

Beck's Theory of Depression: Cognitive Theory of Depression



Evidence Based

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Cognitive Theory of Depression and Cognitive Therapy

1. Cognitive pathology

Why do people get depressed?

Why does depression continue?

2. Cognitive assessment

How is depression measured?

3. Cognitive therapy

How is depression treated?



Technique for Cognitive Therapy, DRDT

Incident	Automatic thoughts	False reasoning	Reasonable thoughts
Criticized by friends	Friends probably hate me	Excessive generalization	Criticism shows an aversion for what I did, not for my personality





False Reasoning

1. Arbitrary reasoning

Eliciting a negative conclusion without any evidence

e.g. individuals presume that they came to be hated by their friend who just fails to send them a birthday card.

2. Selective attention

Paying attention only to subtle negative matters, not on the most obvious one.

e.g. A worker concluded that he was undervalued, finding a bad grade in his evaluation report.

3. Excessive generalization

Arbitrarily concluding various matters with meager experience

e.g. A student who failed in a math exam assumes that he will never pass any other subject.

4. Stretched interpretation and underestimation

Mistaking importance of matters and evaluation of awareness

e.g. An individual considered his failure at work in youth with stretched interpretation and thus underestimates all of his business performances, by thinking “my work has not been going well.”

5. Individualization and self-association to others

Associating negative matters irrelevant to one with oneself

e.g. If I had advised him to quit smoking, he would not have had to die from a heart attack.

6. Perfectionism and dichotomous thinking

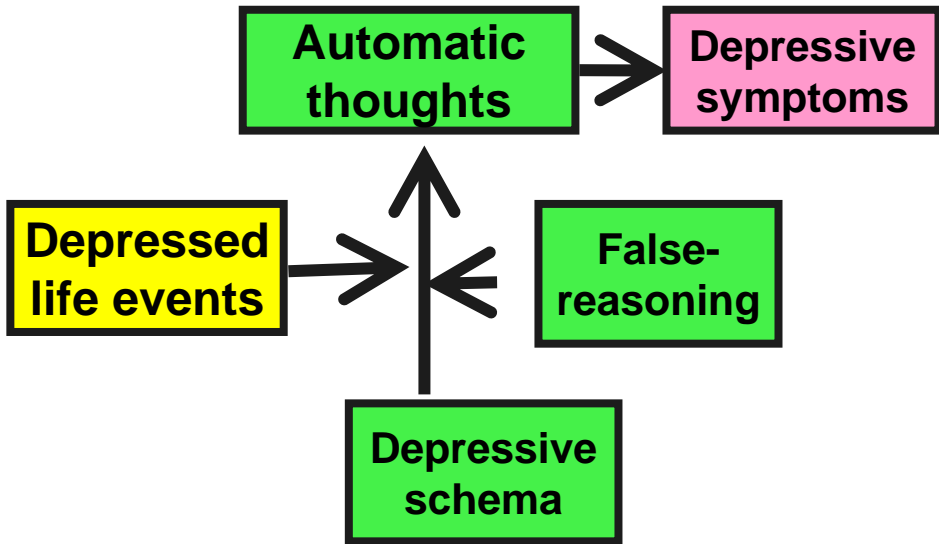
Intolerable of not clarifying black and white for anything

e.g. If my husband left me, I would have any other choice but dying.

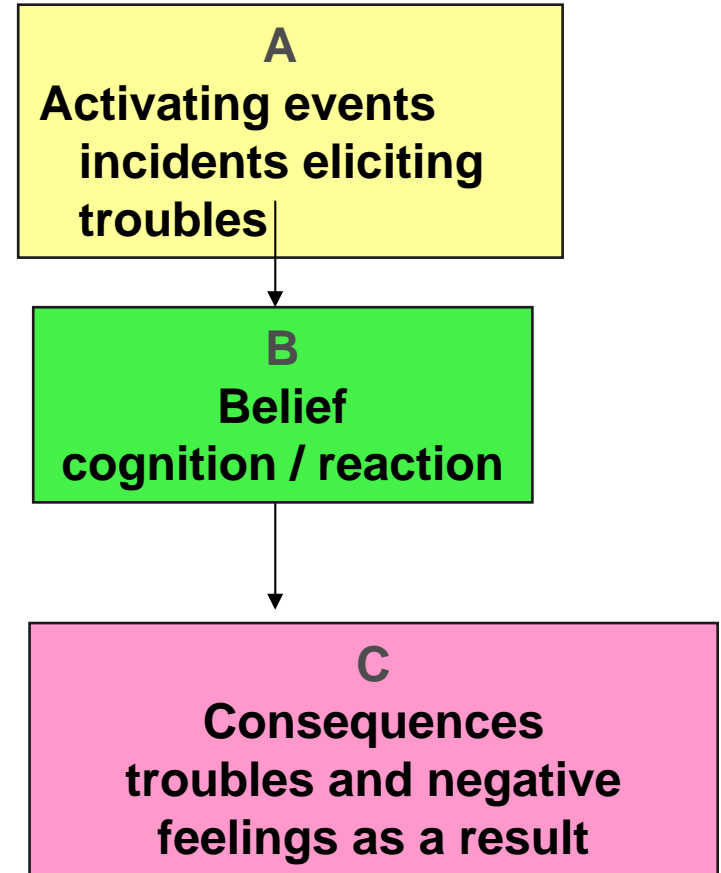


Beck's Cognitive Theory of Depression

A: Incident B: Cognition C: Emotion



Ellis's ABC Chart





* Automatic thoughts

A negative thought unintentionally popped into one's mind

this brings depression

* Three major symptoms of depressive cognition (The cognitive triad)

Three areas (the self, the world and the future) tend to be occupied with negative thoughts. ←?

- **An individual comes to lose self-confidence**
- **Thinks about one's relationship with others negatively**
- **Foresees one's future pessimistically**



Depressogenic Schemata

Schema is a cognitive structure deep inside such as belief and attitude.

“Unless accepted by all people, an individual cannot become happy.” Interpersonal Area

“Failure in business means failure in life.”

Achievement Area

Usually adaptable but contains a structure which generates depression in a certain condition



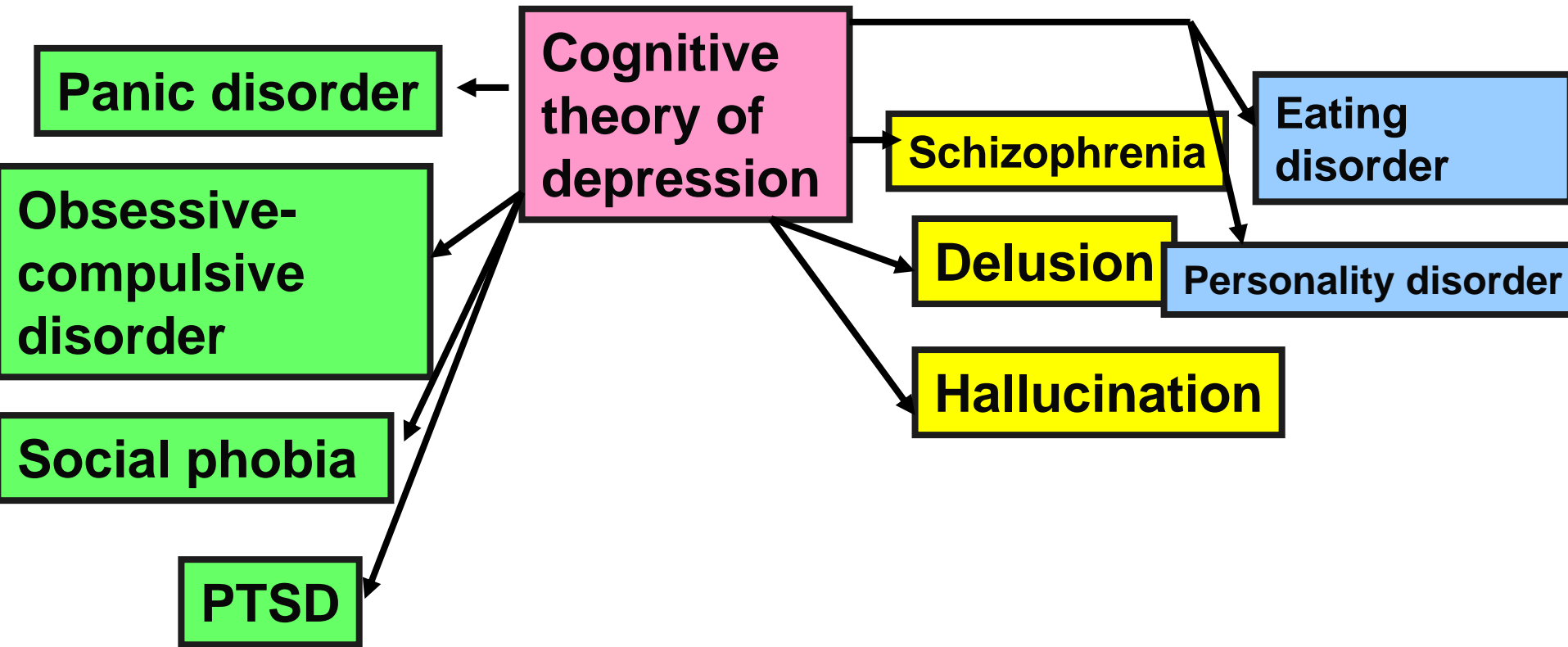
Cognitive Therapy becomes General Theory

Anxiety Disorder

Depression

Schizophrenia

Others





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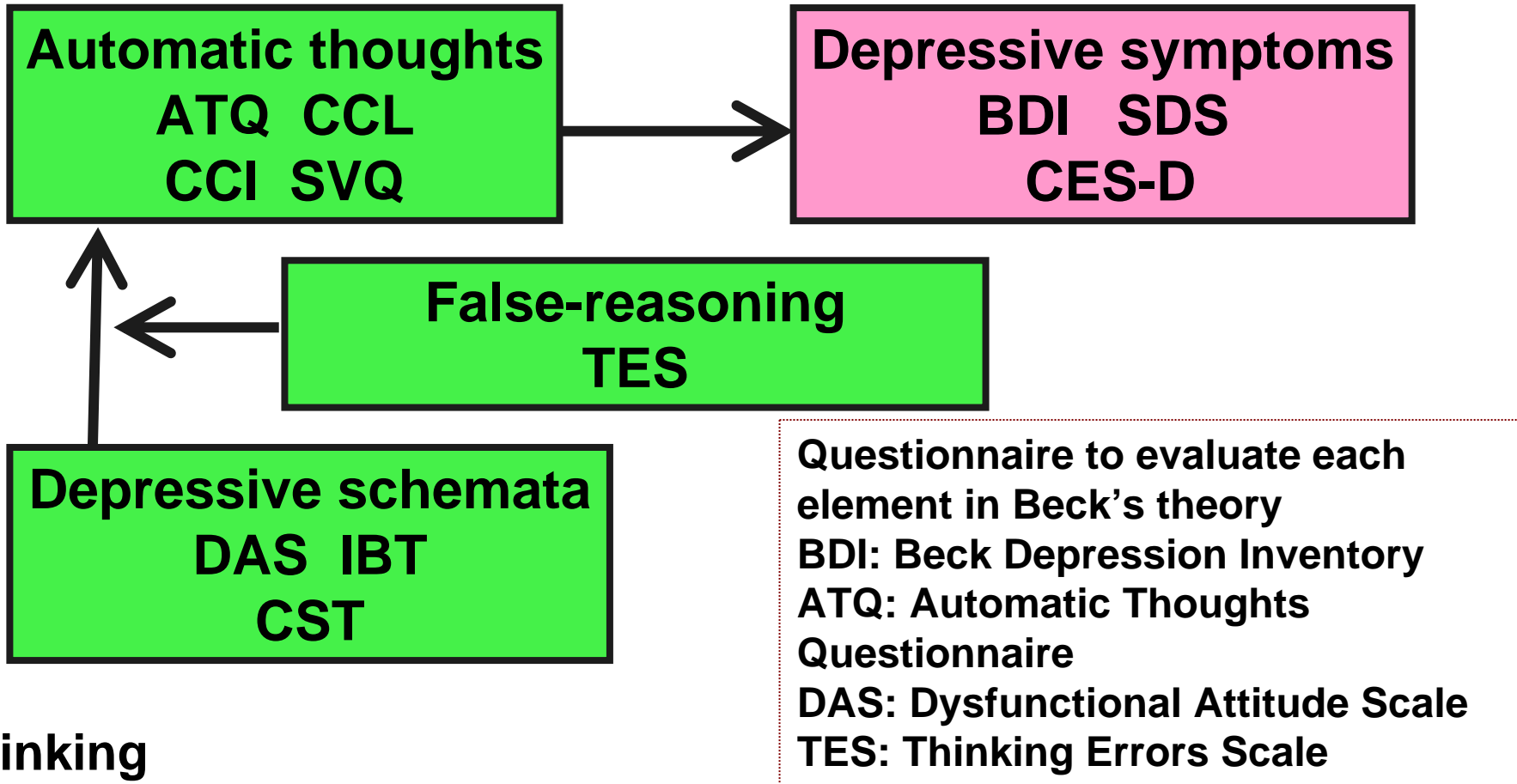
How is depression measured?

3. Cognitive therapy

How is depression treated?



Questionnaire Method to Evaluate Each Element in Beck's Cognitive Theory



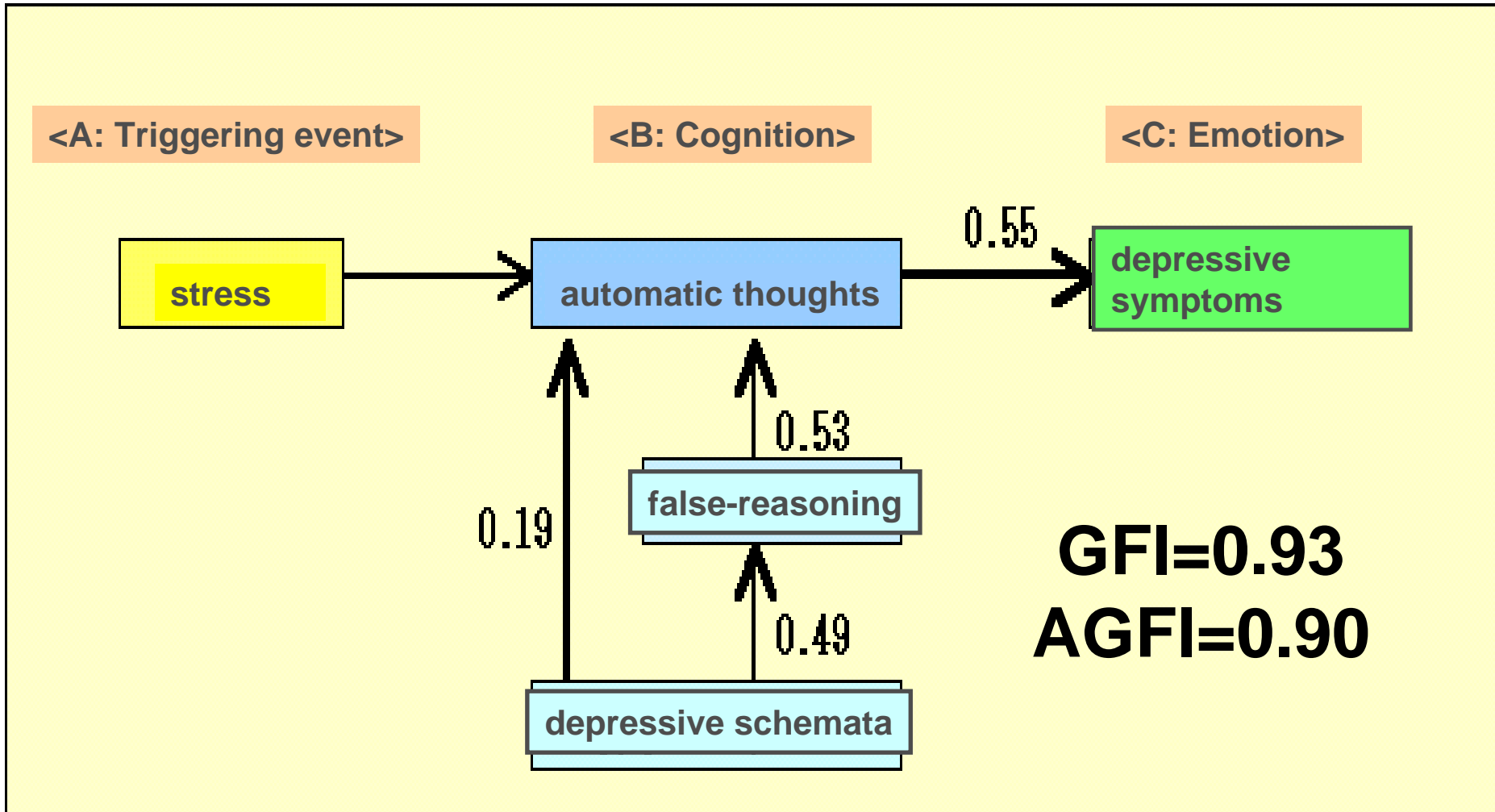
linking

assessment and abnormal psychology

clinical study and analogue study



Path Analysis of Beck's Cognitive Model





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Technique for Beck's Cognitive Treatment (Action + Cognition)

Action technique

- 1. Self-monitoring : Record one's own activities and feelings in detail for a week or more.**
- 2. Activity scheduling : Plan activity schedule by the hour.**

Cognitive technique

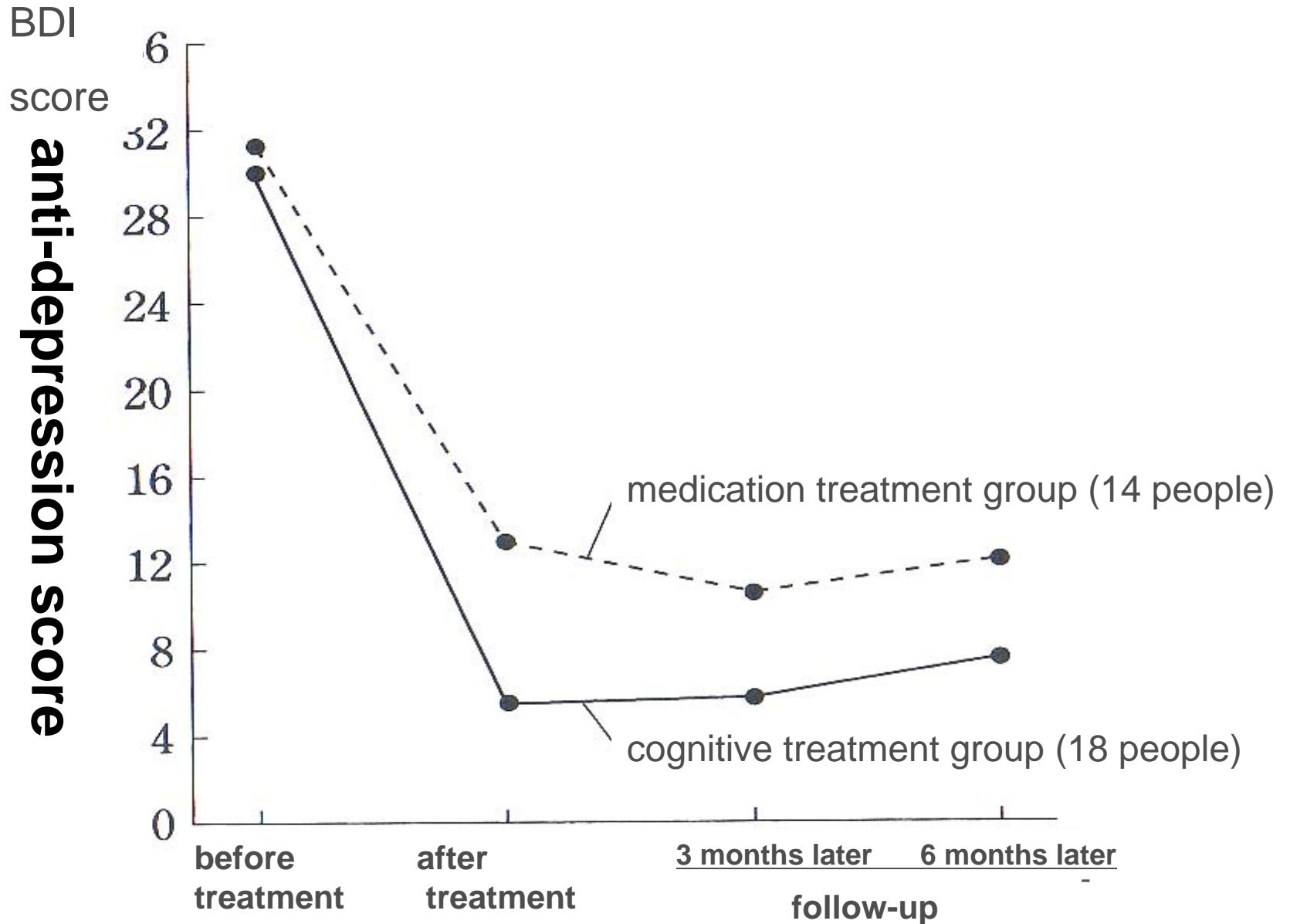
Self-questioning method: consider one's own automatic thoughts as a hypothesis, and verify whether it is true by collecting data, conducting experiments, and coming to a conclusion.

Clients ask themselves three questions.

- a. What is the evidence for thinking in that way?**
- b. Is it possible to have a different view?**
- c. What is the meaning of thinking in that way?**

DRDT(Daily Record of Dysfunctional Thoughts)

EB Effects of Cognitive Therapy (Rush and others 1977)





Is cognitive therapy effective?

Researcher (year)	Clinical diagnoses	Treatment	Number of cases	Duration of treatment	Session (time/week)	Amount of medicine (mg/day)	Interrupted cases	BDI change rate	HRSD change rate	Effective cases	Evaluation
Rush et al. (1977)	neurosis depression (DSM-2)	cognitive therapy	19	12	1~2	150~	5	80	73	83	cognitive treatment > anti-depression drug
		anti-depression drug	22	12	1	200	36	58	58	36	
Blackburn et al. (1981)	primary typical depression (RDC)	outpatient									outpatient combination treatment > cognitive therapy = anti-depression pill
		cognitive therapy	17	12~20	-		18	48	64		
		anti-depression drug	16	12~20	-	150	19	60	53	-	
	general patient	cognitive therapy	16	12~20	-	150	19	79	73		general patient combination treatment = cognitive therapy > anti-depression drug
		anti-depression drug	13	12~20	-		38	84	77	-	
		combination treatment	12	12~20	-	150	42	14	16	-	
Murphy et al. (1984)	primary emotional depression	cognitive therapy	24	12	1~2		21	67	65	53	Combination treatment = cognitive therapy = anti-depression drug = combination with placebo
		anti-depression drug	24	12	1	50~150	33	69	64	56	
		combination treatment	22	12	1~2	50~150	18	70	67	78	
	combination with placebo	17	12	1~2		0	73	73	65		



Self-Learning Texts for Cognitive Therapy

Feeling Good: New Mood Therapy:

David D. Berns, Seiwa Shoten

Mind Over Mood: Change how you feel by changing the way you think : Dennis Greenberger & Christine A.

Padesky, Sogensha

Kokoro ga hareru noto: utsu to fuan no ninchiryō-ho jishucho (self-learning text to deal with depression and anxiety: how to clear up your depressive mood):

Yutaka Ono, Sogensha



* Special Features and Significance of Beck's Cognitive Theory

- a. Follow a traditional predisposing stress model
- b. Based on Ellis's ABC chart
- c. Presupposed a causal path from cognition to emotion
before Beck : depressive feeling → depressive cognition
after Beck : depressive cognition → depressive feeling
(easy to offer a therapy)
- d. Set three fields for cognition
→ depressogenic schemata theory
- e. A path to psychopathology linked with assessment
The questionnaire method to evaluate each factor is developed → opened a practical psychopathological path
→ co-function link between clinical study and non-clinical analogue study
- f. A path to psychopathology directly linked with treatment
- g. Criticism for Beck's theory led a lot of psychopathological theories



Beck's Theory: Well-Balanced Development of Three Fields

Mental therapy

Assessment

**Abnormal
psychology**

Non-structuralized interview method

