
What causes them?

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Published: 2007-08-21 14:52

- **Biologic**- an imbalance of certain neurotransmitters- the chemicals in the brain that transmit messages between nerves cells-is believed to be key to depression.
- **Heredity** - Individuals with major depression in their immediate family are up to three times more likely to have the disorder themselves.
- **External stressors and significant life changes** - such as chronic medical problems, death of a loved one, divorce or estrangement, miscarriage, or loss of a job, also can result in a form of depression know as adjustment disorder.