**KEY PEOPLE AND IDEAS:**

- **Andrew and Thomson (2009)** – depression helps solving problems ‘social dilemmas’

- **Social navigation hypothesis** – “depression evolved to perform two complimentary social problem-solving functions” **Watson and Andrew (2002)**

- In order to consider depression being adaptive, it is important to understand the role of heredity in depression. - **McGuffin and Katz (1993)**

- **Hagen (1999)** - depression can be considered as adaptive mechanism which purpose is to signalise need of help.

- **Social Attention-Holding Potential Theory:**
  - **Gilbert (1990):** Depression evolved as a mechanism designed to deal with the adaptive problems of status hierarchies.

- **Bipolar depression has strong genetic causation than unipolar depression:** we are all having ‘depressed’ gene however it can be rather either can be non-active depending on environment
  - Creative individuals having higher rates of manic depressive illness (Jamison, 1994)
  - Bipolar depression in terms of pleiotropy

- **Depression as a maladaptive product of evolution ‘NOISE’?!”

Websites:

- [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2267800/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2267800/)
- [http://bigthink.com/focal-point/is-depression-an-adaptation](http://bigthink.com/focal-point/is-depression-an-adaptation)
- [http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=404653&fileId=S0033291705006112](http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=404653&fileId=S0033291705006112)