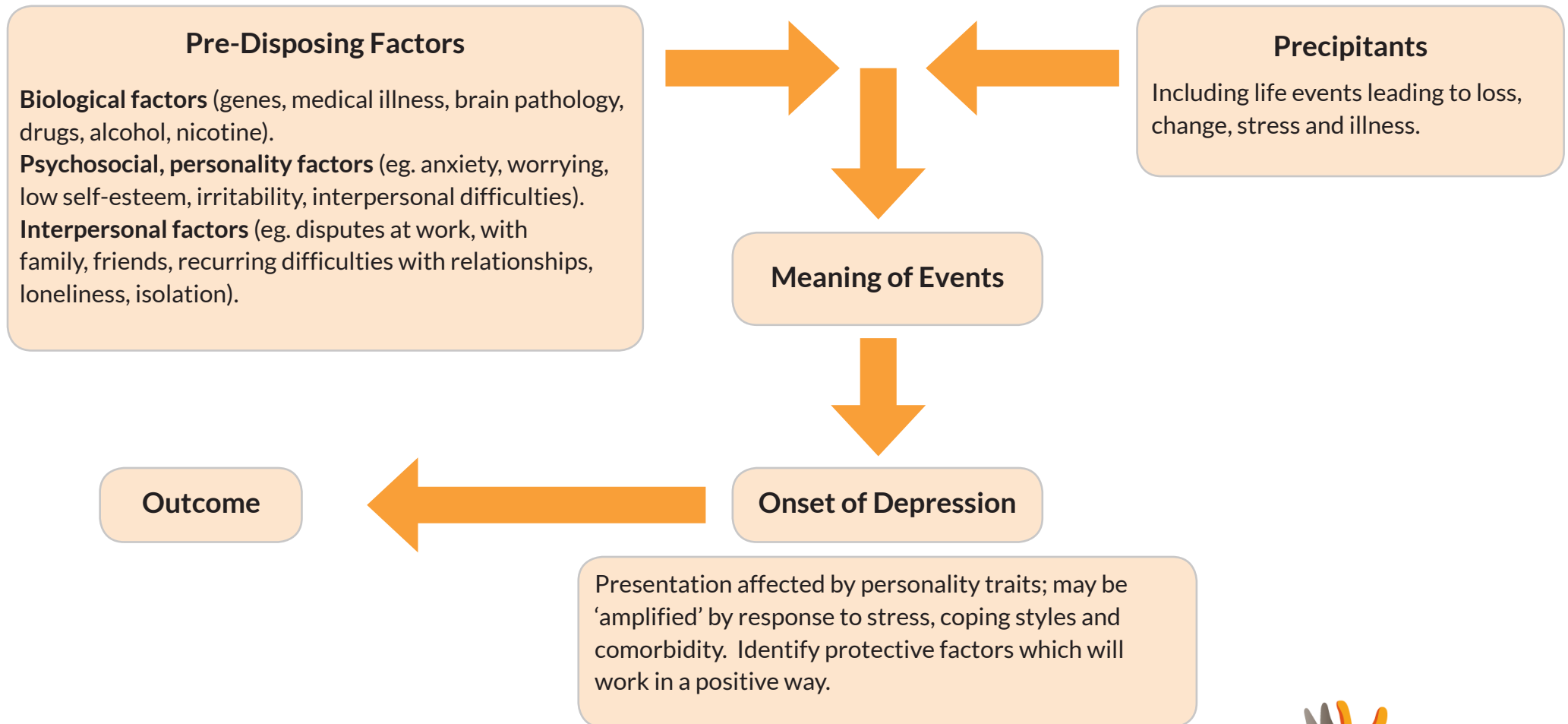


# Understanding Your Depressive Episode

## Model for Integrating Concepts in Depression



# Understanding Your Depressive Episode

## Pre-Disposing Factors

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

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

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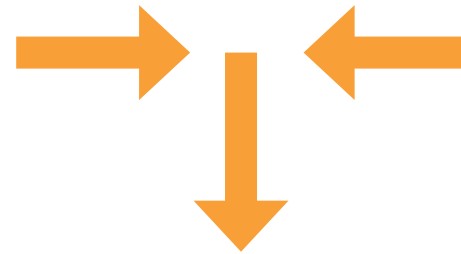
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**Interpersonal factors** (eg. disputes at work, with family, friends, recurring difficulties with relationships, loneliness, isolation).

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## Personal Meaning of Events

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## Precipitants

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

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## How Episode is Experienced

Symptoms, particularly early in episode:

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## Protective Factors

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

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**OUTCOME**



**Black Dog  
Institute**