

DISCUSSION QUESTIONS

(Mood Disorders)

Psychodynamic Perspective

1. Discuss the Psychodynamic views of the causes of Depression.
2. Discuss the research that supports this theory.
3. Explain some of the Psychodynamic Approaches to the treatment of Depression.

Humanistic and Learning Perspectives

1. How do Humanistic theorists explain the development of depression?
2. According to the Learning Perspective, what role does reinforcement play in the development of Depression?
3. Discuss the Interactional Theory developed by James Coyne.

Cognitive Theories

1. Explain Aaron Beck's Cognitive Theory of Depression.
2. Discuss the Cognitive Distortions identified by David Burns that may be the type of thinking that can precipitate and maintain Depression.
3. Discuss the research that supports this view.

Learned Helplessness

1. Explain the Learned Helplessness Model of Depression developed by Martin Seligman.
2. How has Seligman's original theory been changed by the inclusion of attribution theory?

Biological Theories

1. Explain the Genetic Factors that may play a role in the onset of a Mood Disorder and explain the research support for this view.
2. Explain the Biochemical and Brain Abnormalities that have been associated with Mood Disorders.
3. Explain the Diathesis-Stress Model and how it explains the onset of Mood Disorders.

Behavioral and Cognitive Treatment of Mood Disorders

1. Discuss how behavioral treatments attempt to "unlearn" depression.
2. Explain Aaron Beck's Cognitive Therapy.
3. How effective is each of the two therapies?

Biological Approaches to Mood Disorders

1. Identify the various categories of Anti-Depressants and how they work in the brain.
2. Discuss the effectiveness of each drug and some of the side effects.
3. Discuss the effectiveness of St. John's Wort. Is it an effective alternative or a placebo?

Biological Approaches to Bipolar Disorder

1. Identify the various drugs used to treat Bipolar Disorder. How do these drugs work in the brain?
2. How effective are these drugs?
3. Discuss the use of ECT and MDD. How effective is this treatment? What are the theories as to how it works?