

COGNITIVE MODEL OF DEPRESSION



Early Experiences



Underlying Assumptions/Beliefs



Critical Incidents



Assumptions Activated



Negative Automatic Thoughts



Behavioural

Lower Activity

Motivational

Loss Energy
pleasure and
interest

Affective

Sadness
Guilt
Worthlessness
Anger

Cognitive

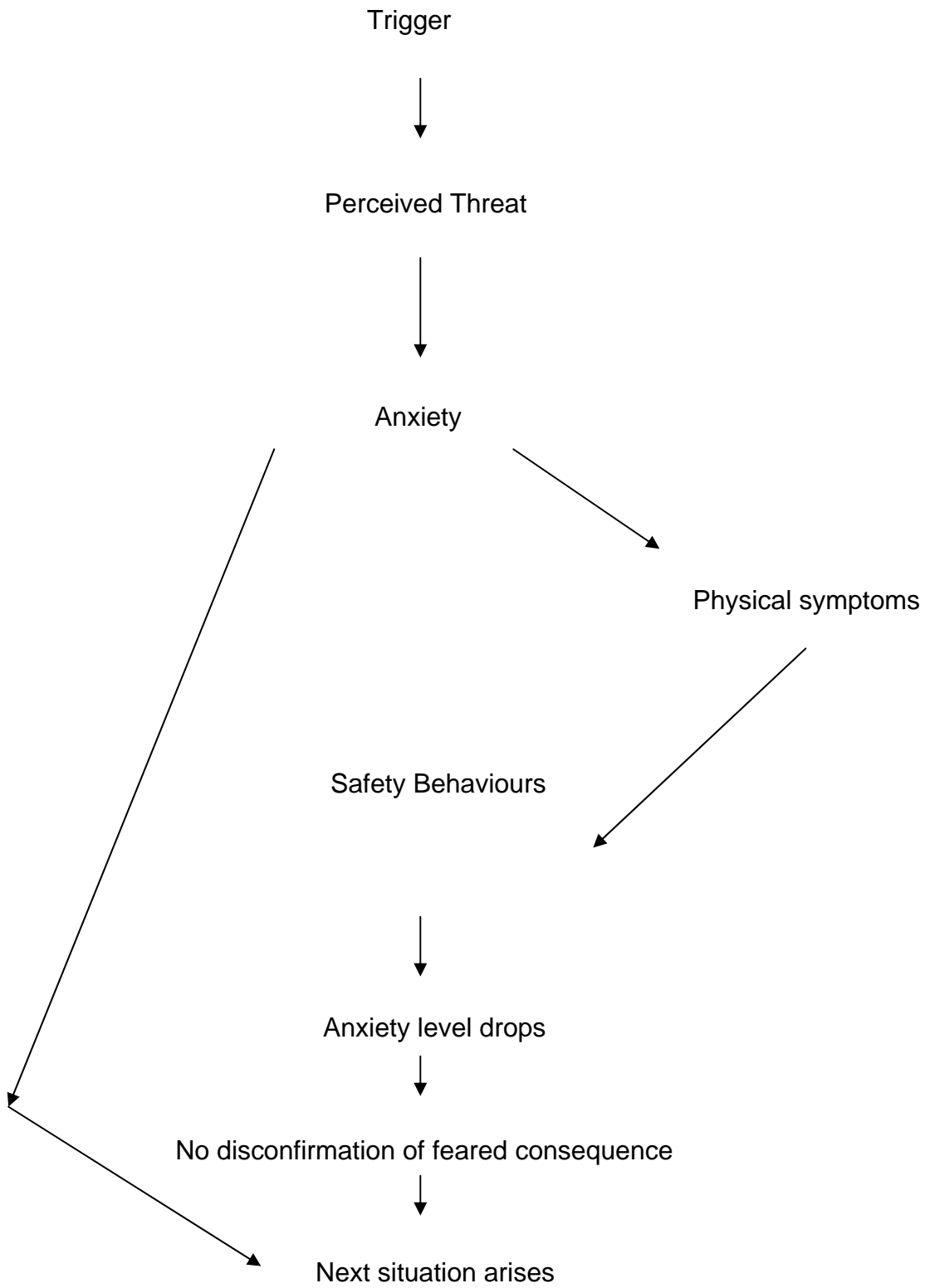
Indecisiveness
Poor Concentration
Poor Memory
Preoccupation
With thoughts of
Death of suicide

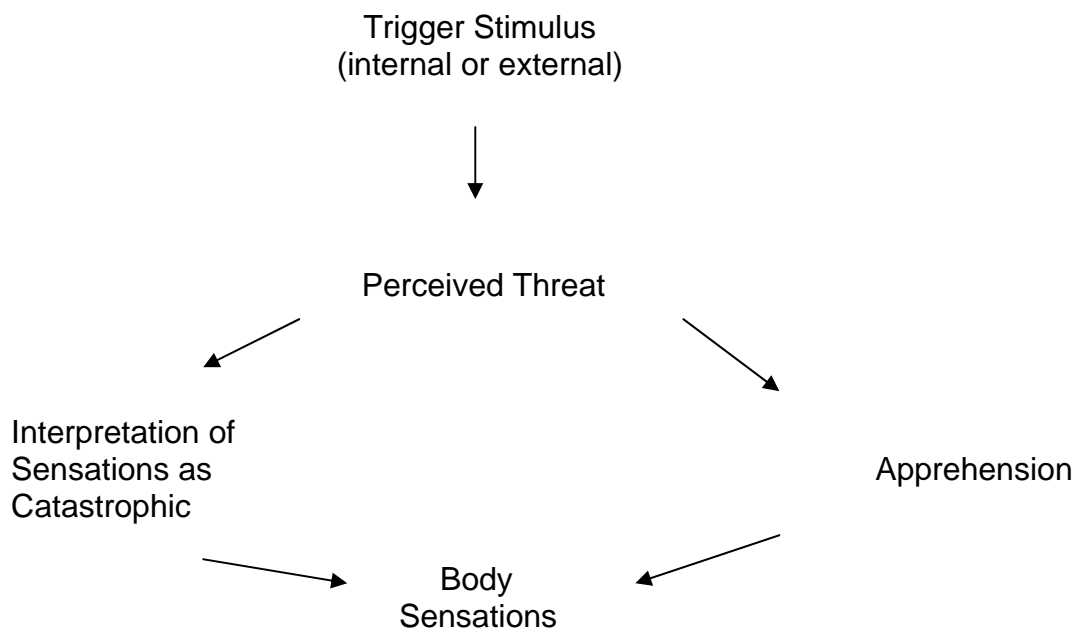
Physical

Loss Sleep
Loss Libid
Agitation or
Retardation

Case formulation of

panic based on Clark's (1986) model





Clark's cognitive model of panic

ENVIRONMENT

