

## VULNERABILITATEA COGNITIVĂ ÎN DEPRESIE

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### Abstract

This article focuses on certain aspects of vulnerability for depression such as life stress events, depressive attributional style, irrational beliefs, unconditioned self-acceptance and self esteem. The three studies examine the main hypotheses of cognitive behavioural theory (CBT), hopelessness theory of depression and rational emotive behavioural theory (REBT), in order to identify cognitive factors that have a high role in preventing emotional distress.

**Keywords:** *attributional style, irrational beliefs, emotional distress, CBT, REBT*

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