

|                                 |                                      |                             |                             |                                         |
|---------------------------------|--------------------------------------|-----------------------------|-----------------------------|-----------------------------------------|
| Mood disorder                   | Depression                           | Low mood                    | Negative cognitions         | Low energy                              |
| Mania                           | Elation                              | Grandiose delusions         | Excessive energy            | Risk taking                             |
| Unipolar disorder               | Bipolar disorder                     | Seasonal affective disorder | Cyclical pattern            | Biological approach                     |
| Genetic influence               | Permissive amine theory              | Serotonin                   | Noradrenaline               | Dopamine                                |
| Loss of positive reinforcement  | Reinforcement of depressed behaviour | Behavioural approach        | Cognitive approach          | Negative bias in information processing |
| Automatic thinking              | Depressed triad                      | Psychodynamic approach      | Aggression against the self | Abandonment                             |
| Antidepressants                 | MAOIs                                | Tricyclics                  | SSRIs                       | ECT                                     |
| CBT                             | ABC model                            | Light therapy               | Reaction formation          | Denial of negative thinking             |
| Behavioural facilitation system | Hibernation theory                   | Day length changes          | Lithium sulphate            | Ego defence                             |