

UNDERSTANDING YOUR DEPRESSIVE EPISODE

PREDISPOSING FACTORS

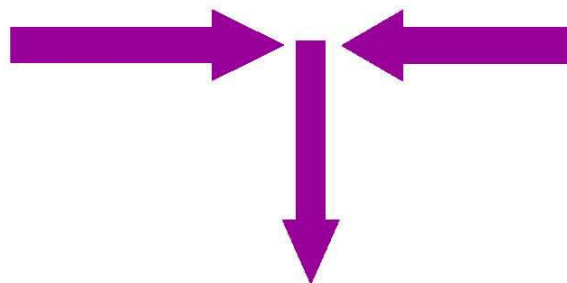
Biological factors eg. genetic factors, medical illness, brain injury, medications, drugs, alcohol, nicotine

Personality factors eg. anxiety, worrying, low self-esteem, irritability, irritable style, perfectionism, feeling trapped or helpless

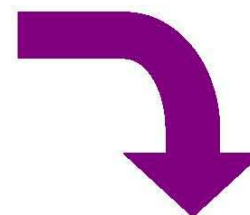
Interpersonal factors eg. disputes at work, with family, friends, recurring difficulties with relationships, loneliness, isolation

PRECIPITANTS

Including life events leading to loss, change, stress and illness



PERSONAL MEANING OF EVENTS



HOW EPISODE IS EXPERIENCED

Symptoms, particularly early in episode:

PROTECTIVE FACTORS

Including social support, alliance with treating clinicians, understanding of depression, effective coping strategies:

Outcome

