DEPRESSION CAUSES IN EACH HIT CATEGORY

Genetic Hit Category
Family history of depression or suicide.
Developmental Hit Category
Early puberty in girls (begin menstruation by age 11 or younger)
History of depression in adolescence
Not being raised by both biological parents
Suffered sexual abuse.
Nutrition Hit Category
Low dietary tryptophan
Low omega-3 fat intake
Low folic acid intake
Low vitamin B intake
Diet high in cholesterol, saturated fat, and sugar
Marked anorexia and weight loss.
Social Hit Category
Absence of social support
Negative, stressful life events - Low social class
Grandparents who raise grandchildren
Immediate family member is an alcoholic or drug addict.
Toxic Hit Category
High lead levels High mercury levels
High arsenic, bismuth, or other toxin levels.
Circadian Rhythm Category
Regular insomnia
Sleeping more than 9 hrs/day routinely
Sleeping less than 6 hrs/day routinely
Not having regular hours for sleeping and eating.
Addiction Hit Category
Alcohol
Smoker or tobacco user
Heavy caffeine user
Illicit drug user (such as marijuana).
Lifestyle Hit Category
Not on a regular exercise programme
Not regularly being in daylight 30 minutes a day
Rarely breathing fresh air.
Medical Condition Hit Category
Hepatitis C
Recent head injury
Stroke
Heart disease
Terminal cancer
Parkinson's disease
Uncontrolled diabetes
Postpartum severe stress
Premenstrual tension syndrome
Inadequately treated thyroid disease
Lupus
Inadequately treated adrenal gland disease.
F*rontal Lobe Hit Category*
On low carbohydrate diet
On high meat or high cheese diet eating lots of rich food
Regular entertainment TV viewer or movie goer
Entertainment internet or chat internet addiction
Frequent sexual arousal outside of marriage
MTV (or other rock/country music) viewer
Undergoing hypnosis or Eastern meditation
No regular Bible study or abstract thinking
Going against your conscience.
TOTAL NUMBER OF CAUSES=51