ARE THERE ANY BENEFITS OF DEPRESSIVE MOOD?

1. **WHAT IS THE NATURE OF DEPRESSION**
   - WHAT IS THE ROLE OF SYMPTOMS
   - HOW PEOPLE ACQUIRE AND PROCESS KNOWLEDGE
   - WHAT MAKES PERCEPTION MORE ACCURATE

2. **DEPRESSIVE MOOD OF SELF-RELATED JUDGMENTS**
   - ENHANCES ACCURACY [DEPRESSIVE REALISM]
   - SAD PEOPLE SEE THEMSELVES MORE ACCURATELY THAN HAPPY ONES

3. **Method: Meta-Analysis of Empirical Evidence and Literature**
   - BEING PESSIMISTIC MAY BE USEFUL AS A SELF-DEFENCE COGNITIVE STRATEGY [DEFFENSIVE PESSIMISM]
   - SETTING YOUR EXPECTATIONS LOW MAY PROTECT FROM GREATER PSYCHOLOGICAL HARM

4. **HAPPY PEOPLE OVERESTIMATE POSITIVE FEEDBACK**
   - SAD PEOPLE PERCEIVE THEIR SPOUSES ACCURATELY
   - PEOPLE WITH DEPRESSION EXHIBIT NEGATIVE BIAS

5. **THE ABILITY TO FORM ACCURATE BELIEFS ABOUT THE SELF INCREASES PROBABILITY OF DEFENSIVE COGNITIVE STRATEGY IN A SITUATION OF EXPERIENCED ANXIETY**

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THANK YOU FOR YOUR ATTENTION