that focus and enhance capacities for the accurate analysis and solution of key social problems, suggesting a social rumination function. Second, the costs associated with the anhedonia and psychomotor perturbation of depression can persuade reluctant social partners to provide help or make concessions via two possible mechanisms, namely, honest signalising and passive, unintentional fitness extortion” (Watson and Andrews, 2002). It could be concluded that dysthymia can be classified as adaptation as evolving such strategy could facilitate survival of an individual.

From empirical evidence, it can be naturally observed in humans and non-humans being that depression can arise from many factors, such as loss of attachment, bonds, status or when an individual fails in socially visible manner. Therefore in order to cope with such adaptive problems, depression could evolve as a potential defence mechanism. According to Seligman (1967) depression is learnt helpless and suggestion was made that individual learns to be helpless as attempting to avoid negative situations make no difference, so as a consequence individual becomes passive and will endure aversive stimuli or environments even when avoidance is possible.

This offers a possible explanation of why depression in particular dysthymia, could be adaptive - it serve a purpose of a strategy coping with hierarchical problems. Moreover, Gilbert (1990) proposed theory of social attention-holding potential theory which suggests that depression evolved as a strategy designed to deal with problems of lower status in hierarchy.

This theory can be supported by argument proposed by Gilbert and Allan (1998), which suggests that depression might have served to signal appeasement in social conflicts and thereby to have deflected hostility and aggression.

Similarly, Allen and Badcock (2003), argued that depression could be beneficial to our ancestor as by lowering motivation which resulted in


