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Abnormal Psychology  
PSY342OA  
March 4, 2023  
Unit Three/Chapter Six

**1. Compare and contrast depression and mania and explain how these are related to unipolar depression and bipolar disorders.**

Depression and mania both fall in the same category known as mood disorders. According to Comer (2016), “Depression is a low, sad state in which life seems dark and its challenges overwhelming” (p. 183). Mania is the opposite of depression, where the person has several highs. Comer (2016) also mentions that, “Mania, the opposite of depression, is a state of breathless euphoria, or at least frenzied energy, in which people may have an exaggerated belief that the world is theirs for the taking” (p. 183).

The relation between unipolar depression and bipolar disorders is that unipolar is a depressive disorder that does not include mania - just depression. Individuals with unipolar depression their mood fluctuates from depression to normal. Bipolar disorder consists of both depression and mania, with this diagnosis the mood consists of extreme lows, as well as highs.

**3. Describe the psychodynamic explanation for the development of depression.**

The psychodynamic explanation regarding the explanation of depression states that clinical depression and grief have the same symptoms. An individual with depression may have experienced lose that does not pertain to the death of a loved one, but they experience the same symptoms. Comer (2016) mentions that, “Of course, many people become depressed without losing a loved one. To explain why, Freud proposed the concept of **symbolic**, or **imagined, loss**, in which a person equates other kinds of events with the loss of a loved one” (p. 196).

**5. According to cognitive theory, negative thinking lies at the center of unipolar depression. Using this theory, discuss four areas to consider that contribute to negative thinking that may cause depression.**

The four areas that contribute to negative thinking that may cause depression would be maladaptive attitudes, cognitive triad, errors in thinking and automatic thought. The maladaptive attitude is based on one feeling inadequate about one particular thing that eventually transcends into feeling inadequate about everything. The cognitive triad is a counter reaction from the maladaptive attitude, which consist of three forms of negative thinking that pertain to the way the depressed person perceives their experience, themselves, as well as their future. The next is error in thinking, Comer (2016) mentions that, "In one common error of logic, they draw arbitrary inferences-negative conclusions based on little evidence" (p. 203). The last area is automatic thoughts where the person thinks constant thoughts of hopelessness and being unworthy.

**18. Watch the video "Depression" below and then answer the following questions: What are the major symptoms of depression? What do you believe are the primary causes of Steve's depression?**

The major symptoms of depression would be experiencing the following daily: sadness, loss of pleasure, insomnia, agitation, fatigue, no appetite, weight loss or gain, or thoughts of suicide and death. These symptoms must last for more than two weeks to be classified as a disorder.

The primary cause of Steve's depression could be based on two factors: his mother committing suicide, while he was young, which resulted in him having a lack of trust towards others. The other factor would be genetics because his mother also suffered from depression.

## Reference

Comer, J. & Comer R.J. (2016). *Fundamentals of abnormal psychology (9<sup>th</sup> Ed.)*. New York: Worth Publishers.