



Statement of participation

Amanda George

has completed the free course including any mandatory tests for:

Understanding depression and anxiety

This free course considered some risk and causal factors for some depression and anxiety disorders.

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www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification. This statement confirms that this free course and all mandatory tests were passed by the learner. Please go to the course on OpenLearn for full details:
<http://www.open.edu/openlearn/health-sports-psychology/health/understanding-depression-and-anxiety/content-section-0>

COURSE CODE: SDK228_2

Understanding depression and anxiety

<http://www.open.edu/openlearn/health-sports-psychology/health/understanding-depression-and-anxiety/content-section-0>

Course summary

In this free course, Understanding depression and anxiety, we consider some risk and causal factors for some depression and anxiety disorders – that is, the possible aetiology of such disorders. A multitude of genetic, neurobiological, psychological and social factors are likely to be relevant.

Learning outcomes

By completing this course, the learner should be able to:

- describe how stressful life events may be linked to emotional disorders such as depression and anxiety
- describe the main features of the physiological stress response
- evaluate the role of genetic and environmental factors in emotional disorders
- describe the different kinds of biological abnormalities that have been linked to emotional disorders.

Completed study

The learner has completed the following:

Section 1

Understanding the role of stress

Section 2

Stress and the brain

Section 3

The life cycle model of stress

Section 4

Insights from antidepressants

Section 5

The network hypothesis of mood disorders

Section 6

Genes and environment: bringing it all together

Section 7

Conclusion