

# Psychological causes of depression

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Psychological Causes of Depression The actual causes of depression are still unknown today but there are a few theories that could help explain them. It is widely believed by psychologists and scientists that all mental disorders are brought about by a complex correlation of psychological, biological, and social factors. A serious loss, chronic illness, relationship problem, workstress, family crisis, financial setback, or any unwelcome life change can ignite a depressive disorder (Psychologyinfo. om). Depression is a serious disorder in the United States and has only become more prevalent among individuals as their lives become more stressful and overwhelming. One theory for the cause of depression is the bio-psycho-social model of causation and is the most commonly recognized theory for the cause of disorders such as depression by professionals. As stated earlier, it consists of a complicated correlation of psychological, biological, and social factors.

This can be caused by fluctuated levels of hormones, which would explain why many people first experience depression during puberty. (Grohol, 2006). The exact causes of depression are vast and unknown. Some types of depression have been found in families from generation to generation, which may possibly suggest that it can be inherited (Grohol, 2006). With that said, major depression seems to be present generation after generation, in some families, but not with a frequency that suggests clear biological causes.

Furthermore, it also occurs in people who have no family history of depression (Psychologyinfo. com). This is also found in people with bipolar disorder. A study on family members that belong to particular families of each generation that develop bipolar disorders, has found that those with the illness have a somewhat different genetic makeup than those who do not

have the disorder. Nonetheless, not everybody with the genetic makeup that is subjective to bipolar disorder will contract the disorder.

Additional factors such as stresses at home, work, or school, are also involved in the disorder's onset (depression-guide. com. , et al. ). An assortment of psychological factors appears to play a part in the susceptibility to these unrelenting types of depression. People who have low self-esteem, are not optimistic, and readily overwhelmed by stress, are prone to depression (Grohol, 2006). More than likely, these psychological factors are completely accountable for other forms of mild and moderate depression, particularly reactive depression.

Reactive depression is generally diagnosed as an adjustment disorder during treatment. Social learning factors also demonstrate why psychological complications appear to occur more regularly in family members, throughout generations. For example, if a child is raised in a pessimistic household, in which discouragement is frequent and encouragement is not, the child will establish a vulnerability to depression as well. (Psychologyinfo. com. , et al). Recently, researchers have found that physical changes in the body can be paired with psychological changes as well.

Medical ailments such as a cancer, Parkinson's disease, stroke, heart attack, and hormonal disorders can bring about a depressive illness. This can result in the ill person to feel unconcerned with their health and be unwilling to further care for their physical needs. In addition, any stressful change, financial problems, relationship problems, or serious loss can activate a depressive affair (Grohol, 2006). Depression is a serious growing problem in the United States.

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Modern science and research is slowly helping to further decipher the disorder to help slow its growth. Over 9.2 million Americans have major or clinical depression. At an economical standpoint, depression is a major problem and needs to be accounted for, with an estimated \$30.4 billion spent annually on depression related treatments, medication, and diagnostics. Surprisingly, the World Health Organization estimates by the year 2020, depression will be the number two cause of, "lost years of healthy living," worldwide.

As our populations keeps rising and our economy worsening, we can only hope that Psychologists help diminish the illness of depression. References "Cause of Depression: different causes of depression." "Depression Treatment, Medication, Help, Symptoms: Anxiety Attacks Depression Test, Types, ADHD Causes. Web. 14 Nov. 2009. . "Causes of depression." "Psychology Information Online. Web. 14 Nov. 2009. . Grohol, John M. "The Causes of Depression | Psych Central." "Psych Central - Trusted information in mental health and psychology. 6 Dec. 2006. Web. 14 Nov. 2009. .