Social Cognition: Literature Review

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**Introduction**

Social cognition is the aspect of psychology that has the ability to identify, perceive, and interpret pertinent information. It is a critical skill that has an important role in determining the level of success of interpersonal functions. It, thus, recognized as an aspect that impairs various psychiatric conditions; merely, it lacks a significant relationship with major depressive disorder, which makes the concept hard to understand. This review analyzes the impact of social cognition on individuals with depressive disorders and the understanding of the evidence and signs of depressed patients.

**Literature Review**

Corrigan and Penn (2015), opined that civil-service, government, and advocacy groups rely on various approaches to eliminate the impact of stigma on persons with an adverse mental disorder. Social cognitive is known for its implications of impairing significant features of various psychiatric disorders such as schizophrenia and autism (Venn, Watson, Gallagher & Young, 2016). It is thus essential to understand the functioning of social cognitive so that its impact on depression is minimized. However, there is little evidence to support that a similar consequence of its impact is less dangerous, thus, its impairment can be viewed from the perspective of the patient with complications of depressive diseases. It can be argued that the major depressive complications are significantly characterized by the signs of emotional depressions such as anhedonia and low self-mood. People with such conditions usually depict a profound and signs of pervasive impairments in their interpersonal functioning systems. Moreover, on several occasions, they indicate the symptoms of less severity in the level of social cognition impairment than the ones with the condition of schizophrenia and autism.

The information from the previous literature reviews that were investigating the existence of the relationship between depression and social cognition has argued that "depression and social cognition relate primarily to the emotional domain, particularly through facial expressions or affective theory of mind." They thus conducted a meta-analysis on various articles to establish the major depressive disorder and as such, concluded that impaired cognition is significantly related to the emotional facial expression, which they believed was responsible for modeling the overall impact of depression. From the four articles, it is evident that there exists a reasonable consistency of patterns of the effects of depression disorder.

**Hypothesis and Future Direction**

It is essential to understand the characteristic of social cognitive performance to establish the relationship between depressive disorder and social cognitive and its impact on depressive disorders such as etiology and pheotypology. The results from these various reviews have indicated that the effects of social cognition on depression disorder are a defect of facial affect recognition. Thus, the impact of social cognitive is permanent and irreversible. Therefore, this review provides a room for future research in this field to establish any possible remedy for this challenge.

**Conclusion**

Individuals with severe depressive diseases tend to have an indifferent interpretation of emotional stimuli to control their health. However, this does not stand with the findings from the previous reviews. The challenge that faces social interaction and functioning as observed from a patient with depression disorder. Thus, the depressed patients should understand the functionality of social recognition.

**References**

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