|  |
| --- |
| **Depression Information**  Depression is the number one mental health problem in America. Many people think of depression as a long-term, deep sadness, something that takes place in the mind and its emotions. While that’s true to an extent, depression also has a destructive effect on the body. . What causes depression? Many factors can lead to depression. I will list a few.  Outside stressors can be significant factors. A major loss such as divorce, a death, loss of job promotion, or financial reversal can place considerable stress on your emotions and health. Often stressful or painful events pile together in a short time period—for example, a death in the family, a job loss, and a serious illness all within a short period. Other stressors can include a major life change or a trauma to self-image.  Some emotional factors that contribute to depression include low self esteem (feelings of inferiority), loneliness (lack of intimacy with other people), and lack of intimacy with God.  Although a chemical imbalance (depletion of a chemical neurotransmitter called *norepenphrine* or *noradrenaline*) may be a contributor, it is usually not the cause of depression. Your emotional/psychological state is generally at the root of your depression.  **What’s Your Depression Potential?** |
| The following inventory is taken from The Complete Life Encyclopedia by Frank Minirth, M.D., Paul Meier, M.D. and Steven Arterburn, M.Ed. *You may wish to print this page.*  This inventory will help you determine your potential for depression and depression-related problems. Place a check in front of each statement you agree with. A key for evaluating the results appears at the end of this inventory.  \_\_\_  1.    I feel like crying more often that I did a year ago. \_\_\_  2.    I have lost interest in the things I used to enjoy. \_\_\_  3.    I feel blue and sad. \_\_\_  4.    I feel helpless a good part of the time. \_\_\_  5.    I feel hopeless about the future. \_\_\_  6.    I feel that I am not useful or needed. \_\_\_  7.    I am losing my appetite. \_\_\_  8.    I notice I am losing weight without trying. \_\_\_  9.    I have trouble staying asleep through the night. \_\_\_  10.  I am restless and jumpy a lot. \_\_\_  11.  My mind isn’t as clear as it used to be. \_\_\_  12.  I have less energy than usual; I tire easily or for no reason. \_\_\_  13.  I have lost a lot of my motivation. \_\_\_  14.  I have been very irritable lately. \_\_\_  15.  Morning is the worst part of the day. \_\_\_  16.  I find myself introspecting a lot. \_\_\_  17.  I don’t like the way I am or I don’t like who I am. \_\_\_  18.  I think about the past a lot. \_\_\_  19.  I have more physical problems (headaches, upset stomach, constipation,                rapid heartbeat, etc.) than I did a year ago. \_\_\_  20.  People have noticed that I don’t do my job as well as I used to. \_\_\_  21.  I have recently been thinking that life is not worth living. \_\_\_  22.  I think other people would be better off if I were dead.  If you placed a check mark in front of at least seven statements OR if you placed a check mark in front of statement number 1, number 2, or number 3 and these symptoms have persisted for at least two weeks, there is a strong possibility that you may be experiencing serious depression. Your condition is treatable and can be alleviated by a professional psychiatrist. It is important , however that you seek professional assistance before your condition worsens.  *Important:* If you placed a check mark in front of statement number 21 or 22—regardless of your results on the other statements—you should seek the help of a professional psychiatrist or psychologist immediately. |