

# Information Handout

Professional Version | US English

# Thoughts And Depression



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## Description

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Depression is characterized by cognitive bias which prioritizes negative information (and negative interpretations of information), and 'filters out' more positive information. *Thoughts And Depression* is an information sheet which illustrates the principle of the cognitive biases which operate in depressed individuals.

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## Instructions

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This is a Psychology Tools information handout.

Suggested uses include:

- Client handout – a psychoeducation resource.
- Discussion point – to provoke a discussion and explore your client's beliefs.
- Therapist learning tool – to improve your familiarity with a psychological construct.
- Supervision tool – to develop formulations and knowledge.
- Teaching resource – a learning tool during training.

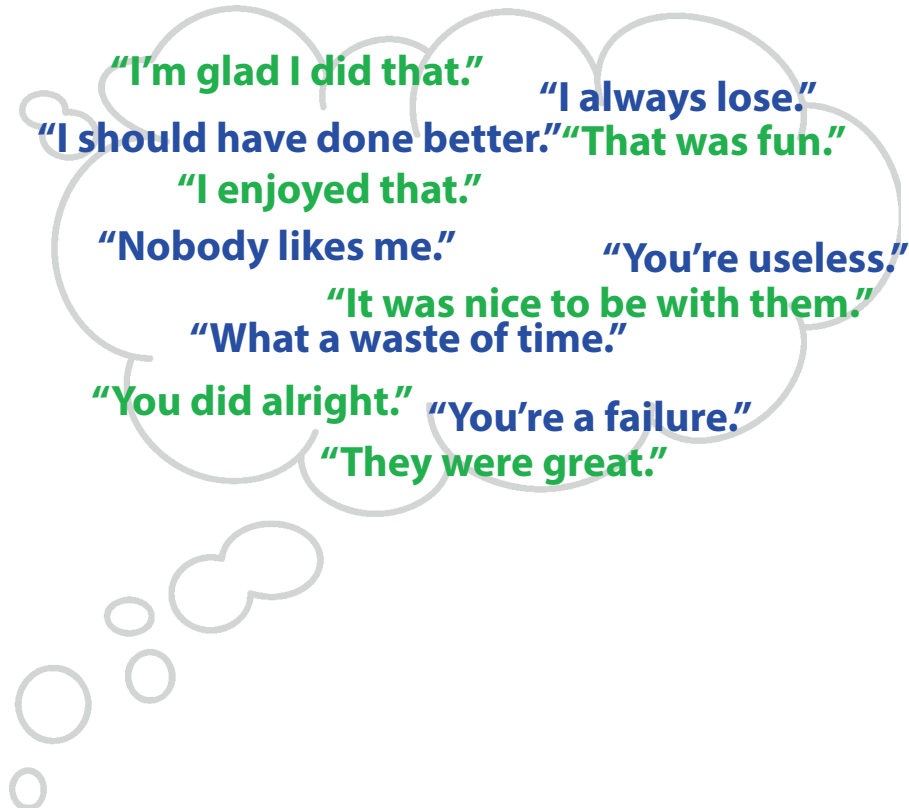
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## References

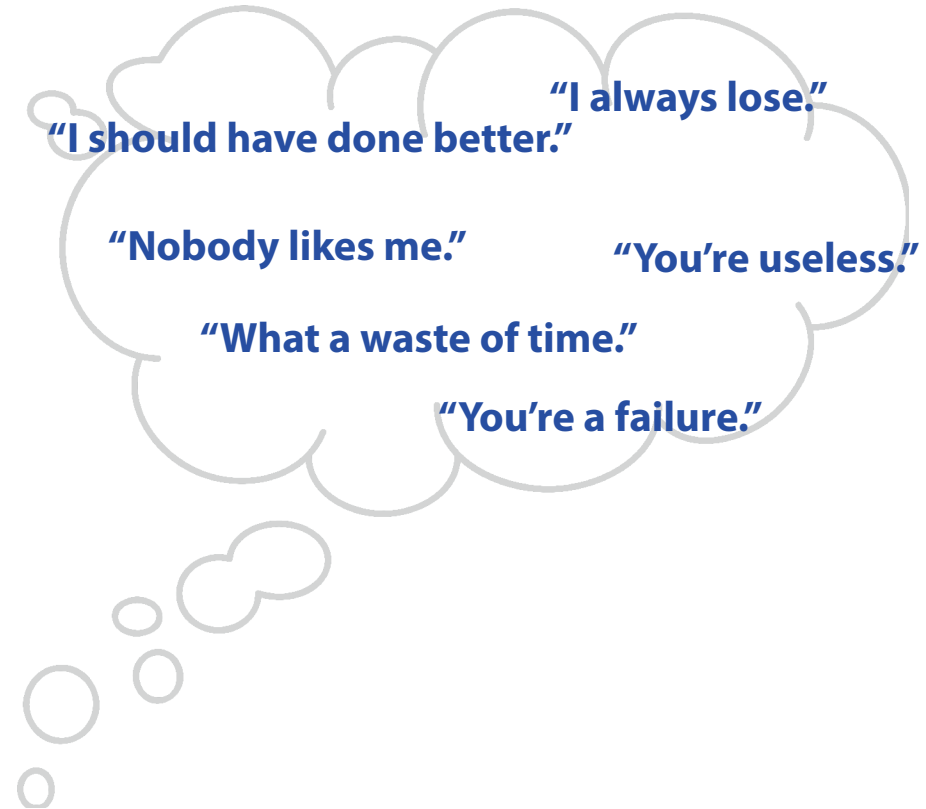
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Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.

**Whether you're happy or depressed, you have a roughly equal number of positive and negative thoughts.**



**But being depressed is like having negative glasses on - you only pay attention to the negative thoughts.**



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Our tools are flexible enough to be used both in-session and between-session, and during all stages of assessment, formulation, and intervention. Written by highly qualified clinicians and academics, materials are available in digital and printable formats across a wide range of languages.



## Resource details

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 Type: Information Handout  
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