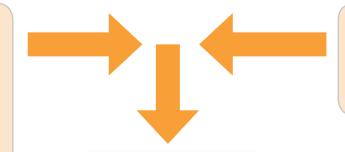
Understanding Your Depressive Episode

Model for Integrating Concepts in Depression

Pre-Disposing Factors

Biological factors (genes, medical illness, brain pathology, drugs, alcohol, nicotine).

Psychosocial, personality factors (eg. anxiety, worrying, low self-esteem, irritability, interpersonal difficulties). 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.

Meaning of Events



Onset of Depression

Outcome

Presentation affected by personality traits; may be 'amplified' by response to stress, coping styles and comorbidity. Identify protective factors which will work in a positive way.



Understanding Your Depressive Episode

Pre-Disposing Factors Precipitants Including life events leading to loss, change, stress Biological factors (genes, medical illness, brain and illness pathology, drugs, alcohol, nicotine). Psychosocial, personality factors (eg. anxiety, **Personal Meaning of Events** worrying, low self-esteem, irritability, interpersonal difficulties). Interpersonal factors (eg. disputes at work, with family, friends, recurring difficulties with relationships, How Episode is Experienced loneliness, isolation). Symptoms, particularly early in episode: **Protective Factors** Including social support, alliance with treating clinicians, understanding of depression, effective coping strategies: **OUTCOME Black Dog**

Institute