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The Hopelessness Theory of Depression: Clinical Utility ...

depression (Abramson et al 1989) and its theoretical predecessor, the reformulated learned helplessness theory of depression (Abramson, Seligman, & Teasdale, 1978) Similarly to the hopelessness theory, the reformulated learned helplessness theory underscored the importance of causal attributions as vulnerability for depression However,

Learned Helplessness in Children: A Longitudinal Study of ...

events in the development of depression in children These previous studies of learned helplessness theory also do not address the basic question of whether young children can have a stable cognitive style that can lead to episodes of depression Many claims have been made about the level of cognitive

Learned Helplessness and Socialization: A Reflective Analysis

wide variety of human behaviours that include child development, disease susceptibility, old age problem and depression (Seligman, 1975) Other investigators have also argued that the learned helplessness ...

Prospective associations between children's depressive ...

Depression's association with social helplessness has received little empirical attention, though several cognitive theories of depression highlight the role of related constructs, including negative inferential style, control-related beliefs, and hopelessness, in the development of depression (eg, Abela & Hankin, 2009; Nolen-Hoeksema et al, 1992)

Learned helplessness - ResearchGate

the development of child's helplessness[6] childhood depression: Theory and research In: Rutter M, Izard CE, Read P, editors Depression in Young People: Developmental and

Maier, Peterson, & Schwartz 1

helplessness began in the animal laboratory and for several years was directed at deep theoretical issues in the psychology of learning and not at depression, academic achievement, and other significant human phenomena And second, the history of learned helplessness research demonstrates the continuity between

Positive Psychotherapy - Psychology Today

depression is a natural extension of the work that successfully builds optimism to treat and prevent depression among children and young adults (Buchanan, Rubenstein,

Happiness, Depression and Self-Concept

Mar 03, 2004 · depressed Depression is the first or second most frequent reason why people are admitted to the psychiatric wards in general hospitals (NIMH, 1971) A Presidential Commission on Mental Health estimated that 1 out of 5 of us (about 1 in 10 for males and 1 in 4 for females), will suffer from depression sometime in our lives That is 20% in an

The Role of Uncontrollable Trauma in the Development of ...

is called "learned helplessness effects" (Seligman 1975) As described above, animals that experience uncontrollable trauma learn that their responses are of no consequence, leaving them helpless to cope with a traumatic situation Although originally proposed as an animal model of depression, learned helplessness has many similarities with

Attribution and affect in learned helplessness and depression

psychological depression in humans (Seligman, 1975; Abramson, Seligman, & Teasdale, 1978) According to the theory, helplessness and some cases of depression are alike both behaviorally and functionally Indeed, they are regarded as two cases of the same phenomenon, "helplessness depression":

Martin E.P. Seligman Curriculum Vitae

Jan 29, 2018 · 1971-91 Principal Investigator: "Depression and Learned Helplessness" and other titles, National Institute of Mental Health, MH 19604 1969-71 Principal Investigator: "Helplessness and Chronic Fear," National Institute of Mental Health, MH 16546 AWARDS 2017 American Psychological Association, Lifetime Contributions to Psychology Award

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