



## Risk Factors in Depression

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# Risk Factors in Depression

## **Risk Factors in Depression**

Depression is one of the most common mental health disorders, affecting 14% of all people at some point in their lifetime. Women are twice as likely to become depressed as men, but beyond gender there are a variety of risk factors that influence the prevalence and likelihood of experiencing depression. **Risk Factors in Depression** consolidates research findings on risk factors into one source, for ease of reference for both researchers and clinicians in practice.

The book divides risk factors into biological, cognitive, and social risk factors. This provides researchers with the opportunity to examine the interface among different theoretical perspectives and variables, and to look for the opportunity for more complex and explanatory models of depression.

- \* Allows reader to compare and contrast the relative states of development of different models and their databases
- \* Examines the predictive power of these models related to various phases of clinical depression, including onset, maintenance, and relapse
- \* Provides an examination of the therapeutic implications of comprehensive and integrative models of depression

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