



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

There are no good descriptions  
of depression in Western  
literature

## 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.

Has depression an evolutionary adaptive function ?

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.

Bereavement is the cost of  
commitment.

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”?