

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 영향을 미친다. 우울증의 병인론은 다양하며, 생물학적, 심리적, 사회적 요인들이 복합적으로 작용하여 발생한다. 특히, 절망감 우울증(hopelessness depression)은 일반적인 우울증과 구별되는 아형으로, 스트레스에 대한 비합리적인 해석(비합리적 설명 스타일)이 주요 병인론이다. 이 글에서는 절망감 우울증의 개념, 진단 기준, 병인론, 그리고 임상적 의의에 대해 살펴보았다. 절망감 우울증은 DSM-IV와 ICD-10에 명시된 진단 기준을 충족시키지 못하지만, Beck⁶⁾와 Abramson⁷⁾의 연구에 따르면, 절망감 우울증은 일반적인 우울증과 구별되는 아형으로, 스트레스에 대한 비합리적인 해석(비합리적 설명 스타일)이 주요 병인론이다. 절망감 우울증은 DSM-IV와 ICD-10에 명시된 진단 기준을 충족시키지 못하지만, Beck⁶⁾와 Abramson⁷⁾의 연구에 따르면, 절망감 우울증은 일반적인 우울증과 구별되는 아형으로, 스트레스에 대한 비합리적인 해석(비합리적 설명 스타일)이 주요 병인론이다. 절망감 우울증은 DSM-IV와 ICD-10에 명시된 진단 기준을 충족시키지 못하지만, Beck⁶⁾와 Abramson⁷⁾의 연구에 따르면, 절망감 우울증은 일반적인 우울증과 구별되는 아형으로, 스트레스에 대한 비합리적인 해석(비합리적 설명 스타일)이 주요 병인론이다.

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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⁾
 BHS¹²⁾
 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
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

가 Seligman
. Seligman 가
. Seligman

²¹⁾ mson 가
(diathesis)

가 ²²⁾ stress model) 가 (diathesis -

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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