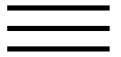


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A problem-solving formulation of depression: A literature review and proposal of a pluralistic model

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Abstract

This article first provides an overall review of the literature addressing the relation between social problem solving and depression. Based in part on this body of research, a pluralistic model of depression is presented that utilizes a problem-solving framework. It is argued that adoption of such a model provides for a heuristic metaphor that attempts to describe how various current behavioral and cognitive-behavioral theories of depression interact with each other. Essentially, it is posited that depression can be activated by the interaction of stressful events and/or problems and various problem-solving deficits. Speculations concerning the relation between this model and biological correlates of depression are also offered.



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