

IMPACTUL STILULUI COGNITIV ÎN TULBURĂRILE AFECTIVE

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Abstract

The depression, either unipolar or bipolar, has a common series of symptoms that appears in the mood, thinking, behavior and physiology of the depressive person. Aaron Beck gave the best description of the depressive cognitions. He described the depressive thinking in terms of the negative cognitive triad: negative thoughts about self, about present and about future. Beck underlined that the negative features of the negative triad explain the greatest part of the characteristic symptoms of the depressive syndrome. The purpose of this study is to prove that negative cognitive styles do indeed confer vulnerability to clinically significant depressive disorders.

Keywords: *depression, cognition, vulnerability*

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