

Discuss the cognitive approach to explaining depression.

You may use this space to plan your answer.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

(Total 16 marks)

Describe and evaluate cognitive behaviour therapy (CBT) as a treatment for depression.

[illegible]

(Total 8 marks)

Patients with depression were asked to keep a daily diary of their experiences as part of their therapy.

One of the diaries included the following extract:

'Managed to drag myself out of the house yesterday but wished I hadn't. Went to the shop but dropped my change at the till. Everybody knew I was useless. Why can I not do anything right? No one else I know does such stupid things.'

Ellis proposed an ABC model of depression. Outline and evaluate the ABC model of depression. Refer to this diary extract in your answer.

[illegible]

(Total 8 marks)

Q4.

Describe **one** cognitive explanation of depression.

(Total 4 marks)

Q5.

Briefly outline **one** way that a cognitive psychologist might treat depression by challenging irrational thoughts.

(Total 2 marks)