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** (e.g. anxiety, worrying, low self-esteem, irritability, interpersonal difficulties).
- **Interpersonal factors** (e.g. 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

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.

Outcome

Onset of Depression

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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