

Topic 7 DQ

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Explain each of the three aspects of the biopsychosocial approach to understanding the causes of psychological disorders. How might this model explain the causes of depression in an individual? What treatments might be recommended for depression that address each of the three aspects of the biopsychosocial approach?

These are the three components of biopsychosocial theory:

Biological: Immune, neurological, and endocrine (hormone) systems are typically noticeably altered in depressed individuals. Additionally, depression may increase a person's risk of contracting several ailments.

Psychological: Negative thought patterns, coping skill inadequacies, trouble addressing problems, and poor emotional intelligence (the capacity to perceive, understand, and express emotions) are typical characteristics of depressed individuals.

Social: Harassment and bullying are only a few examples of social factors that may lead to depression, along with traumatic experiences, early separation, a lack of social support, and others (Grison & Gazzaniga, 2021).

The following treatments may be suggested for the three aspects:

Biological treatments: Medications including traditional tricyclic antidepressants, MAO & SSRI inhibitors, and more modern antidepressants can be used to treat the symptoms of depression. Electroconvulsive treatment is another method for treating persistent depression.

Psychological treatments: Research has demonstrated the efficacy of therapies like Cognitive Behavior Therapy for a variety of age groups, including children, adolescents, adults, and the elderly. It is one of the greatest methods for treating depression. The goal of this therapy is to replace the dysfunctional thought patterns that cause depression with more flexible and useful ones.

Social treatments: You can treat a depressed individual by teaching them social skills, introducing them to support groups, educating the patient and their employers on the condition, and using other techniques.

Reference

Grison, S. & Gazzaniga, M. (2019). *Psychology in your life* (3rd ed.). New York, NY: Norton & Company, Inc.