

# Causes Of Depression

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## Abstract

This is a discussion of the causes of depression. Before embarking on the causes, the discussion describes the disorder, which is simply a disease that affects the mental health of individuals. There are many causes of depression. However, this paper discusses genetics, psychological stress, childhood trauma, and physical health issues. This is because it is impossible to exhaust all the causes here.

## Causes of Depression

Depression is a disease that normally affects individuals' mental health. Attempts have been made to define depression, but there is no universal definition that has been found so far. Often, the disorder is described in paradoxical terms. Beck and Alford (2014) claim that some claim that depression is a psychogenic disorder while others hold that it results from organic factors and others argue that there are psychogenic and organic types. Shadrina, Bondarenko, and SLominsky (2018) posit that depression, as a psychiatric disease, is manifested as low mood and negative esteem. The Diagnostic and Statistical Manual of Mental Disorders makes different classifications of the disease such as depressive disorder. Despite the fact that there lacks a consensus in the definition, the prevalence of the disorder is not debatable. It is widely spread across all age groups, but majorly affects adults than children. The major causes of depression include major events like childhood trauma, abuse, conflict, and loss/death, some medications, genetics, stress, poor nutrition, physical health problems like severe illnesses, substance abuse, brain chemistry imbalance, as well as other personal issues. This discussion concentrates on genetics, physical health issues, psychological stress, and childhood trauma.

One of the main causes of depression is genetics. A family with a depression history predisposes one to the risk of developing this disorder. Depression is thought of as a complicated trait, implying that there may be varied genes, which exert little effects, instead of one gene which contributes to disorder risk. Notably, the genetics involved in this disorder are complex. Shadrina, Bondarenko, and SLominsky (2018) research shows 37% as the heritability level of depression. It is also evident that there is a third rise in the vulnerability to depression among first-degree children of depression patients. The severe kinds of depression are mostly influenced

by genetics. The severity of depression is dependent on whether the disorder is inherited paternally or maternally.

The other cause of depression is physical health issues. The body is vividly linked to the mind. Therefore, when one is going through a physical health issue, the mind is also affected in some ways. In case the physical problem is chronic, one may become depressed due to the fear of the unknown outcomes or death. Some diseases like thyroid and liver diseases contribute to depression symptoms. According to the National Collaborating Centre for Mental Health (2010), depression is common among individuals with a chronic health issue, particularly those in general and primary health care. The center cites a study that was conducted in a hospital; the outcome showed that most of the patients had sleeping problems and suffered fatigue, which are symptoms of depression. Disability is also shown to be a cause of depression, especially during the onset of the disability. The pain that is associated with physical problems also results in depression, especially when it is prolonged or chronic. It is also a common phenomenon for people with major physical issues like cancer and diabetes to be depressed and suicidal.

Childhood trauma is a significant cause of depression. Trauma denotes any psychological event, which unexpectedly overwhelms the ability to offer some sense of safety, thereby causing a lot of anxiety that result in a change in the psychic arrangement. Research reveals that traumatic events are risk factors for depression. A child who was physical or sexually abused may be depressed during his or her adulthood, especially sexual matters are mentioned. Children who suffer emotional neglect and abuse are highly vulnerable to developing major depression during their adulthood (Negele, Kaufhold, Kallenbach & Leuzinger-Bohleber, 2015). The prevalence and severity of this depression increases with the more chronic the abuse. Childhood maltreatment also increases the risk of developing

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mental issues like depression. Children who face domestic violence suffer depression when they grow up because the mental pictures and trauma they went through is registered on their brains.

Psychological stress induces some harmful physiological reactions that lead to depression. One of these kinds of reactions is HPA axis hyperactivity. This is often found in about 70% of depression patients (Yang et al., 2015). When one has psychological stress, the impulses from the higher cortical brain regions are carried by the limbic system to the hypothalamus. This triggers the release of acetylcholine, norepinephrine, and serotonin. Some paraventricular nucleus cells are stimulated at the hypothalamus to produce corticotrophin releasing factor (CFR). The subsequent events that are triggered by the CFR exert pressure on the brain function thereby leading to stress and ultimately depression.

To conclude, depression is evidently a disorder that affects mental health. As seen in the introduction, there are many causes of depression and it is impossible to exhaust them on this discussion. However, the most notable causes of depression are genetics, psychological stress, childhood trauma, and physical health issues. Despite the source of depression, the outcome is an interference with the normal functioning of the brain. Knowing the cause of depression can aid in establishing the best means of dealing with it, and this calls for healthcare givers to always find the primary cause before make a diagnosis based on symptoms.

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