



Rumination. Symptom von oder Risikofaktor für Depression? (Aus der Reihe: e-fellows.net stipendiaten-wissen) (German Edition)

Sarah Mayr

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Studienarbeit aus dem Jahr 2015 im Fachbereich Psychologie - Klinische u. Gesundheitspsychologie, Psychopathologie, Note: 1,0, Ludwig-Maximilians-Universität München (Fakultät für Psychologie und Pädagogik), Sprache: Deutsch, Abstract: Macht zu viel Grübeln depressiv? Oder führt eine Depression zu mehr grüblerischen Gedanken?

Diese Arbeit gibt einen Einblick in das Phänomen des depressiven Grübelns (Rumination) und beschäftigt sich mit der Frage, ob Rumination als Symptom von oder Risikofaktor für Depression einzuordnen ist.

Depressive zeigen oftmals Verhaltensweisen, die negative Reaktionen anderer Menschen hervorrufen, soziales Problemlösen beeinträchtigen und zwischenmenschliche Beziehungen erschweren. Daneben ist die depressive Symptomatik auch durch kognitive Auffälligkeiten geprägt, zum Beispiel eine verminderte Fähigkeit zur kognitiven Kontrolle und Inhibition. Mit beiden Bereichen assoziiert ist das Phänomen der ruminativen Gedanken. Rumination, ein gedanklicher Stil „defined by the process of recurring thoughts and ideas“ (Joormann, 2009, S. 312), kann sowohl als kognitives Merkmal depressiver Symptomatik gewertet werden als auch zu Schwierigkeiten in interpersonellen Beziehungen führen.

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