



Statement of participation

Michael Frank

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.

Issue date: 13 November 2018



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:

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

COURSE CODE: **SDK228_2**

Understanding depression and anxiety

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

Course summary

This free course, Understanding depression and anxiety, explores the causes of these mental health issues, with a particular focus on stress. You will consider some risk and causal factors for some depression and anxiety disorders, and learn about the biology and psychology behind them.

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