BECK'S DISTINCTION BETWEEN AUTONOMOUS VERSUS SOCIOTROPIC DEPRESSIVE SUBTYPES: SYMPTOMS

AUTONOMOUS

Anhedonia
Lack of responsivity to environmental input
Depressed mood unremitting
Hostile/agitated clinical picture
Unlikely to cry ("dry depression")
Withdraws from others
Often rejects help--does not desire and is pessimistic about treatment
Preoccupied with inability to function
Themes of defeat or failure
Attributes the depression to own personal flaws
Extreme self-punitiveness and self-blame for failing to reach goals and meet personal standards
Active forms of suicide (e.g., guns)
Feels powerless and immobile (opposite of how feels when not depressed)
Learned helplessness type of depression (according to Beck)

SOCIOTROPIC

Lonely, sad, labile mood (not anhedonic)
Responsivity to environmental input
Responsive to reassurance and support
Anxious rather than agitated depression
Frequently cries ("wet depression")
Preoccupied with loss of other
Optimistic about help from others--looks forward to treatment sessions; Hospitalization may bring relief
Themes of deprivation--of having an irreversible loss and living life with no meaning
Requests or demands for help
Latch onto therapist and cries for others' sympathy and reassurance
Less lethal modes of suicide attempts (e.g., pills while others are around)
Often "complains" about their feelings of worthlessness and feelings of unattractiveness (e.g., "no one will ever love me again")