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CBT Worksheets For Depression. Depression is characterized by an extended period of low mood, anhedonia, and reduction in activity. Dysthymia (persistent depressive disorder) is characterized by a depressed mood that occurs for most of the day, more days than not, and has been present for at least two years. If we take the risk of assuming Beck & Cowan's original estimate was reasonably accurate and if we take the risk of extrapolating Johns' findings to the general population, then in 23 years, the percentage of YELLOW thinking appears to have trebled. BONAP's References. To provide insight into the source materials used to develop BONAP's various databases, we have divided our reference section into multiple categories including Journals and Periodicals, Natural Heritage Programs, and Additional Reference Sources. Draft revision for Guide for Media Resources in Academic Libraries