

Model of depression

What you think and do affects how you feel. Depression might be maintained by interpreting things in unhelpful and negative ways and acting self-undermining ways.

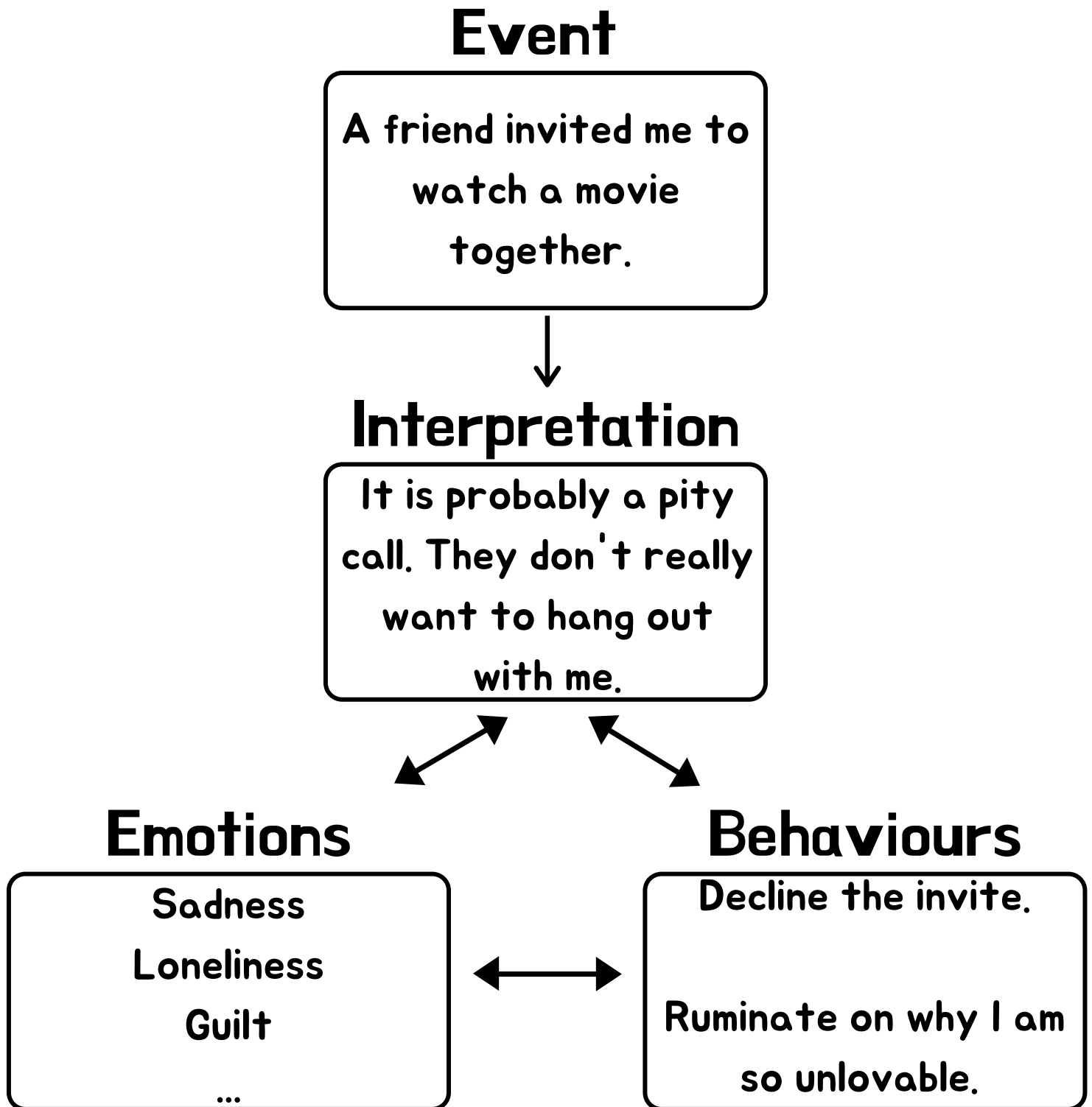


Figure adapted from Beck, A. T., Bredemeier, K. (2016). A unified model of depression: integrating clinical, cognitive, biological, and evolutionary perspectives. *Clinical Psychological Science*, 4(4), 596-619.