

Abstract

In this paper, concepts of autobiographical memory and Major depressive disorder are defined. Autobiographical memory contains memories of one's own life. Major depressive disorder is characterized by recurring depressive episodes, typically accompanied by deteriorative mood, reduced energy level and both physical and mental activity. Then the term autobiographical memory is distinguished from other types of memory, classified in general theories of memory and explained from neurobiological point of view. Furthermore, the Major depressive disorder is defined with its symptoms, prevalence and etiology continuing with the topic of the relationship between depression and memory in general. In the end, both previous concepts are linked – the specifics of autobiographical memory of people with depressive disorder are described and it is logically followed by possible implications of this knowledge in psychotherapy.

In the empirical part, quantitative research strategy is proposed for finding out the characteristics of autobiographical memory of people with depressive disorder using the Autobiographical Memory Test (AMT) and Beck depression inventory (BDI – II). Respondents will be made of a sample of patients treated for Major depressive disorder diagnosed on the basis of a psychiatric examination and then a healthy comparative group will be created. The results may contribute to determining the characteristics of autobiographical memory of Czech population with Major depressive disorder.

Keywords

autobiographical memory, memory organization, Major depressive disorder, overgeneral autobiographical memory