4.7 The Cognitive Approach to Depression: Beck, Ellis and CBT: 10-minute Pack

AQA 7182 · about 10 minutes

Total Marks

Name: _____ Date: ____ / ____ / _____

Answer ALL questions.

1 Explain what is meant by a negative self-schema in Beck's cognitive explanation of depression, and how a negative self-schema affects information processing about the self.

(Total for Question 1 is 4 marks)

2 Outline two cognitive distortions commonly associated with depression, for example overgeneralisation and catastrophising. Define each and explain briefly how each could help maintain depressive thinking.

(Total for Question 2 is 4 marks)

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Mark scheme · 4.7 The Cognitive Approach to Depression: Beck, Ellis and CBT: 10-minute Pack

Question 1

defines schema as a cognitive framework that organises knowledge and expectations oe	**M1**
applies this to a negative self-schema: a stable set of negative beliefs about oneself oe	**A1**
explains that a negative self-schema causes biased processing, attending to negative information and ignoring positive information oe	**A1**
explains that this biased processing maintains negative self-beliefs and low self-esteem over time oe	**A1**

Answer: A schema is a cognitive framework; a negative self-schema is a stable set of negative beliefs about the self that leads to biased processing, so negative information is noticed and positive information discounted, which helps maintain depressive thinking.

Question 2

names and defines one distortion correctly, e.g. overgeneralisation: drawing a broad, negative conclusion from a single event oe	**M1**
names and defines a second distortion correctly, e.g. catastrophising: expecting the worst possible outcome from a minor setback oe	**M1**
explains how one distortion biases thinking to maintain depression, e.g. overgeneralisation makes one see failure everywhere oe	**A1**
explains how the other distortion biases thinking to maintain depression, e.g. catastrophising increases hopelessness by exaggerating future threat oe	**A1**

Answer: Overgeneralisation is taking one negative event as evidence of a general pattern, so a single failure is seen as proof of overall inability. Catastrophising is imagining the worst outcome from a problem, increasing hopelessness. Both distortions bias thinking towards negativity and help maintain depression.

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