

Depression

Psychology

The diagnostic features and the main explanatory models.

Core features and competing explanations.

Element	Detail
Core symptoms	Low mood, loss of interest, most days, 2+ weeks
Cognitive	Negative triad; cognitive distortions
Behavioural	Withdrawal, reduced reinforcement
Biological	Monoamine hypothesis; HPA axis; heritability
Treatment	CBT, behavioural activation, SSRIs, others

Educational reference, not medical advice. Beck's negative triad: negative views of the self, the world and the future.