

절망감 우울증 : 의미있는 우울증의 아형인가?

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Hopelessness Depression : Is it a Meaningful Subtype of Depression?

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Although hopelessness is a common mood in depressive disorders, the significance of hopelessness in depression has not been well appreciated. This paper reviewed the development and progress of the theory of hopelessness depression. Abramson et al. proposed hopelessness depression as a subtype of depression, distinguished by the specific explanatory style for stressful negative life events. The pathogenesis of hopelessness depression was explained by the trait-stress model, in which stressful negative life events activated a underlying trait, i.e. a specific depressogenic explanatory style. Although it is not well substantiated yet whether hopelessness depression is a meaningful subtype of depression or not, the theory of hopelessness depression is intriguing and stimulating not only in understanding the cognitive aspect of depression but also in maintaining positive emotion in general. Further study is in need to verify hopelessness depression as a clinically meaningful subtype of depression. (J Korean Neuropsychiatr Assoc 2005;44(4):425-431)

KEY WORDS : Hopelessness depression · Explanatory style.

서 론

우울증은 현대 사회에서 가장 흔한 정신 질환 중 하나이며, 개인과 사회에 막대한 부담을 주고 있다. 우울증의 병인론에 대한 연구는 지속적으로 진행되어 왔으며, 최근에는 우울증의 아형(subtype)에 대한 관심이 높아지고 있다. 특히, 절망감 우울증(hopelessness depression)은 우울증의 한 아형으로 제안되어 왔으며, 이는 일반적인 우울증과 구별되는 특성을 가진 것으로 알려져 있다. 절망감 우울증의 개념은 Abramson 등이 1970년대 초에 처음 제안하였으며, 이후 Beck의 인지적 취약성 이론과 결합되어 현재 널리 연구되고 있다. 절망감 우울증의 진단 기준은 DSM-IV와 ICD-10에 명시되어 있으며, 이는 일반적인 우울증과 구별되는 특성을 가진 것으로 알려져 있다. 절망감 우울증의 병인론에 대한 연구는 지속적으로 진행되어 왔으며, 최근에는 우울증의 아형(subtype)에 대한 관심이 높아지고 있다. 특히, 절망감 우울증(hopelessness depression)은 우울증의 한 아형으로 제안되어 왔으며, 이는 일반적인 우울증과 구별되는 특성을 가진 것으로 알려져 있다. 절망감 우울증의 개념은 Abramson 등이 1970년대 초에 처음 제안하였으며, 이후 Beck의 인지적 취약성 이론과 결합되어 현재 널리 연구되고 있다. 절망감 우울증의 진단 기준은 DSM-IV와 ICD-10에 명시되어 있으며, 이는 일반적인 우울증과 구별되는 특성을 가진 것으로 알려져 있다.

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절망감의 빈도

가 18%
 6.6%
 Haatainen¹⁴⁾
 1722 BHS 가
 가 11% , 2
 56% ,
 4%
 가
 Beck
 2
 14%가⁸⁾
 가
 가 58%,
 가 85%
 가
 가 , 13.9% BHS 9
 80.9% BDI
 (BDI 23 , BHS 9)
 7.1%, BDI
 5.2%,
 6.7% BDI
 BHS
 9
 9,10) Greene⁹⁾
 Beck
 (Beck Depression Inventory, BDI)¹¹⁾
 BHS)¹²⁾
 BDI 20
 BHS 8
 가
 가
 BHS (4.45)
 2 (3.09) (11 ,) 1
 (8 ,)
 BDI 가
 가
 가

이론의 형성과정

가
 가 . Nekanda - Trepka¹⁰⁾
 86 BDI BHS 가 0.47 Beck의 인지이론
 , BDI (27) 8%
 BHS
 Beck, Seligman, Abramson
 가
 . Beck 가
 가
¹⁶⁾ Beck

. Cooke¹³⁾
 408 Zung

가 Abramson의 학습된 무력감 이론의 개정안
Abramson²³⁾ Seligman

Beck
Abramson
가
(explanatory style theory)
(attributional style theory)
.²⁴⁾
17) Kuo¹⁸⁾ Baltimore ECA (Epidemiologic Catchment Area) 3,000
13 13
가
Beck (permanence), (pervasiveness)
(personalization) . Abramson

Seligman의 학습된 무력감 이론

Seligman
(learned helplessness theory of depression)
.^{19,20)} Seligman
가
.^{25,26)}

절망감 우울증

Abramson⁷⁾ Seligman

Seligman
Seligman
가
.²¹⁾ mson 가 (diathesis)
가 (diathesis -
.²²⁾ stress model)

가 . Whisman³⁸⁾ 가 . Abramson 가 .

80 BHS 가 15 가 .

9 40%, 30% 가 .

30% 가 .

가 . Spangler³⁹⁾ 가 .

가 . Alloy Clements³¹⁾ 가 . Beck 가 .

STAI(State and Trait Anxiety Inventory) BHS 가 .

(r=0.493) 가 .

(r=0.385) 가 .

43,44) 가 .

45-48) 가 .

Isky Joiner⁴⁰⁾ Abramson 가 .

치료전략

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