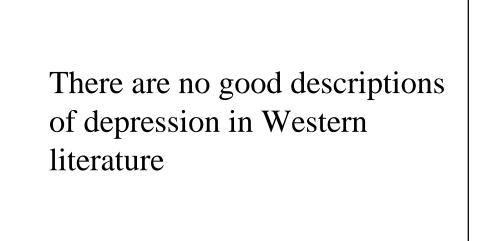


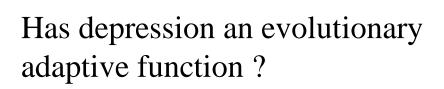
It is a strange state -if you can describe your depression you have not had one.



DSM IV

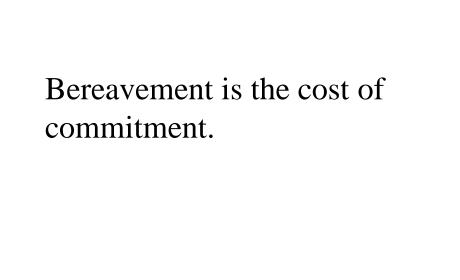
Gain or loss of weight Too much or too little sleep Loss motor control Fatigue Guilt or worthlessness Inability to concentrate Suicidal thoughts The heritability of depression is around 50%. It is usually triggered by a loss. It is often expressed in physical symptoms - somatisation It can be induced by high cortisol-Cushings syndrome

The incidence is about 10%. After puberty the incidence is twofold higher in women in all cultures.



Is the function of depression to make people accept unobtainable goals and so change? As Freud pointed out sadness is the emotion most closely related to depression. Anxiety is common .

Sadness is a basic and universal emotion. Its function is to promote attachment - Bowlby. Sadness promotes attachment to people, things, and aims.



Negative thinking is, as Beck pointed out, a key feature of depression. It involves false beliefs. Depression may result from the positive feedback loop of biological sadness and negative cognition, resulting in malignant sadness

Is negative cognition and attribution due to "confabulation"?