

CAUSES OF DEPRESSION

There are many causes of depression, and most of the time more than one factor contributes to a person's depression. Use this worksheet to think about some of the factors that may have contributed to your depression.

Directions:

For each of the categories below, list things that you feel have affected you. Leave the section black if you don't think it is relevant to you.

1) Environment

Negative family or social environments such as poverty, hunger, abuse, crime, conflict, violence, instability, unsanitary conditions, or neglect can contribute to depression. List any environmental factors that might be a factor in your depression.

—

—

—

2) Personality type

Personality types that are more vulnerable to depression are unrealistic or negative, highly self-critical, overly passive or dependent, or highly anxious. Describe your personality.

—

—

—

3) Physical illness

Severe or long-term illness can drain people of their physical and emotional energy, or even limit their ability to function fully and create a depressed mood. List any significant illness you have had in the last year.

—

4) Medication

While medication is designed to help people feel better, some medications can actually cause depression or make it worse. List all of the medications you have taken in the last year.

5) Biochemistry

If the chemicals in our brain get out of balance, depression can occur. Hormone changes, exercise, diet, and even the change in seasons can cause imbalances. List anything in your life that may affect your brain chemistry.

6) Genetics

A tendency towards depression can run in families. Sometimes these genetic factors are triggered early in life, and sometimes much later. List any family members you know that have suffered from depression.

7) Drugs and alcohol

Drugs and alcohol can cause chemical changes in the brain that affect your mood.
