

# GOOD GRIEF...!

## ARE THERE ANY BENEFITS OF DEPRESSIVE MOOD?



1.



**WHAT IS THE NATURE OF DEPRESSION**

WHAT IS THE ROLE OF SYMPTOMS

HOW PEOPLE ACQUIRE AND PROCESS KNOWLEDGE

WHAT MAKES PERCEPTION MORE ACCURATE

2.

### DEPRESSIVE MOOD

**ENHANCES ACCURACY**

OF SELF-RELATED JUDGMENTS

[DEPRESSIVE REALISM]



SAD PEOPLE SEE **THEMSELVES** MORE ACCURATELY THAN HAPPY ONES

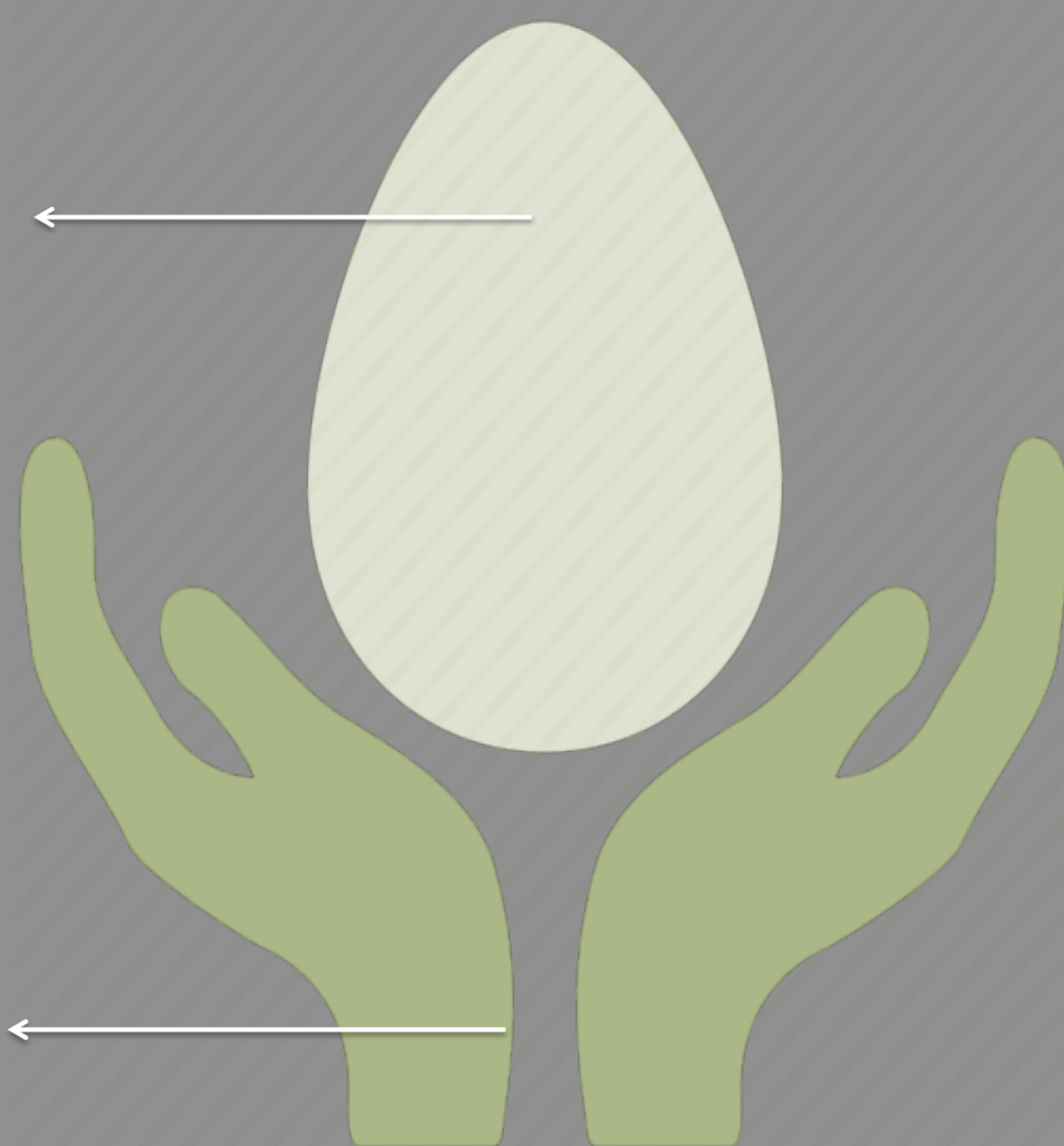


## Method: Meta-Analysis of Empirical Evidence and Literature

3.

BEING PESSIMISTIC **MAY BE USEFUL** AS A SELF-DEFENCE **COGNITIVE STRATEGY** [DEFENSIVE PESSIMISM]

SETTING YOUR EXPECTATIONS **LOW** MAY PROTECT FROM **GREATER PSYCHOLOGICAL HARM**



4.

**HAPPY PEOPLE** OVERESTIMATE **POSITIVE FEEDBACK**

**SAD PEOPLE** PERCEIVE THEIR SPOUSES **ACCURATELY**

**PEOPLE WITH DEPRESSION** EXHIBIT **NEGATIVE BIAS**



5.

THE ABILITY TO FORM ACCURATE BELIEFS **ABOUT THE SELF** INCREASES PROBABILITY OF **DEFENSIVE COGNITIVE STRATEGY** IN A SITUATION OF EXPERIENCED ANXIETY



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