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| **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. |