Abstract

Objective: To investigate the relationship between deficits in social skills and depression levels. Method: The sample consisted of 46 participants of both sexes were 23 patients in psychotherapy (clinical group) met the DSM-IV-TR for the diagnosis of depression, and had scores compatible with this diagnosis in the Beck depression (BDI). The other 23 subjects (comparison group) had scores in the self report questionnaire (SRQ) compatible with a low probability of developing psychiatric disorder. Yet responded to the Social Skills Inventory (IHS-Del Prette) and Empathy Inventory (IE). Therapists Clinical Group provided information on their patients through a questionnaire. Results: Statistical analysis showed significant differences between groups. A qualitative analysis indicated the relationship between depressive symptoms and interpersonal stress periods. Conclusion: The results confirm previous studies and suggest that deficits in social skills may be a vulnerability factor for depression.

Keywords

Depression, assertiveness, empathy, social skills, vulnerability.