It provides concise easily digestible summaries of the most current evidence based research regarding interventions for many of the most common clinical disorders and mental health issues encountered in everyday clinical practice These summaries present research that has been translated by experienced clinicians into practical applications that can be easily incorporated in therapeutic practice Research coverage of each problem area includes Brief description Incidence prevalence data Summary findings of best practices for treatment Suggestions for research directions Key references for further consultation The corresponding clinical application includes Response to the research summary Case example that applies the evidence based research to clinical practice Identification of challenges and cultural considerations in applying these interventions Suggestions for future research Key references By presenting the perspectives of the mental health researcher and clinician side by side this

reference facilitates an important dialogue that narrows the gap between research and practice and ultimately fosters better mental health outcomes for clients

Key Features Covers over 60 of the most frequently encountered disorders and issues for both adult and pediatric clients that mental health clinicians face today Brings together leading researchers and clinicians to discuss their approaches to treating a clinical problem area Summarizes the current research on treatments in each problem area Interprets research for clinicians offering practice wisdom that helps them become more effective evidence based practitioners

The Oxford Handbook of Cognitive and Behavioral Therapies Christine M. Nezu, Arthur M. Nezu, 2016 The Oxford Handbook of Cognitive and Behavioral Therapies provides a contemporary and comprehensive illustration of the wide range of evidence based psychotherapy tools available to both clinicians and researchers Chapters are written by the most prominent names in cognitive and behavioral theory assessment and treatment and they provide valuable insights concerning the theory development and future directions of cognitive and behavioral interventions Unlike other handbooks that provide a collection of intervention chapters but do not successfully tie these interventions together the editors have designed a volume that not only takes the reader through underlying theory and philosophies inherent to a cognitive and behavioral approach but also includes chapters regarding case formulation requisite professional cognitive and behavioral competencies and integration of multiculturalism into clinical practice The Oxford Handbook of Cognitive and Behavioral Therapies clarifies terms present in the literature regarding cognitive and behavioral interventions and reveals the rich variety similarities and differences among the large number of cognitive and behavioral interventions that can be applied individually or combined to improve the lives of patients

Comprehensive Handbook of Psychopathology Henry E. Adams, 2013-12-18 The major purpose of this handbook is to provide a comprehensive review of current clinical descriptions research and theories of psychopathology Descriptive psychopathology is a field that is the foundation of clinical practice and research in clinical psychology psychiatry psychiatric social work psychiatric nursing and allied professions in mental health Psychopathology is often perceived as a stepchild of the more glamorous areas of diagnosis or assessment and therapy or behavioral change Nevertheless it is doubtful that any meaningful advancements in these areas will occur until there is a thorough understanding of the behavioral disorders The purpose of the present project was to devise a handbook that covered both general and specific topics in psychopathology and that would be useful to researchers practitioners and graduate or other advanced students in the mental health professions In order to implement this plan we selected very carefully colleagues whom we respect for their expertise in particular fields These include both clinicians and researchers with outstanding national reputations as well as more junior behavioral scientists and clinicians who in our opinion will achieve similar recognition in the future The chapters in this book lead us to believe that we have chosen wisely We would like to express our appreciation to these authors for their outstanding contributions and cooperation

Depression Mark A. Reinecke PhD, Michael R. Davison PsyD, 2007-01-29 This volume comprehensively compares and contrasts alternative models

of and treatment approaches to clinical depression Each contributor a recognized expert in his or her modality analyzes the same case and provides an overview of the treatment model empirical evidence for both the model and treatment derived from it treatment strategies and interventions including termination issues relapse prevention and recommendations for follow up care Among the 12 approaches presented are Object Relations Cognitive Therapies Schema Focused Couple and Family Integrative Psychotherapy and Psychopharmacology A significant contribution to this volume is the chapter on cultural considerations for understanding assessing and treating depression

General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy William T. O'Donohue, Jane E. Fisher, 2009-01-09 Proven and effective cognitive behavior therapy is the most widely taught psychotherapeutic technique General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy provides students with a complete introduction to CBT It includes over 60 chapters on individual therapies for a wide range of presenting problems such as smoking cessation stress management and classroom management Each chapter contains a table clearly explaining the steps of implementing each therapy Written for graduate psychology students it includes new chapters on imaginal exposure and techniques for treating the seriously mentally ill

Handbook of Behavioral and Cognitive Therapies with Older Adults Dolores Gallagher Thompson, Ann Steffen, Larry W. Thompson, 2007-10-12 It gives me great pleasure to witness continued growth in the application of cognitive and behavioral theories and therapies to more diverse populations including in this volume their application to the mental health problems of later life Evidence continues to accumulate demonstrating that these are effective in treating a broad range of elderly patient groups This is the first book to examine a number of these evidence based interventions currently in use with older adults The editors have assembled chapters developed in many of the leading clinical and clinical research programs focusing on elderly patients both in this country and in the UK Since the emphasis of this volume is primarily on clinical application each author group was asked to discuss the empirical data for the treatment strategies it is using with the specific patient group selected Typically this was followed by a detailed description of treatment procedures that were then illustrated by one or more clinical examples The book begins by examining the treatment of depressive and anxiety disorders and then moves on to more complicated and/or serious disorders including schizophrenia and other psychoses suicidal behavior personality disorders bipolar disorders dementia and complicated bereavement A chapter on the problems and issues in training therapists to use evidence based interventions effectively is also included along with a chapter discussing the implications of Medicare policies and guidelines for service delivery

Handbook of Cognitive Hypnotherapy for Depression Assen Alladin, 2007 This handbook is the first to provide a conceptual framework and rationale based on scientific theoretical and empirical evidence for combining cognitive behavior therapy with hypnotherapy in treating clinical depression The conceptual framework the Circular Feedback Model of Depression allows clinicians to adopt an evidence based practice in psychotherapy integrating the best research with clinical expertise in the context of patient characteristics

culture and preferences The book offers detailed guidance in applying empirically supported principles of psychological assessment treatment protocols therapeutic relationship and intervention

Unveiling the Magic of Words: A Overview of "**Depression Theory And Research**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Depression Theory And Research**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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