

# WHAT CAUSES DEPRESSION?



Everything around us and within us has an impact on our physical and mental health - either in a minuscule non-altering, moderate impact, or life-changing way. It is no surprise that several factors contribute to and, impact clinical depression in people with the disorder. Depression, when left untreated, is life-altering and interferes with daily functioning. It is compounded by the fact that the individual already has to deal with the consequences of the underlying cause of the disorder.

The common causes of depression can be grouped under 4 major categories:

## 1. TRAUMA

Traumatic events like being in an accident, death of loved ones, abuse, witnessing, and being a victim of violence, and destruction are painful to live and get through. Vulnerable individuals are prone to depression and **Post-Traumatic Stress Disorder**. Researchers have found that children who live through trauma at a young age are at a higher risk of developing depression than teenagers and adults.

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## 2. GENETICS AND BRAIN CHEMISTRY, PHYSIOLOGY

A family history of depression is known to increase the risk for the disorder. Dozens of genes have a role in mood regulations and stress responses, making it important causation of the disorder. Additionally, chemical imbalances and changes in the structure of the brain, neurons also affect depression. Studies have shown that the hippocampus region of the brain is smaller in some people with Depression, particularly women.

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## 3. CHRONIC ILLNESS, DISABILITY, AND MEDICATIONS

The stress of coping with and managing chronic and long-term illnesses like cancer, heart disease, organ failures, Multiple Sclerosis, physical disabilities, mental disabilities like Autism, Down's Syndrome affects patients' and caregivers' mental health negatively. Certain medications like Isotretinoin used to treat acne, corticosteroids, and blood pressure medications are also known to aggravate the risk for developing depression. **Hormonal imbalances** also affect depression and other mental health disorders.

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## 4. SUBSTANCE ABUSE

1 in 3 persons with substance abuse problems also has major or clinical depression and vice-versa. Their addictions and addictive substances are known to alter brain chemistry and affect mood and depressive symptoms. Substances like alcohol, certain drugs temporarily alleviate feelings of depression for a few hours, but it usually comes back stronger making it a vicious cycle the individual gets buried in.

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Read more about **DEPRESSION** and other mental health related articles on

[www.pamllc.us/resources](http://www.pamllc.us/resources)

Interested in a consultation? Request an appointment from our [website](#) or mail at

[telehealth@pamllc.us](mailto:telehealth@pamllc.us)

**NOTE**

If you are in immediate distress or are thinking about hurting yourself, call the National Suicide Prevention Hotline toll-free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY(4889). You also can text the Crisis Text Line (HELLO to 741741) or go to the National Suicide Prevention Lifeline website at <https://suicidepreventionlifeline.org>



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