**Causes of Depression**

Keep in mind that while these are considered causes, not everyone who has these issues has depression. Since only about 7 percent of the US population has depression, you can assume that more than 7 percent of the population has experienced one or more of these causes yet did not develop depression.

* **Abuse** – If you have a past where you experienced any type of abuse, whether as a child or an adult, you may be more likely to experience a major depressive episode that requires you to seek professional treatment.
* **Medication** – There are drugs that are supposed to treat other illnesses that can bring on depression in some individuals. Some acne drugs, antiviral drugs, and corticosteroids all increase your risk of developing major depression.
* **Conflict** – Often someone who is susceptible to depressive episodes will develop worse symptoms when there is a lot of conflict with the family and inner circle of friends. In addition, crime victims often develop depression due to the powerlessness and shame they experience.
* **Loss** – Most people experience a loss, financial or death, and can overcome it. But people who are predisposed to become depressed might find that their loss is a trigger to severe major depression.
* **Genetics** – There is evidence that these mental disorders run in families. If anyone in your family suffers from depression, you are more likely to also suffer, but it’s not a sure thing that you will.   
    
  They still don’t know the mechanisms behind what is triggering depression or the gene that may cause it. If you have a parent or sibling with depression, you may be three times more likely to develop it.
* **Personal Problems** – Some people with major depression have personal problems that make them outcasts to their family and their circle. This can cause someone who already has issues to become even worse. This can sadly happen for people whose sexuality and gender identity issues are not accepted by loved ones.
* **Serious Illness** – Heart disease, diabetes, cancer, chronic pain, and other serious illness can be a trigger for major depression. When someone’s life changes suddenly due to an illness, it can be hard to cope and accept the new reality.
* **Substance Abuse** – When it comes to substance abuse, it's not always clear what came first: the depression or the addiction. Many people believe that substance abusers often are self-mediating to overcome their depression or other illnesses, and then end up making their situation worse with a major depressive episode.

These are all potential causes of depression. However, keep in mind that it’s possible that these are just triggers for someone who already had the right genetic makeup to suffer from depression, since many people experience these things without suffering from depressive disorders.