

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 blank 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 illnesses 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 the medications you have taken in the last year.

5) Biochemistry.

If the chemicals in our brains 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 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.
