The Cumulative Effects of Adversity on Depression and Suicide Ideation.
Edition No. 1

Description: Depression is ranked as the leading cause for disability and is the leading contributor to the global burden of disease. Prevalence rates for depression are approximately 20% among adolescents. For adolescents aged 15-24, suicide is the 3rd leading cause of death. The purpose of this study was to determine the cumulative impact of adverse experiences on outcomes of depression and suicide ideation, in a cohort of 125 adolescent girls and their mothers receiving public assistance. In the context of poverty, adverse exposures studied were personal victimization, household dysfunction, and community violence. Over 40% reported more than seven adverse exposures. By the fourth year of the study, there was a doubling in the incidence of depression, and an almost ten percent increase in mental distress. This book offers evidence for researchers and clinicians on the relationship of cumulative exposures to adversity and depression. The results also suggest that the generally assumed risk factors of divorce or incarceration of a family member may serve as protective factors and should be investigated relative to the population's exposures.

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